



# *The Receptive Life*

THE DAILY PRACTICE  
Step by Step guide

Copyright ©2023 Paul W. Arndt

All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopy, recording, or any other—except for brief quotations in printed reviews, without the permission in writing from the author, except as provided by USA copyright law.

Scripture taken from the World English Bible (WEB), a text in the public domain.

The texts from Luther's *Small Catechism* used here are from *Triglot Concordia: The Symbolical Books of the Evangelical Lutheran Church: GermanLatin-English*. Published as a memorial of the quadricentenary jubilee of the Reformation anno Domini 1917 by resolution of the Evangelical Lutheran Synod of Missouri, Ohio, and Other States (St. Louis: Concordia Publishing House, 1921). These texts are in the public domain and may be freely copied.

Luther's Evening and Morning Prayers were taken from  
Luther's Small Catechism  
copyright ©1943 Concordia Publishing House.

The General Confession was taken from The Lutheran Hymnal  
copyright ©1941 Concordia Publishing House.

a Lutheran Spirituality publication

Paul W. Arndt  
P.O. Box 7277  
Sterling Heights, MI 48311  
[www.LutheranSpirituality.com](http://www.LutheranSpirituality.com)



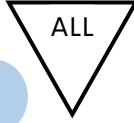
Blessing

6

Doxology

Lord's Prayer

Vocation



5

Creed

4

WORD

Psalm 119:25 My soul is laid low in the dust. Revive me according to your word! (WEB)



Psalm 119:8: Open my eyes, that I may see wondrous things out of your law. (WEB)



Psalm 119:97 How I love your law! It is my meditation all day. (WEB)



3

Confession

Psalm 119:1 Blessed are those whose ways are blameless, who walk according to the Lord's law. (WEB)



Psalm 119:133 Establish my footsteps in your word. Don't let any iniquity have dominion over me. (WEB)

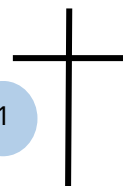
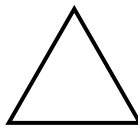


Psalm 119:1 Blessed are those whose ways are blameless, who walk according to the Lord's law. (WEB)



2

Morning and Evening Prayer



1

## **Station One**

### **Station 1: Make the Sign of the Cross and Say the Trinitarian Invocation**

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

Blessing

6

Doxology

Lord's Prayer

Vocation

ALL

5

Creed

4

WORD

Psalm 119:25 My soul is laid low in the dust. Revive me according to your word! (WEB)



Psalm 119:8: Open my eyes, that I may see wondrous things out of your law. (WEB)



Psalm 119:97 How I love your law! It is my meditation all day. (WEB)



3

Confession

Psalm 119:1 Blessed are those whose ways are blameless, who walk according to the Lord's law. (WEB)



Psalm 119:133 Establish my footsteps in your word. Don't let any iniquity have dominion over me. (WEB)

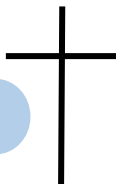
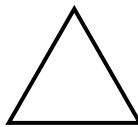


Psalm 119:1 Blessed are those whose ways are blameless, who walk according to the Lord's law. (WEB)



2

Morning and Evening Prayer



1

## **Station Two**

### **Station 2: Pray the Morning and/or Evening Prayer**

#### **Luther's Morning Prayer**

I thank Thee, my Heavenly Father, through Jesus Christ, Thy dear Son, that Thou hast kept me this night from all harm and danger; and I pray Thee to keep me this day also from sin and all evil, that all my doings and life may please Thee. For into Thy hands I commend myself, my body and soul, and all things. Let Thy holy angel be with me, that the Wicked Foe may have no power over me. Amen.

#### **Luther's Evening Prayer**

I thank Thee, my Heavenly Father, through Jesus Christ, Thy dear Son, that Thou hast graciously kept me this day, and I pray Thee to forgive me all my sins, where I have done wrong, and graciously keep me this night. For into Thy hands I commend myself, my body and soul, and all things. Let Thy holy angel be with me, that the Wicked Foe may have no power over me. Amen.

(Luther's Evening and Morning Prayers are taken from  
The Book of Concord, Triglotta, Small Catechism)

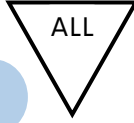
Blessing

6

Doxology

Lord's Prayer

Vocation



5

Creed

4

WORD

Psalm 119:25 My soul is laid low in the dust. Revive me according to your word! (WEB)



Psalm 119:8: Open my eyes, that I may see wondrous things out of your law. (WEB)



Psalm 119:97 How I love your law! It is my meditation all day. (WEB)



3

Confession

Psalm 119:1 Blessed are those whose ways are blameless, who walk according to the Lord's law. (WEB)



Psalm 119:133 Establish my footsteps in your word. Don't let any iniquity have dominion over me. (WEB)

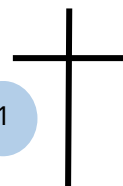
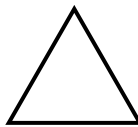


Psalm 119:1 Blessed are those whose ways are blameless, who walk according to the Lord's law. (WEB)



2

Morning and Evening Prayer



1



## Station Three

### Station 3: Confession

As you prepare to examine your life, say ...

Psalm 119:1 Blessed are those whose ways are blameless,  
who walk according to the Lord's law. (WEB-BE)

Psalm 119:133 Establish my footsteps in your word.  
Don't let any iniquity have dominion over me. (WEB-BE)

Psalm 119:176 I have gone astray like a lost sheep.  
Seek your servant, for I don't forget your commandments. (WEB-BE)

Examine your life according to the 10 Commandments.  
And then say one or all of the following ...

1 John 1:8--2:3 If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and righteous to forgive us the sins and to cleanse us from all unrighteousness. If we say that we haven't sinned, we make him a liar, and his word is not in us.

My little children, I write these things to you so that you may not sin. If anyone sins, we have a Counsellor with the Father, Jesus Christ, the righteous. And he is the atoning sacrifice for our sins, and not for ours only, but also for the whole world. This is how we know that we know him: if we keep his commandments. (WEB)

AND/OR

"Lord Jesus Christ, Son of God, have mercy on me a sinner"

AND/OR

The General Confession

Blessing

6

Doxology

Lord's Prayer

Vocation

ALL

5

Creed

4

WORD

Psalm 119:25 My soul is laid low in the dust. Revive me according to your word! (WEB)



Psalm 119:8: Open my eyes, that I may see wondrous things out of your law. (WEB)



Psalm 119:97 How I love your law! It is my meditation all day. (WEB)



3

Confession

Psalm 119:1 Blessed are those whose ways are blameless, who walk according to the Lord's law. (WEB)



Psalm 119:133 Establish my footsteps in your word. Don't let any iniquity have dominion over me. (WEB)

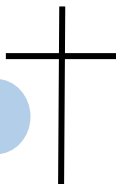
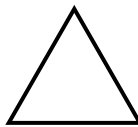


Psalm 119:1 Blessed are those whose ways are blameless, who walk according to the Lord's law. (WEB)



2

Morning and Evening Prayer



1

## Station Four

### Station 4: The Reading and Study of Scripture

As you prepare to read the Scriptures say ...

Psalm 119:8: Open my eyes, that I may see wondrous things  
out of your law. (WEB-BE)

Psalm 119:97 How I love your law!  
It is my meditation all day. (WEB-BE)

Psalm 119:25 My soul is laid low in the dust.  
Revive me according to your word! (WEB-BE)

And then read or study the Scriptures ...  
(a method or plan of your choosing)

- Read through the Bible in a year
- Read through the Psalms in a month
- Read a book of the Bible
- Treasury of Daily Prayer

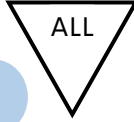
Blessing

6

Doxology

Lord's Prayer

Vocation



5

Creed

4

WORD

Psalm 119:25 My soul is laid low in the dust. Revive me according to your word! (WEB)



Psalm 119:8: Open my eyes, that I may see wondrous things out of your law. (WEB)



Psalm 119:97 How I love your law! It is my meditation all day. (WEB)



3

Confession

Psalm 119:1 Blessed are those whose ways are blameless, who walk according to the Lord's law. (WEB)



Psalm 119:133 Establish my footsteps in your word. Don't let any iniquity have dominion over me. (WEB)

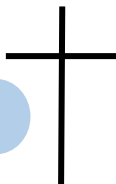
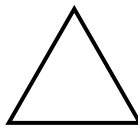


Psalm 119:1 Blessed are those whose ways are blameless, who walk according to the Lord's law. (WEB)



2

Morning and Evening Prayer



1

## **Station Five - Morning**

### **Station 5: Morning Commendation**

Psalm 5:1-3: Give ear to my words, Lord. Consider my meditation. Listen to the voice of my cry, my King and my God, for I pray to you. Lord, in the morning you will hear my voice. In the morning I will lay my requests before you, and will watch expectantly. (WEB)

### **Say the Apostle's 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.

### **Morning Practice**

I believe that the Triune God gives Himself wholly to me and is abundant in the giving of His gifts. The Father gives all of creation. The Son all of His work. And the Holy Spirit all of His gifts. (Paraphrase from Large Catechism, II, 67-70)

Ask  
Commend  
Wait/Work



## **Station Five - Morning**

This morning I ask for and wait in expectation for the following gifts from the Triune God ...

### **Say Luther's Morning Prayer and the Lord's Prayer**

I thank Thee, my Heavenly Father, through Jesus Christ, Thy dear Son, that Thou hast kept me this night from all harm and danger; and I pray Thee to keep me this day also from sin and all evil, that all my doings and life may please Thee. For into Thy hands I commend myself, my body and soul, and all things. Let Thy holy angel be with me, that the Wicked Foe may have no power over me. Amen. ( Triglotta, Small Catechism)

### **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.

from Luther's Small Catechism, Triglott Concordia

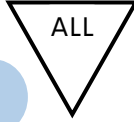
Blessing

6

Doxology

Lord's Prayer

Vocation



5

Creed

4

WORD

Psalm 119:25 My soul is laid low in the dust. Revive me according to your word! (WEB)



Psalm 119:8: Open my eyes, that I may see wondrous things out of your law. (WEB)



Psalm 119:97 How I love your law! It is my meditation all day. (WEB)



3

Confession

Psalm 119:1 Blessed are those whose ways are blameless, who walk according to the Lord's law. (WEB)



Psalm 119:133 Establish my footsteps in your word. Don't let any iniquity have dominion over me. (WEB)

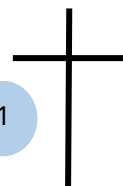
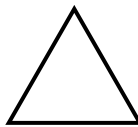


Psalm 119:1 Blessed are those whose ways are blameless, who walk according to the Lord's law. (WEB)



2

Morning and Evening Prayer



1



## **Station Five - Evening**

### **Station 5: Evening Commendation**

Psalm 4:8: In peace I will both lay myself down and sleep,  
for you alone, Lord, make me live in safety. (WEB)

#### **Say the Apostle's 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.

#### **Evening Practice**

I believe that the Triune God gives Himself wholly to me and is abundant in the giving of His gifts. The Father gives all of creation. The Son all of His work. And the Holy Spirit all of His gifts. (Paraphrase from Large Catechism, II, 67-70)

Thank  
Commend  
Rest in Peace



## **Station Five - Evening**

As I end this day, I thank the Triune God for his faithfulness.

Throughout this day, He has ...

As I sleep and rest from the activities of this day, I release and commend the following into the hands of the Triune God ...

### **Say Luther's Evening Prayer and the Lord's Prayer**

I thank Thee, my Heavenly Father, through Jesus Christ, Thy dear Son, that Thou hast kept me this night from all harm and danger; and I pray Thee to keep me this day also from sin and all evil, that all my doings and life may please Thee. For into Thy hands I commend myself, my body and soul, and all things. Let Thy holy angel be with me, that the Wicked Foe may have no power over me. Amen. ( Triglotta, Small Catechism)

### **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.

from Luther's Small Catechism, Triglott Concordia

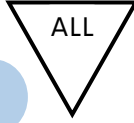
Blessing

6

Doxology

Lord's Prayer

Vocation



5

Creed

4

WORD

Psalm 119:25 My soul is laid low in the dust. Revive me according to your word! (WEB)



Psalm 119:8: Open my eyes, that I may see wondrous things out of your law. (WEB)



Psalm 119:97 How I love your law! It is my meditation all day. (WEB)



3

Confession

Psalm 119:1 Blessed are those whose ways are blameless, who walk according to the Lord's law. (WEB)



Psalm 119:133 Establish my footsteps in your word. Don't let any iniquity have dominion over me. (WEB)

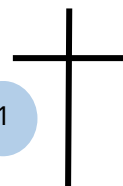
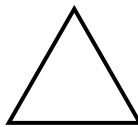


Psalm 119:1 Blessed are those whose ways are blameless, who walk according to the Lord's law. (WEB)



2

Morning and Evening Prayer



1

## Station Six

### Station 6: Say (Sing) the Doxology and the Aaronic Blessing

#### the "Doxology" (Thomas Ken, 1674)

Praise God, from whom all blessings flow;  
Praise Him, all creatures here below;  
Praise Him above, ye heav'nly host;  
Praise Father, Son, and Holy Ghost!

#### the Aaronic Blessing

"The Lord bless you, and keep you.  
The Lord make his face to shine on you, and be gracious to you.  
The Lord lift up his face towards you, and give you peace."  
Numbers 6:24-26 (WEB)

