**PRAY THE PSALM OF THE WEEK** Psalm 91:15-16, 1-2, 9-10, 13

He shall call upon Me, and I will answer him:* 
I will deliver him and honor him. With long life I will satisfy him,* and show him My salvation.*
He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty. 
I will say of the Lord,* “He is my refuge and my fortress; My God, in Him I will trust.”
Because you have made the Lord, who is my refuge,* even the Most High, your dwelling place, No evil shall befall you,* nor shall any plague come near your dwelling.

**BLESS YOURSELF WITH THE HOLY CROSS AND SAY:**

In the name of the Father and of the Son and of the Holy Spirit.

**SAY THE APOSTLES’ CREED**

I believe in God, the Father Almighty, Maker of heaven and earth. And in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. The third day He rose again from the dead. He ascended into heaven and sits at the right hand of God, the Father Almighty. From thence He will come to judge the living and the dead. I believe in the Holy Spirit, the holy Christian church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

**PRAY THE MORNING OR EVENING PRAYER**

Morning. I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.

Evening. I thank you, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day; and I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night. For into Your hands, I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.
THEME OF THE WEEK: He Suffered Temptation by Satan

The victory has been won! Even in the first week of Lent we can proclaim the truth that Jesus has won the victory. On Easter we will hear and proclaim that Jesus is victorious over death but here in this first week of Lent we hear that Jesus is victorious over Satan on behalf of all people. In this victory over Satan’s temptations in the wilderness you are armed for battle with Satan. You belong to Jesus and so Jesus’ victory belongs to you. You will be tempted. Flee temptation and go towards Jesus Christ where you see the final answer to temptation: Jesus dead; Jesus living. Satan and temptation have lost.

SCREPTURE: Matthew 4:1-11 Fed on the Bread

We satisfy ourselves with all sorts of media consumption. We look to be satisfied by relationships and with family. Jesus is tempted to be satisfied with his own power in turning a stone into bread. Satan tempts us to be satisfied with the things of this world. Instead, we hear the reassuring Word of God, “Man shall not live by bread alone, but by every word that comes from the mouth of God.” As the Word of God dwells in you richly, your thirst for righteousness is satisfied. God turns you away from looking at this world for satisfaction and turns you to Himself so that He may bestow His mercy upon you. Heavenly Father, feed me with Your Word. Amen.

SCREPTURE: Psalm 32 Made New by That which is True

As children of God we speak the truth. We know that Jesus is the way, the truth, and the life. First, we speak the truth about ourselves. The truth about ourselves is that we are sinners who commit sins. David says, “For when I kept silent, my bones wasted away through my groaning all day long.” Instead of thinking we can hide our sins we are to confess our sins. We speak the truth of our sins and we hear the truth of God’s forgiveness. Your transgression is forgiven and your sin is covered for the Lord counts no iniquity against you. You are forgiven and your sin is covered for the Lord counts no iniquity against you. You are blessed and forgiven in Jesus Christ. That is the truth. Holy Spirit, cause me to speak the truth of my sins that I may in turn hear the truth of Your forgiveness. Amen.

SCREPTURE: 2 Corinthians 6:1-10 Lies Hurdled by the World

You can be treated as imposters, as unknown, dying, punished, sorrowful, or poor with nothing. All of this can be yours and yet you have an answer for the suffering of this world. Salvation has come to you. You have the grace of God. You are true, known by God, alive in Christ Jesus, not guilty, rejoicing in Christ, and have all things in Jesus. What the world says of you is not what God says of you. What God says about you is what truly matters. Almighty God, give me eyes of faith that I may see Your favor upon me always. Amen.

SCREPTURE: Genesis 3:1-24 The Seed will One Day Bleed

Immediately after Adam and Eve succumb to temptation, God gives a solution to the problem they have created. On the day that they eat of that tree, they shall surely die because they have sinned and disobeyed the Lord. God promises that the Seed, Offspring, of the woman would bruise the head of the old, evil foe. Jesus would die the death of Adam and Eve and bleed for their sin and the sins of the whole world. Suffering and temptation remain around us but we look with faith towards the one seed of the woman who has rescued us from sin and thus rescued us from death. Dear Jesus, bestow Your life and forgiveness upon me. Amen.

SCREPTURE: Luke 22:24-32 In the Presence of Jesus, Mute all Dispute

We are often tempted to argue and dispute among ourselves about who is the greatest or who has the best gifts for working in the kingdom of God. Even when the dispute isn’t spoken, we still conduct a silent comparison. Jesus silences all talk of who is the greatest with the exhortation to serve one another. There is no place for greatness, only a place for service. We serve others because Jesus has given His life for us. “The Son of Man came not to be served, but to serve.” Lord God, cause us to be humble before You and before others. Amen.

SCREPTURE: James 1:2-15 Trials Cannot Destroy your Joy

In the midst of trials and temptation, we, the people of God stand fast. Our hope is in Jesus Christ. We know that we are blessed. The crown of life belongs to us. Thus, in the face of adversity our joy will not be destroyed because Jesus Christ cannot be destroyed. The world says we should find joy only in the pleasures of life but our joy is more profound and deep. Our joy is rooted in the resurrection of Jesus Christ. Lord of all, give us steadfastness of faith that we may endure trials with joy. Amen.

SCREPTURE: Psalm 16 I am not Forsaken, Thus will not be Shaken

The Lord is at your right hand. When the Tempter comes and tries to entice you away from your Lord you can be certain this is true: the Lord is at your right hand. Satan may try to blow you over and cause you to fall, but you will not be shaken. You are not forgotten by the Lord. In fact, He gives you pleasures forevermore. The devil’s temptations will eventually cease but God’s pleasures for you will never end. Almighty Father, give me the peace of knowing Your presence is never far from me. Amen.