PRAY THE PSALM OF THE WEEK Psalm 119:137, 124, 1-2, 5-6

Righteous are You, O Lord,*
and upright are Your judgments.
Deal with Your servant according to Your mercy,*
and teach me Your statutes.
Blessed are the undefiled in the way,*
who walk in the law of the Lord!
Blessed are those who keep His testaments,*
who seek Him with the whole heart!
Oh, that my ways were directed*
to keep Your statutes!
Then I would not be ashamed,*
when I look into all Your commandments.

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.
MON


All good things come from outside of ourselves, as gifts from the Lord. Food feeds our bodies and water hydrates us. It is the Word of the Lord that satisfies the starving soul, that hunger and thirsts for righteousness. As the words of the Lord unfold before our eyes, they enlighten them, so that we might more and more see His glorious works and ways among us, continually carrying out His great salvation among us. As we walk His path, His Word is our light and He Himself keeps our foothold secure.

Lord, may the words of my mouth and the meditation of my heart be acceptable in Your sight. Amen.

TUE

SCRIPTURE: Ephesians 4:1-6 Walking the Way

Every good gift comes from above. God richly and daily provides for all our needs in both body and soul. Therefore, let us come together in the one faith, gathered into the one Body of Christ, and work together as God’s instruments for the building up of the whole Body. Let us live together in all humility, gentleness, patience, bearing with one another in love, eagerly maintaining the unity of the spirit in the bond of peace. This is the work of the Spirit in us, in which God calls us to walk by the light of His grace.

O Lord, let us ever walk with Jesus, follow His example pure, and flee a world which would deceive us, and to sin our spirits lure. Amen.

WED

SCRIPTURE: 1 Samuel 2:1-10 Lowly and Humble

Before Mary’s Magnificat, there was Hannah’s Prayer. Both faithful women extol God for His mercy, generosity, and love that He graciously bestows upon the poor and humble. Both recognize their lowly estate and magnify the Lord for the grace He shows to them. Lord, help us ever to recognize our own lowly estate as well, daily downtrodden by sin and sorrow. Keep us from thinking too highly of ourselves, that we may see all the gracious gifts of life that You so freely bestow upon us, both in body and in soul. Grant to us poor, miserable sinners Your grace and mercy. Your Spirit and life, that we may receive the goal of faith, the salvation of our souls. Amen.

THU

SCRIPTURE: Mark 2:18-28 The Day of Rest

The Sabbath is a day of rest. Rest for our bodies from toil and labor, and rest for our souls, which abide in the Lord, who vivifies us by the hearing of His Word and in giving to us His Body and Blood. The Sabbath is less a legality to be weighed in the court of law and more an invitation to repose in the open arms of our Lord. Thanks be to our God who eagerly invites us to rest in His extended arms, to spend time with Him, learn from Him, and be refreshed by Him. Gracious Father, as we are pilgrims on this earth, help us to find rest in our heavenly home, both as we receive Your heavenly gifts on the Lord’s Day and also at our final hour. Amen.

FRI

SCRIPTURE: Jude 20-25 Building One Another Up

Baptized into one faith, we sojourn as wanderers on our pilgrimage way through this life. By the grace of God, we, Christ’s Body, are called to build one another up in the faith and praying in the Holy Spirit, keeping ourselves in the Love of God, and waiting for the mercy of our Lord Jesus Christ that leads us to eternal life. On our wilderness wandering through the deserts of this life, it is God Himself who keeps our feet from stumbling and who will present us blameless before the presence of His glory with great joy! Come quickly, Lord Jesus! O Lord, keep us in the one true faith until we attain heavenly glory and see You face to face; to You be all glory, majesty, dominion, and authority, before all time and now and forever! Amen.

SAT

SCRIPTURE: Psalm 56 In God We Trust

Day and night, the world, the devil, and even our own sinful flesh plague and hound us, tripping us, trying with all their might to cause us to stumble as we walk the way of the Lord. Yet through all adversity, through all injury and strife, we shall not be afraid. For what can flesh do to us? It is the Lord who has delivered our soul from death. He keeps our feet from stumbling. By His own hand, we walk before God in the light of His life. He preserves us: He wipes away our every tear.

O Lord, we are weary from the journey through life, sustain us and nourish us as we continue to walk in Your way by the light of Your Word, through Jesus Christ, our Lord. Amen.

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