PRAY THE PSALM OF THE WEEK  Psalm 34:3b; 34:17; 48:14a; 78:1-3, 4b

Say to my soul, “I am your salvation.”*  
The righteous cry out, and the Lord hears.  
He delivers them out of all their troubles.*  
For this is God, our God forever and ever.  
Give ear, O my people, to my law:*  
incline your ears to the words of my mouth.  
I will open my mouth in a parable:*  
I will utter dark sayings of old,  
which we have heard and known,*  
and our fathers have told us.  
We will tell the generation to come the praises of the Lord,*  
and His strength and His wonderful works that He has done.

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 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.

SAY THE VERSE OF THE WEEK Ephesians 4:22-24

“Put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires . . . and put on the new self, created after the likeness of God in true righteousness and holiness.”

READ THE SCRIPTURE AND DEVOTION (OTHER SIDE OF THE PAGE)

Ephesians 4:22-24

“Put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires . . . and put on the new self, created after the likeness of God in true righteousness and holiness.”

PRAY THE PRAYER FOR OURSELVES AND OTHERS

O almighty and most merciful God, of Your bountiful goodness keep us, we implore You, from all things that may hurt us, that we, being ready, both in body and soul, may cheerfully accomplish those things that You would have done through Jesus Christ, Your Son, our Lord who lives and reigns with You and the Holy Ghost, ever one God, world without end. 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.
**Resisting the Flesh Led by the Devil**

“Resisting the flesh” is not a popular way of operating these days. The world teaches us that the key to happiness is to act on our desires, that our desires define us, and that it is okay to “be ourselves.” The problem is that this is not only the teaching of the world, but also Satan’s desire for us. Our highest calling is not to be “happy,” but to be “holy.” Our desires, for the record, lead to neither happiness, nor holiness. Let us then turn to the Word of God and hear what He has planned for us, His children, that we may, by the power of His Spirit, resist the desires of the flesh and live in everlasting righteousness, innocence, and blessedness.

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**SCRIPTYURE:** Matthew 9:1-8 *Your Sins are Forgiven.*

A man who cannot walk is brought to Jesus. Jesus’ response is not what most expected. Seeing that the man had come in faith, He forgives his sins. The scribes thought this was blasphemous, for only God has this authority. Jesus then heals the lame man to show He has the authority to forgive sins. The crowds glorified God as the paralytic walked away. Jesus began with what was most important, our standing before God. Sins forgiven, we have standing before God, regardless of our physical condition. Our temptation today is to flop the priority and prioritize our physical health over our eternal standing before God.

*Lord, forgive me my sins as only You can, that I may walk with You and all the saints forever. Amen.*

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**SCRIPTYURE:** Psalm 119:145-152 *You Are Near, O Lord.*

When you find yourself in great distress, where do you turn? Our first line of defense is usually ourselves: What can I do to fix this? Or we might place our hope in technology and wearily pour over screen after screen of Google searches in the hope of finding “an answer.” The psalmist, in a time of great distress, cries out to the Lord and hopes in His Words while meditating on His promises. We would do well to join the psalmist and trust in the Lord rather than in our own abilities. Although the psalmist likely “feels” that the Lord is distant, He confesses the Truth, “but You are near, O Lord.” Heavenly Father, when we are tempted to shoulder our adversity alone, turn our hearts and minds to the Truth of our salvation through Jesus Christ, Your Son. Amen.

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**SCRIPTYURE:** Ephesians 4:22-28 *Give No Opportunity to the Devil*

“Put off your old self,” which is corrupt through your deceitful desires,” and “put on the new self, created after the likeness of God in true righteousness and holiness.” Our desires, apart from Christ, are deceitful and corrupt. The world teaches that our desires define who we are and that we ought to celebrate our desires and in so doing achieve happiness. This is the call of the devil. Our Lord, through the waters of Holy Baptism, creates us anew and calls us to holiness. He literally sets us apart as His own. To follow Him is to embrace the fruit of the Spirit, particularly self-control, in denying the desires of our flesh. Heavenly Father, by the power of Your Spirit, help me to put away all falsehood, that I might deny myself and serve You. Amen.

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**SCRIPTYURE:** John 1:35-51 *Come and See.*

Our Lord found Philip and Philip found Nathanael. Our Lord, found you, and you... Many of us struggle with sharing our faith. We don’t know what to say, or when to say it, so we say nothing most of the time. We convince ourselves that we are not properly equipped or trained. Our tendency is to overthink. Philip used three words with Nathanael, “Come and see.” You don’t have to field every question your family member or neighbor might have—simply invite them into the presence of their Lord and Savior (the Divine Service) that they too might receive the gifts of the kingdom. Lord, You have found me and made me Your own, if it be Your will, use me to lead others unto Yourself with words as simple as “come and see.” Amen.

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**SCRIPTYURE:** 1 Corinthians 12:12-27 *Baptized into One Body*

“We were all baptized into one body.” Though we are all members, we are not all the same. We each serve a different purpose, arranged by God, and according to His choosing. Together we make a whole unit, the body of Christ. It is a deception of the devil to believe that we can exist on our own apart from the body. The pinky cannot sever itself from the body and continue to live. The pinky will die and the body will suffer the loss. We are created to work together, resist division, and care for one another. We are called to suffer together and rejoice together as we follow our Head, Christ Jesus, our Lord. Lord, grant me peace as a member of Your body, that I may work in harmony with all the members to Your glory. Amen.

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**SCRIPTYURE:** Psalm 61 *When My Heart is Faint*

When we are given to see the frailty of our flesh, the fact that the happenings of life are beyond our control, we are wise to follow the lead of the psalmist and cry out to the Lord in prayer. “Lead me to the rock that is higher than I, for You have been my refuge, a strong tower against the enemy.” Certainty, firm ground, bedrock, is found only in the One Who is higher than I— the Lord. The Lord provides us refuge in the shelter of His wings. Indeed, this is the desire of our Savior, to gather us to Himself. Dear Lord, “I need Thy presence every passing hour; what but Thy grace can foil the tempter’s power? Who like Thyself my guide and stay can be? Through cloud and sunshine, O abide with me.” Amen. (LSB 878 v.2)