
My eyes are ever | toward the Lord,*
   for He shall pluck my feet out | of the net.
  Turn Yourself to me, and have mer- | cy on me,*
   for I am desolate and af- | flicted.
To You, O Lord, I lift | up my soul.*
   O my God, I trust in You: let me not | be ashamed;
the troubles of my heart | have enlarged:*
   bring me out of | my distresses!
Look on my affliction | and my pain,*
   and forgive | all my sins.
Keep my soul, and de- | liver me;*
   let me not be ashamed, for I put my | trust in You.

BLESS YOURSELF WITH THE HOLY CROSS AND SAY:
In the name of the Father and of the Son and of the Holy Spirit.

PRAY THE LORD’S PRAYER
Our Father, who art in heaven,
hallowed be Thy name,
Thy kingdom come,
Thy will be done on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.
For Thine is the kingdom and the power and the glory
forever and ever. Amen.

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 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.

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 the Opposition of Hell

Lent is a season for spiritual warfare. As combatants in this war, we fast and discipline our bodies. We train to wrestle with the devils. So far, the Scripture lessons have taught us how to resist temptation and to seek out help against the demons by faith and prayer. This week we learn how Jesus takes the fight to the devil to plunder him of his riches. Guilt, shame, despair, and death are the devil's tyrannical chains. We cannot break them. Christ, our Captain, with His blood and promise, shatters them. He sets the captives free. Blessed be Christ, the Stronger Man, who has conquered and leads us in victory under the banner of His Gospel and faith.

**SCRIPTURE:** Luke 11:14-28 “The Stronger Man”

The best description of the devil’s power is “pomp.” It’s a farce. It’s a show. There’s a whole genre of Hollywood films dedicated to the topic of dark spiritual power against which the puny and pathetic Christians are helpless. But its all an act. Exorcism movies where the demons are next to invincible is hellish wish fulfillment, nothing more. Jesus commands the demons by His Word. There’s no contest of strength. He speaks, and they recoil in terror. Why? Their prince, the devil, has been stripped of his armor. God’s blood shed on the cross robbed the devil of the only thing he held against us, sin. But now it is washed away. Jesus has reconciled you to God. I thank You, Lord, for plundering my soul from the devil through Jesus’ blood. Amen.

**SCRIPTURE:** Psalm 43 “Light and Truth”

This world is dark with uncertainty. We don’t know what next year will bring, let alone what will happen in the next five minutes. Flesh is weak. Friends we used to trust turn into enemies. Even our own family members betray our love. When the ground shifts under our feet, when we can’t see our life’s path, where do we turn for help? Learn to pray. “Send out Your light and Your truth; let them lead me.” We pray that the Lord’s Word, which is spiritual light (Psalm 119:105) and truth (John 17:17), would show us our reconciled God and teach us great works. This Word leads us to the altar to hear words of absolution, to remember our baptisms, and teaches us to sing in prayer. Hope in God: for I shall again praise Him, my salvation and my God. Amen.

**SCRIPTURE:** Ephesians 5:1-9 “Imitators of God”

This is about sanctification. Paul’s teaching how we remain holy. By faith, our souls are saved. Our bodies are set aside from God’s wrath so they may be blessed by the resurrection of the just. Having this faith, we must become, as St. Paul says, “imitators of God.” As God has loved you in Christ, offering His own Son as an expiating sacrifice, so also our lives must be offered up in love for our neighbors. Nothing else makes sense. Any other kind of life would be a denial of the mercy of Jesus’ cross. Don’t be deceived. You can’t go back to your old sins. Christian thanksgiving has nothing to do with impurity. Remain with your God’s sanctifying Word. Walk as children of light. Grant me Your Spirit to do those things that You find pleasing. Amen.

**SCRIPTURE:** 2 Samuel 22:1-7 “Prayer in Distress”

David knew that the devil’s “pomp” was empty, but it never lost the appearance of certain destruction and doom. Time and time again, David should have considered himself defeated. In his fight against Goliath, on whom would you put your money? Would you expect David to evade a wicked king forever? After being forced out of his capital, would you ever expect him to return? But there’s a difference with David that sets him apart. He feared God, not men. Though the devil raged at him, he “called on the Lord” and was saved from his enemies. Waves of death, torrents of destruction, and cords of Sheol can’t keep the Lord from hearing and answering His saints. I call upon the Lord, who is worthy to be praised, and I am saved from my enemies. Amen.

**SCRIPTURE:** John 8:42-51 “Whoever Is of God, Hears the Words of God”

The Jews rejected Jesus as David’s son and their king. But it wasn’t David’s patrimony that offended them, it was their Messiah’s Word. Jesus taught God was his Father and that He desired to send His eternal Son, born from David’s line, to save them. They couldn’t bear to hear it. Their father, the devil, hardened their hearts through his lies that murder souls. More than that, they hated Jesus. They dishonored Him by saying He is a Samaritan and has a demon. Despite the rejection, the Word endures and saves. That is our salvation. “If anyone keeps my Word, he will never see death.” Jesus won’t let unbelief go unanswered. No threats, death, or hell can keep His life-giving Word silent. Grant me faith in Your Son’s Word that I may live. Amen.

**SCRIPTURE:** Revelation 2:1-7 “Faith and Love”

In this part of Revelation, Jesus speaks to seven congregations across Asia Minor. Ephesus was a well catechized church. It was St. John’s and Mary’s home. Paul’s influence there (Acts 20:18-38) no doubt contributed to how the Ephesians were able to endure, test, and reject the false teachers. But where orthodoxy is solid, the devil attacks love. He’ll try to make antinomians of the congregation. The inverse is also true. When people think they’ve achieved love, the devil makes it come at the price of doctrine. Neither should be sacrificed. If you have the truth, then strive to outdo one another in love. If you are active in love, make sure it flows from faith in the doctrine, not despite it. Grant me to retain the truth and love, O Lord. Amen.

**SCRIPTURE:** Psalm 86 “Unite My Heart to Fear Your Name”

Our hearts are torn. The Lord saves us from sin. He blesses us bodily and spiritually. He never forgets us. The new man of faith, born from the waters of baptism, knows this and is at peace. But the flesh lingers. It doubts. It’s anxious and cowers at the sound of a twig breaking. The devil can’t touch the new man of faith, but he can terrify the flesh to the point that we forsake the source of our peace. We forget Jesus’ voice. When the devil splits our fears between the Lord and the world, take heart. The Lord continues to redeem our hearts. His Word endures. His preaching will never be silenced. The promise of God’s mercy in Christ remains true. In this way He unites your heart to Fear His name. Turn to me and be gracious to me, O Lord. Amen.

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