



# *The Receptive Life*

THE DAILY PRACTICE  
Step By Step Guide

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



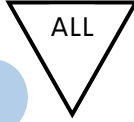
Blessing

6

Doxology

Lord's Prayer

Vocation



5

Creed

4

WORD

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Psalm 119:18: 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)

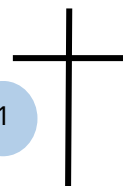
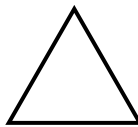


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2

Morning and Evening Prayer



1

## Station One

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

In the morning, when you rise, AND in the evening, when you go to bed,  
you shall bless yourself with the holy cross and say:

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

From the Daily Prayers in Luther's *Small Catechism*,  
*Triglott Concordia*

Meditate on the following ...

Christ FOR me (Romans 8)  
Christ WITH me (Matt. 28:20)  
Christ IN and THROUGH me (Gal. 2:20-21)

Amen! Amen!  
Yes! Yes! It is so!

Marked by the cross and the Trinitarian invocation meditate on ...

- What the Triune God has done in your baptism!
- Who you are in Christ Jesus!
- Whose you are!

"I belong to Jesus Christ!"

... that I may be [wholly] His own, and live under Him in His kingdom, and  
serve Him in everlasting righteousness, innocence, and blessedness, even  
as He is risen from the dead, lives and reigns to all eternity. This is most  
certainly true.

-Meaning of Second Article of Apostle's Creed  
*Small Catechism, Concordia Triglotta*

Blessing

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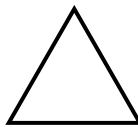


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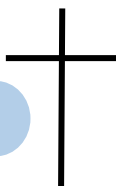


2

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.

From the Daily Prayers in Luther's *Small Catechism*,  
*Triglot Concordia*

#### 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.

From the Daily Prayers in Luther's *Small Catechism*,  
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Blessing

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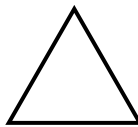


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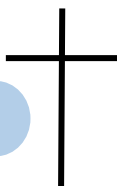


2

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)

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

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

### 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 in *The Lutheran Hymnal* p. 16

AND THEN ...

Comfort yourself with the forgiveness of sins given in the proclamation of the Gospel, your Baptism, the Office of the Keys, and the Sacrament of the Altar

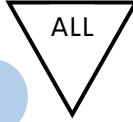
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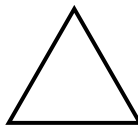


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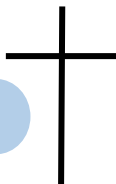


2

Morning and Evening Prayer



1



## Station Four

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

As you prepare to hear, read, study, memorize and meditate on the Scriptures say ...

Psalm 119:18: 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)

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

**And then hear, read, study, memorize and meditate on  
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*
- List of Bible verses ... ("Friends" and "Daggers")
- Memory and Meditation System

Blessing

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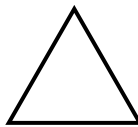


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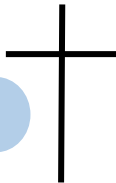


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Morning and Evening Prayer



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## Station Five - Morning

### Station 5: Morning Commendation

As you prepare to commend the day into the Lord's hands, remember that the Triune God desires to give Himself completely to you AND that it is good to proclaim His love in the morning and His faithfulness at night.

#### Say Psalm 92:1-2

Psalm 92:1-2: It is a good thing to give thanks to the LORD, to sing praises to your name, Most High, to proclaim your loving kindness in the morning, and your faithfulness every night (WEB)

#### Remember the "ALLs" of the Triune God

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  
*Triglot Concordia*)

#### 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.

## Station Five - Morning

### Morning Commendation - Pray Psalm 5:1-3

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)

**Reflect upon your station in life and note some directed action steps that the Triune God is calling you to fulfill in your vocation.**

(see Vocation and Table of Duties worksheet)

Use the following thoughts from Psalm 5:1-3 to pray for the events of the day ...

- This morning I ask the Triune God for ...
- This morning I trust that the Triune God gives ALL gifts needed for this day and I commend the following into His hands ...
- As I begin the work of this day and fulfill my vocation I wait in expectation for ...

### Say 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.

## Vocation (Table of Duties)

"For we are God's workmanship, created in Christ Jesus to do good works which God prepared in advance for us to do." (Eph. 2:10 NIV)

Station and Location I am a ...	Vocational Activity I am called to ...

## Station Five - Evening

### Station 5: Evening Commendation

As you prepare to commend the evening into the Lord's hands, remember that the Triune God desires to give Himself completely to you AND that it is good to proclaim His love in the morning and His faithfulness at night.

#### Say Psalm 92:1-2

Psalm 92:1-2: It is a good thing to give thanks to the LORD, to sing praises to your name, Most High, to proclaim your loving kindness in the morning, and your faithfulness every night (WEB)

#### Remember the "ALLs" of the Triune God

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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.



## **Station Five - Evening**

### **Evening Commendation - Pray Psalm 4:8**

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

**As you prepare to go to sleep, reflect upon the events the day and  
thank the Triune God for his faithfulness.**

Use the following thoughts from Psalm 4:8 to go to bed in peace ...

- 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 ...

I trust that the Lord will guard my heart and my mind and I ask that He will  
grant me His peace, especially from the following ...

### **Say 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.

Blessing

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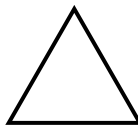


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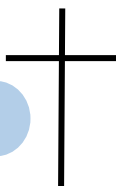


2

Morning and Evening Prayer



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## 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)

