



The Receptive Life

VIDEO STUDY GUIDE

Lent 2023

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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.

a Lutheran Spirituality publication

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Introduction and Overview

The Receptive Life is ...

a spiritual framework ...
a way of thinking
a way of acting
a way of living out the Christian life
daily and weekly practices

that focuses on ...

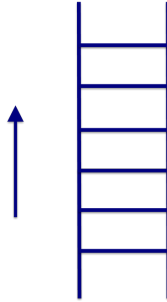
"receiving" the person and work of Jesus
and "making use" of Him

A spiritual framework that will help you ...

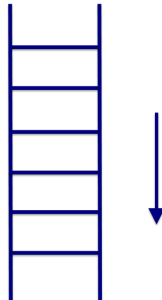
- **fight against** the "unholy trinity" (devil, the world, and the sinful flesh)
- **defend** yourselves with the work and promises of Jesus
- **receive** all of the gifts that only the Triune God can give

Introduction and Overview

Metaphor of the Spiritual Ladder performing vs. receiving



what I must do = performance
sin's default mindset



what Christ has done = receptivity
by grace, through faith, for the sake of Jesus

We are spiritual beggars
"Lord, have mercy!"

"... the Gospel bids us to hold the sack open and
have something given to us."

"We are beggars; this is true!" (Martin Luther)

Introduction and Overview

The Receptive Life (Active and Passive)

getting/going to all of the places (we are active)

where the Triune God has promised to do His work and
give to us His gifts (God is active)

we receive (passive)

In the Scriptures and the Sacraments ...

we "receive" the person and work of Jesus
we "make use of" Him

Thus the worship and divine service of the Gospel is to receive from God gifts; on the contrary, the worship of the Law is to offer and present our gifts to God. We can, however, offer nothing to God unless we have first been reconciled and born again ... the chief worship of the Gospel is to wish to receive remission of sins, grace, and righteousness.

Apology of the Augsburg Confession, Article III
paragraph 189, *Concordia Triglotta*

... the Gospel compels us to avail ourselves (*make use*) of Christ in justification ... it (the Gospel) teaches that through Him we have access to God by faith; it teaches that we ought to set Him as Mediator and Propitiator against God's wrath; it teaches that by faith in Christ the remission of sins and reconciliation are received, and the terrors of sin and of death overcome.

Apology of the Augsburg Confession, Article III
paragraph 170-171, *Concordia Triglotta*

Introduction and Overview

How do we order all of our life around ...

**"receiving" the person and work of Jesus
AND "making use of" Him?**

The Receptive Life is ...

a spiritual framework ...

a way of thinking

a way of acting

a way of living out the Christian life

daily and weekly practices

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A spiritual framework that will help you ...

- **fight against** the "unholy trinity" (devil, the world, and the sinful flesh)
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The Backstory

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The Backstory

Flipping Spiritual Ladders Concordia Theological Seminary 1988

The Spiritual Formation of the Pastor

- *Doberstein's Prayer Book*
- *Martin Luther, Oratio, Meditatio, Tentatio: A Right Way to Study Theology" (Psalm 119)*
- *A Simple Way to Pray (spiritual advice and practical steps for his barber)*
- *The Lutheran Confessions*
- *The Small and Large Catechism*

Psalm 119:1-176

- oratio –prayer (receptive)
- meditatio -meditation on the Scriptures
- tentatio - soul struggle

Psalm 119:18 "Open my eyes, that I may see wondrous things out of your law." (oratio)

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

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

The Backstory

Martin Luther and His Barber Peter *A Simple Way to Pray*

Spiritual advice and practical steps for his barber.
Praying the ABC's of the Christian faith

Martin Luther Preface to ... **The *Large and Small Catechism***

after the "visitations"

The deplorable, miserable condition which I discovered lately when I, too, was a visitor, has forced and urged me to prepare [publish] this Catechism, or Christian doctrine, in this small, plain, simple form. Mercy! Good God! what manifold misery I beheld!

The common people, especially in the villages, have no knowledge whatever of Christian doctrine, and, alas! many pastors are altogether incapable and incompetent to teach [so much so, that one is ashamed to speak of it]. Nevertheless, all maintain that they are Christians, have been baptized and receive the [common] holy Sacraments.

Yet they [do not understand and] cannot [even] recite either the Lord's Prayer, or the Creed, or the Ten Commandments; they live like dumb brutes and irrational hogs; and yet, now that the Gospel has come, they have nicely learned to abuse all liberty like experts.

Luther's Preface to the Small Catechism,
Concordia Triglotta

The Backstory

"We have to do something!"

Martin Luther creates the *Small Catechism*

As the head of the household should teach it to his family
in a "clear and simple way.

The devil may be the master of 1000 arts but the Triune God
and His Word are master of 100,000 more.

"teach the devil to death"

the "daily exercise" of the Christian faith

Therefore I again implore all Christians, especially pastors and preachers,
not to be doctors too soon, and imagine that they know everything ... but
that they daily exercise themselves well in these studies and constantly
treat them;

moreover, that they guard with all care and diligence against the
poisonous infection of such security and vain imagination, but steadily
keep on reading, teaching, learning, pondering, and meditating, and do
not cease until they have made a test and are sure that they have taught
the devil to death, and have become more learned than God Himself and
all His saints.

Luther's Preface to the *Large Catechism*,
Concordia Triglotta

The Daily Practice

How do we order all of our life around ...

**"receiving" the person and work of Jesus
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a way of living out the Christian life
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The Karate Kid (1984)

Mr. Miyagi Approach
"Wax On. Wax Off."

The Daily Practice

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Martin Luther creates the *Small Catechism*

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Luther's Preface to the *Large Catechism*,
Concordia Triglotta

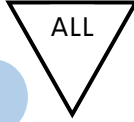
Blessing

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 119:18: 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)

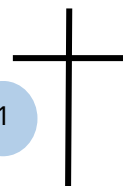
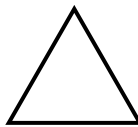


Psalm 119:1 Blessed are those whose ways are blameless, who walk according to the Lord's law. (WEB)



2

Morning and Evening Prayer



1

Lesson 1 - The Sign of the Cross and the Trinitarian Invocation

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

In the morning, when you rise, you shall bless yourself with the holy cross and say:

"In the name of God the Father, Son, and
Holy Ghost (Spirit). Amen."

*-Small Catechism – Daily Prayers
Concordia Triglotta*

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

- What the Triune God has done!
- Who you are!
- 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*

Lesson 1 - The Sign of the Cross and the Trinitarian Invocation

the Trinity
(Father, Son and Holy Spirit)

vs.

the "unholy trinity"
(the devil, the world, sinful flesh)

The Work of the Triune God - (three themes)

- Creation (recreate, provide, protects)
- Redemption (buy us back)
- Sanctification (make us holy)

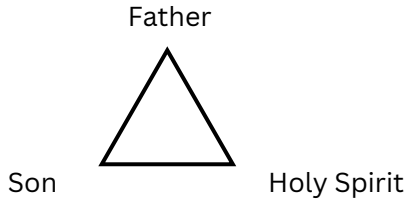
The Work of the "unholy trinity" - the "anti trinity"

murder, kill, corrupt and destroy,
idolatry, sin, great shame,
slavery, separation and alienation,
lies and deception,
misbelief, unbelief, despair

Lesson 1 - The Sign of the Cross and the Trinitarian Invocation

One God, Three Distinct Persons, One Salvation Plan

1-3-1



"... here we see that God gives Himself entire to us, with all that He has and is able to do, to aid and direct us in keeping the Ten Commandments –

the Father, all creatures;
the Son, His entire work;
and the Holy Ghost, all His gifts."

*The Large Catechism, Apostle's Creed, paragraph 69
Concordia Triglotta*

"Making Use of" the Name

"Come, Holy Spirit"

"Lord Jesus, have mercy on me, the sinner"

"Abba, Father"

Lesson 1 - The Sign of the Cross and the Trinitarian Invocation

... they (the people) should be constantly urged and incited to honor God's name, and to have it always upon their lips in everything that may happen to them or come to their notice. For that is the true honor of His name, to look to it and implore it for all consolation, so that (as we have heard above) first the heart by faith gives God the honor due Him, and afterwards the lips by confession.

This is also a blessed and useful habit and very effectual against the devil, who is ever about us, and lies in wait to bring us into sin and shame, calamity and trouble, but who is very loath to hear God's name, and cannot remain long where it is uttered and called upon from the heart. And, indeed, many a terrible and shocking calamity would befall us if, by our calling upon His name, God did not preserve us.

I have myself tried it, and learned by experience that often sudden great calamity was immediately averted and removed during such invocation. To vex the devil, I say, we should always have this holy name in our mouth, so that he may not be able to injure us as he wishes.

For this end it is also of service that we form the habit of daily commending ourselves to God, with soul and body, wife, children, servants, and all that we have, against every need that may occur; whence also the blessing and thanksgiving at meals, and other prayers, morning and evening, have originated and remain in use.

Likewise the practice of children to cross themselves when anything monstrous or terrible is seen or heard, and to exclaim: "Lord God, protect us!" "Help, dear Lord Jesus!" Thus, too, if any one meets with unexpected good fortune, however trivial, that he say: "God be praised and thanked; this God has bestowed on me!"

*Large Catechism – I (70-74)
Concordia Triglotta*

Lesson 2 - Making Use of the Cross and the Name

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Yes! Yes! It is so!

Marked by the Cross and the Trinitarian Invocation

- What the Triune God has done!
- Who you are!
- 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.

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Lesson 2 - Making Use of the Cross and the Name

Marked by the cross in daily life and in the Divine Service ...

- Invocation
- Confession and Absolution
- Baptism
- Creed
- Lord's Supper
- the Blessing

Making Use of the Cross and the Name

- **receiving** the work of Jesus
- **against** the ways of the "unholy trinity"
- and **for the ways** of the Triune God in the waters of Baptism

The Baptismal Rite

"_____, receive the sign of the holy cross both upon your forehead and upon your heart to mark you as one redeemed by Christ the crucified."

Do you renounce the devil?
Yes, I renounce him.

Do you renounce all his works?
Yes, I renounce them.

Do you renounce all his ways?
Yes, I renounce them.

"_____, I baptize you in the name of the Father and of the Son
and of the Holy Spirit."

From Liturgy for the Sacrament of Holy Baptism,
The Lutheran Service Book

Lesson 2 - Making Use of the Cross and the Name

As the head of the family should teach it in a simple way to his household.

The Second Article. Of Redemption.

And in Jesus Christ, His only Son, our Lord; who was conceived by the Holy Ghost, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, dead, and buried; He descended into hell; the third day He rose again from the dead; He ascended into heaven, and sitteth on the right hand of God the Father Almighty; from thence He shall come to judge the quick and the dead.

What does this mean?

–Answer: I believe that Jesus Christ, true God, begotten of the Father from eternity, and also true man, born of the Virgin Mary, is my Lord, who has redeemed me, a lost and condemned creature, purchased and won [delivered] me from all sins, from death, and from the power of the devil,

not with gold or silver, but with His holy, precious blood and with His innocent suffering and death, in order 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.

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Lesson 3 - The Cross as Sacrifice for Sin

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

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Lesson 3 - The Cross as Sacrifice for Sin

Make Use of Jesus ...

- the Cross as Sacrifice for Sin
- the Cross as Victory
- the Cross as the Christian's Way of Life

Spiritual War

the Trinity
(Father, Son and Holy Spirit)

vs.

the "unholy trinity"
(the devil, the world, sinful flesh)

Ephesians 6:10-13: Finally, be strong in the Lord and in the strength of his might. Put on the whole armour of God, that you may be able to stand against the wiles of the devil.

For our wrestling is not against flesh and blood, but against the principalities, against the powers, against the world's rulers of the darkness of this age, and against the spiritual forces of wickedness in the heavenly places. Therefore put on the whole armour of God, that you may be able to withstand in the evil day, and having done all, to stand. (WEB)

Lesson 3 - The Cross as Sacrifice for Sin

Make Use of Jesus ...

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The Cross as Sacrifice for Sin

John 1:29: "Behold, the Lamb of God that takes away the sin of the world." (WEB)

Romans 3:20-26: Because by the works of the law, no flesh will be justified in his sight; for through the law comes the knowledge of sin.

21 But now apart from the law, a righteousness of God has been revealed, being testified by the law and the prophets; 22 even the righteousness of God through faith in Jesus Christ to all and on all those who believe.

For there is no distinction, 23 for all have sinned, and fall short of the glory of God; 24 being justified freely by his grace through the redemption that is in Christ Jesus, 25 whom God sent to be an atoning sacrifice³; 25 or, a propitiation through faith in his blood, for a demonstration of his righteousness through the passing over of prior sins, in God's forbearance; 26 to demonstrate his righteousness at this present time, that he might himself be just and the justifier of him who has faith in Jesus. (WEB)

1 John 2:1-2: 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. 2 And he is the atoning sacrifice for our sins, and not for ours only, but also for the whole world. (WEB)

Lesson 3 - The Cross as Sacrifice for Sin

As the head of the family should teach it in a simple way to his household.

The Second Article. Of Redemption.

And in Jesus Christ, His only Son, our Lord; who was conceived by the Holy Ghost, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, dead, and buried; He descended into hell; the third day He rose again from the dead; He ascended into heaven, and sitteth on the right hand of God the Father Almighty; from thence He shall come to judge the quick and the dead.

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

Lesson 4 - The Cross as Sign of Victory

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Lesson 4 - The Cross as Sign of Victory

Make Use of Jesus ...

- the Cross as Sacrifice for Sin
- the Cross as Victory
- the Cross as the Christian's Way of Life

The Cross as Victory Over ... sin, death and the devil

Genesis 3:15: I will put hostility between you and the woman, and between your offspring and her offspring.

He will bruise your head,
and you will bruise his heel." (WEB)

1 Corinthians 5:24-27: Then the end comes, when he will deliver up the Kingdom to God the Father, when he will have abolished all rule and all authority and power. 25 For he must reign until he has put all his enemies under his feet. 26 The last enemy that will be abolished is death. 27 For, "He put all things in subjection under his feet." (WEB)

Colossians 2:13-15: You were dead through your trespasses and the uncircumcision of your flesh. He made you alive together with him, having forgiven us all our trespasses, 14wiping out the handwriting in ordinances which was against us. He has taken it out of the way, nailing it to the cross. 15Having stripped the principalities and the powers, he made a show of them openly, triumphing over them in it. (WEB)



Lesson 4 - The Cross as Sign of Victory

As the head of the family should teach it in a simple way to his household.

The Second Article. Of Redemption.

And in Jesus Christ, His only Son, our Lord; who was conceived by the Holy Ghost, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, dead, and buried; He descended into hell; the third day He rose again from the dead; He ascended into heaven, and sitteth on the right hand of God the Father Almighty; from thence He shall come to judge the quick and the dead.

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

Lesson 5 - The Cross as the Way of Life

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-*Small Catechism – Daily Prayers*
Concordia Triglotta

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

Marked by the Cross and the Trinitarian Invocation

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- Who you are!
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Lesson 5 - The Cross as the Way of Life

Make Use of Jesus ...

- the Cross as Sacrifice for Sin
- the Cross as Victory
- the Cross as the Christian's Way of Life

The Cross as the Christian's Way of Life

Matthew 16:21-ff: 21 From that time, Jesus began to show his disciples that he must go to Jerusalem and suffer many things from the elders, chief priests, and scribes, and be killed, and the third day be raised up.

22 Peter took him aside and began to rebuke him, saying, "Far be it from you, Lord! This will never be done to you."

23 But he turned and said to Peter, "Get behind me, Satan! You are a stumbling block to me, for you are not setting your mind on the things of God, but on the things of men."

24 Then Jesus said to his disciples, "If anyone desires to come after me, let him deny himself, take up his cross, and follow me. 25 For whoever desires to save his life will lose it, and whoever will lose his life for my sake will find it. 26 For what will it profit a man if he gains the whole world and forfeits his life? Or what will a man give in exchange for his life? 27 For the Son of Man will come in the glory of his Father with his angels, and then he will render to everyone according to his deeds. (WEB)

Living and Dying Metaphor

in baptism we (and our sins) die with Jesus
and we rise with Jesus (Romans 6)

in repentance we put to death the sinful nature
and set our hearts on things above (Colossians 3)

Lesson 5 - The Cross as the Way of Life

Jesus as "example"
our Brother, the Righteous One

2 Corinthians 5:20-21: We are therefore ambassadors on behalf of Christ, as though God were entreating by us: we beg you on behalf of Christ, be reconciled to God. 21For him who knew no sin he made to be sin on our behalf, so that in him we might become the righteousness of God. (WEB)

Galatians 2:20-21: I have been crucified with Christ, and it is no longer I who live, but Christ lives in me. That life which I now live in the flesh, I live by faith in the Son of God, who loved me and gave himself up for me. 21I don't reject the grace of God. For if righteousness is through the law, then Christ died for nothing!" (WEB)

A Spirituality of the Cross

1 Peter 4:21-ff: 21For you were called to this, because Christ also suffered for us, leaving you an example, that you should follow his steps, 22who didn't sin, "neither was deceit found in his mouth."

23When he was cursed, he didn't curse back. When he suffered, he didn't threaten, but committed himself to him who judges righteously. 24He himself bore our sins in his body on the tree, that we, having died to sins, might live to righteousness. You were healed by his wounds. 25For you were going astray like sheep; but now you have returned to the Shepherd and Overseer of your souls. (WEB)

Lesson 5 - The Cross as the Way of Life

As the head of the family should teach it in a simple way to his household.

The Second Article. Of Redemption.

And in Jesus Christ, His only Son, our Lord; who was conceived by the Holy Ghost, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, dead, and buried; He descended into hell; the third day He rose again from the dead; He ascended into heaven, and sitteth on the right hand of God the Father Almighty; from thence He shall come to judge the quick and the dead.

What does this mean?

–Answer: I believe that Jesus Christ, true God, begotten of the Father from eternity, and also true man, born of the Virgin Mary, **is my Lord**, who has **redeemed me**, a lost and condemned creature, **purchased and won [delivered] me** from all sins, from death, and from the power of the devil,

not with gold or silver, but with His holy, precious blood and with His innocent suffering and death, **in order 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

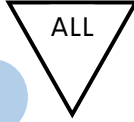
Blessing

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 119:18: 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)

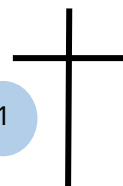
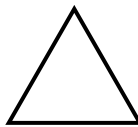


Psalm 119:1 Blessed are those whose ways are blameless, who walk according to the Lord's law. (WEB)



2

Morning and Evening Prayer



1

Station Two

Station 2: Pray the Morning and/or Evening Prayer

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

“In the name of God the Father, Son, and
Holy Ghost. Amen.”

And then pray ...

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)

Lesson 1 - The Evening and Morning Prayer

Making Use of the Cross and the Name

receiving the work of Jesus

against the ways of the "unholy trinity"
and for the ways of the Triune God

the Holy Trinity

vs.

the "unholy Trinity"

the devil, the world, and our sinful flesh

The Sixth Petition. And lead us not into temptation.

What does this mean?

Answer. God, indeed, tempts no one; but we pray in this petition that God would guard and keep us, so that the devil, the world, and our flesh may not deceive us, nor seduce us into misbelief, despair, and other great shame and vice; and though we be assailed by them, that still we may finally overcome and gain the victory.

Luther's Small Catechism, Book of Concord (Triglotta)

the "attack"

deceive and seduce us into ...

misbelief (head)

despair (heart)

other great shame and vice (hands)

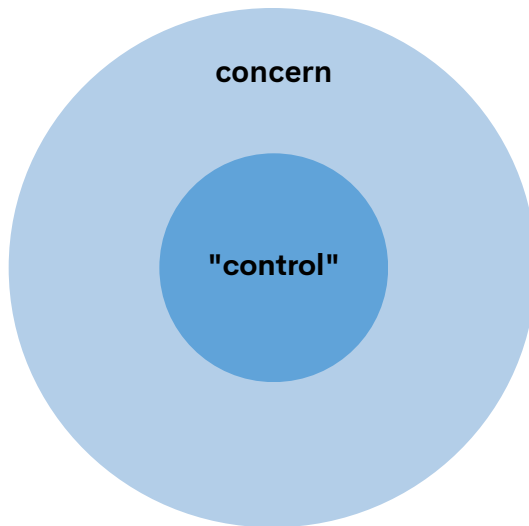
Lesson 1 - The Evening and Morning Prayer

The mass mindset of humanity ...
(social media, news, conversations)

fear, anger, weariness, grief, distrust, uncertainty, suspicion,
apathy, anxiety, depression

Things you are **concerned** about ...
Things you can **control** ...
In all things ... **commend!**

**the spiritual practice of
"commending" or "entrusting"**



Circle of Concern and Control,
Stephen Covey, *The Seven Habits of Highly Successful People*

Lesson 1 - The Evening and Morning Prayer

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

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And then pray ...

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
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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
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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)

Lesson 2 - A Sacred Rhythm

Station 2: Pray the Morning and/or Evening Prayer

In the morning, when you rise AND in the evening when you go to sleep ...
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"In the name of God the Father, Son, and
Holy Ghost. Amen."

And then pray ...

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)

Lesson 2 - A Sacred Rhythm

Challenges to Living *The Receptive Life*

distractions
resistance
exhaustion (performance)

faith, hope and love assailed and attacked

the "rhythm" of the Christian life

Is our life built around the activity of
the Triune God? (His time, places, means)

OR

Do we live as if the Triune God should
adjust His activity to fit our life?

**a sacred rhythm
sacred place and acts
sacred participation**

Genesis 1-2:

"and there was evening and morning ..."
"six days work, seventh day a Sabbath"

**Leviticus
Book of Hebrews**

"receiving the holiness of Messiah/Jesus"

Lesson 2 - A Sacred Rhythm

Leviticus 23/Colossians 2:16-17

(the religious calendar is the catechism of the Jews)

Evening and Morning
Shabbat (Sabbath)
Pesach (Passover)
Unleavened Bread
Firstfruits
Shavuot (Weeks/Pentecost)
Rosh Hashanah (Trumpets)
Yom Kippur (Day of Atonement)
Sukkot (Booths/Tabernacles)

God's "appointed" feasts, festivals and holy days ...

- remind the people of God's work
- teach the Word and promise
- give the redemptive gifts

Colossians 2:16-17: Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. These are a shadow of the things that were to come; the reality, however, is found in Christ. (NIV)

Passover
Pentecost
Tabernacles

"filled to the full" in Jesus

Lesson 2 - A Sacred Rhythm

a sacred rhythm in the evening ...

Thank
Commend
Rest in Peace

the mind and the heart
(the devil's playground)

"rest in peace"

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

a sacred rhythm in the morning ...

Ask
Commend
Work and Wait

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)

"establish the work of our hands"
labor in love for God and toward the neighbor

Lesson 2 - A Sacred Rhythm

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

"In the name of God the Father, Son, and
Holy Ghost. Amen."

And then pray ...

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)

Lesson 3 - A Sacred Gratitude

Station 2: Pray the Morning and/or Evening Prayer

In the morning, when you rise AND in the evening when you go to sleep ...
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And then pray ...

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Amen.

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Lesson 3 - A Sacred Gratitude

"I thank Thee my Heavenly Father,
through Jesus Christ Thy dear Son, that Thou hast ..."

a sacred gratitude
"That you may know ..."

Give us this day our daily bread.

What does this mean?

Answer. God gives daily bread, even without our prayer, to all wicked men; but we pray in this petition that He would lead us to know it, and to receive our daily bread with thanksgiving.

What is meant by daily bread?

Answer. Everything that belongs to the support and wants of the body, such as meat, drink, clothing, shoes, house, homestead, field, cattle, money, goods, a pious spouse, pious children, pious servants, pious and faithful magistrates, good government, good weather, peace, health, discipline, honor, good friends, faithful neighbors, and the like.

*Small Catechism – Lord's Prayer
Concordia Triglotta*

Thou shalt have no other gods.

What does this mean?

Answer. We should fear, love, and trust in God above all things.

*Small Catechism – Ten Commandments
Concordia Triglotta*

Lesson 3 - A Sacred Gratitude

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

Things you are **concerned** about ...
Things you can **control** ...
In all things ... **commend!**

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

"In the name of God the Father, Son, and
Holy Ghost. Amen."

And then pray ...

Luther's Morning Prayer

I thank Thee, my Heavenly Father, through Jesus Christ, Thy dear Son, that
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Luther's Evening Prayer

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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)

Lesson 4 - Rest In Peace

Station 2: Pray the Morning and/or Evening Prayer

In the morning, when you rise AND in the evening when you go to sleep ...
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Amen.

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Lesson 4 - Rest In Peace

**you have kept ...
you will keep ...**

The mass mindset of humanity ...
(social media, news, conversations)

fear, anger, weariness, grief, distrust, uncertainty, suspicion,
apathy, anxiety, depression

the mind and the heart
(the devil's playground)

"rest in peace"

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

Philippians 4:4-7: Rejoice in the Lord always! Again I will say, "Rejoice!"
5Let your gentleness be known to all men. The Lord is at hand. 6In
nothing be anxious, but in everything, by prayer and petition with
thanksgiving, let your requests be made known to God. 7And the peace
of God, which surpasses all understanding, will guard your hearts and
your thoughts in Christ Jesus. (WEB)

"Making Use of" the Name

"Come, Holy Spirit"

"Lord Jesus, have mercy on me, the sinner"

"Abba, Father"

Lesson 4 - Rest In Peace

**you have kept ...
you will keep ...**

"... here we see that God gives Himself entire to us, with all that He has and is able to do, to aid and direct us in keeping the Ten Commandments – the Father, all creatures; the Son, His entire work; and the Holy Ghost, all His gifts."

*The Large Catechism, Apostle's Creed, paragraph 69
Concordia Triglotta*

Meaning to the First Article of the Apostle's Creed

I believe in God the Father Almighty, Maker of heaven and earth.

What does this mean?

I believe that God has made me and all creatures; that He has given me my body and soul, eyes, ears, and all my limbs, my reason, and all my senses, and still preserves them;

in addition thereto, clothing and shoes, meat and drink, house and homestead, wife and children, fields, cattle, and all my goods; that He provides me richly and daily with all that I need to support this body and life, protects me from all danger, and guards me and preserves me from all evil;

and all this out of pure, fatherly, divine goodness and mercy, without any merit or worthiness in me; for all which I owe it to Him to thank, praise, serve, and obey Him. This is most certainly true.

*Small Catechism – Apostle's Creed
Concordia Triglotta*

Lesson 4 - Rest In Peace

In the morning, when you rise AND in the evening when you go to sleep ...
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Holy Ghost. Amen."

And then pray ...

Luther's Morning Prayer

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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)

Lesson 5 - Ask and Wait

Station 2: Pray the Morning and/or Evening Prayer

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Amen.

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

Lesson 5 - Ask and Wait

**you have kept ...
you will keep ...**

**a sacred rhythm in the morning ...
Ask. Commend. Work and Wait.**

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)

“establish the work of our hands”
labor in love for God and toward the neighbor

In the morning ...

we ask and
wait in expectation

Lesson 5 - Ask and Wait

**you have kept ...
you will keep ...**

"... here we see that God gives Himself entire to us, with all that He has and is able to do, to aid and direct us in keeping the Ten Commandments – the Father, all creatures; the Son, His entire work; and the Holy Ghost, all His gifts."

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Luther's Evening Prayer

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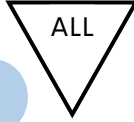
Blessing

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 119:18: 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)

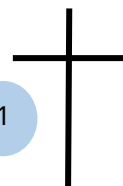
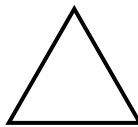


Psalm 119:1 Blessed are those whose ways are blameless, who walk according to the Lord's law. (WEB)



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 from *The Lutheran Hymnal* (p. 16)

Lesson 1 - Confession repent, receive, rejoice (repeat)

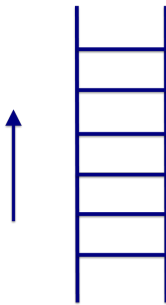
The Receptive Life is a spiritual framework ...

a way of thinking
a way of acting
a way of living out the Christian life

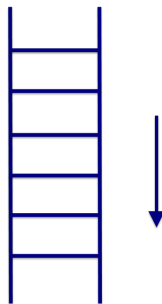
that focuses on "receiving" the person and work of Jesus
and "making use" of Him.

Metaphor of the Spiritual Ladder

performing vs. receiving



what I must do = performance
sin's default mindset



what Christ has done = receptivity
by grace, through faith, for the sake of Jesus

Lesson 1 - Confession repent, receive, rejoice (repeat)

Thus the worship and divine service of the Gospel is to receive from God gifts; on the contrary, the worship of the Law is to offer and present our gifts to God.

We can, however, offer nothing to God unless we have first been reconciled and born again ... the chief worship of the Gospel is to wish to receive remission of sins, grace, and righteousness.

*Apology of the Augsburg Confession, Article III
paragraph 189, Concordia Triglotta*

When you have the forgiveness of sins, you have ... everything!

repent
receive
rejoice

(repeat)

The Daily Practice

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)

Lesson 1 - Confession repent, receive, rejoice (repeat)

V. Confession: How Christians should be taught to confess.

What is Confession?

Confession embraces two parts: the one is, that we confess our sins; the other, that we receive absolution, or forgiveness, from the confessor, as from God Himself, and in no wise doubt, but firmly believe, that our sins are thereby forgiven before God in heaven.

*Luther's Small Catechism, Confession V
Triglot Concordia*

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)

remember your Baptism
make use of the Office of the Keys
attend the Lord's Supper

The worship and divine service of the Gospel is to **receive from God** gifts.... the chief worship of the Gospel is to wish to **receive remission** of sins, grace, and righteousness.

*Apology of the Augsburg Confession, Article III
paragraph 189, Concordia Triglot*

Lesson 2 - Confession Spiritual Diagnosis

spiritual doctor
("soul physician/healer")

Spiritual Checkup

- examination and assessment
- diagnosis of malady
- the right medicine and the cure
- healthy life plan

we and our world are
sick and dying

sin, corrupt world and the devil are
the cause and root problem

the Church is the hospital and it
has the medicine of the Gospel

the forgiveness of sins that comes from the
person and work of Jesus is the cure

In Jesus ... the worst of the world
is met with the best of the Triune God

What's next?

What should we do?

Where and to whom should we go?

John 6:66 At this, many of his disciples went back and walked no more with him. 67Jesus said therefore to the twelve, "You don't also want to go away, do you?"

68 Simon Peter answered him, "Lord, to whom would we go? You have the words of eternal life. 69We have come to believe and know that you are the Christ, the Son of the living God." (WEB)

Lesson 2 - Confession Spiritual Diagnosis

The sum of the preaching of the Gospel is this: to convict of sin; to offer for Christ's sake the forgiveness of sins and righteousness, the Holy Spirit, and eternal life; and that as reborn people we should do good works.

[30] So Christ includes the sum of the Gospel when He says, "Repentance and forgiveness of sins should be proclaimed in His name to all nations" (Luke 24:47).

Apology of the Augsburg Confession, Article XIIA (V) Repentance,
Concordia: The Lutheran Confessions: Second Edition

repent!
(you're sick)

receive!
(here's the medicine)

rejoice!
(not just life eternal but
faith, hope and love for today)

(and repeat)

Lesson 3 - Confession The Ten Commandments

Spiritual Checkup

- examination and assessment
- diagnosis of malady
- the right medicine and the cure
- healthy life plan

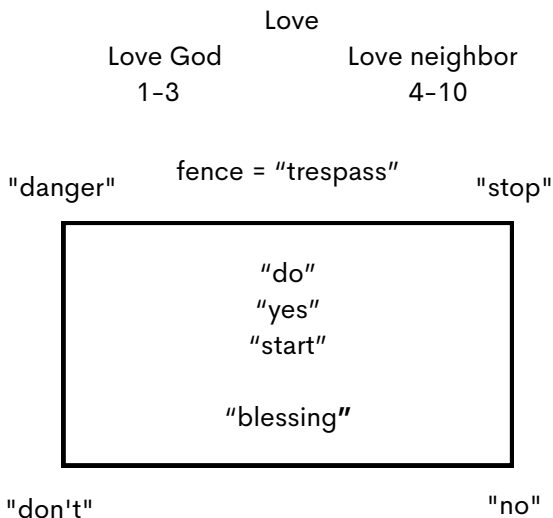
repent!
(you're sick)

receive!
(here's the medicine)

rejoice!
(not just life eternal but
faith, hope and love for today)

(and repeat)

The Ten Commandments What's love got to do with it?



Lesson 3 - Confession The Ten Commandments

V. Confession: How Christians should be taught to confess.

What sins should we confess?

Before God we should plead guilty of all sins, even of those which we do not know, as we do in the Lord's Prayer. But before the confessor we should confess those sins alone which we know and feel in our hearts.

Which are these?

Here consider your station according to the Ten Commandments, whether you are a father, mother, son, daughter, master, mistress, a man-servant or maid-servant; whether you have been disobedient, unfaithful, slothful; whether you have grieved any one by words or deeds; whether you have stolen, neglected, or wasted aught, or done other injury.

*Luther's Small Catechism, Confession V
Triglot Concordia*

repent!
(you're sick)

receive!
(here's the medicine)

rejoice!
(not just life eternal but
faith, hope and love for today)

(and repeat)

Lesson 4 - Confession To Whom Shall We Go?

Spiritual Checkup

- examination and assessment
- diagnosis of malady
- the right medicine and the cure
- healthy life plan

repent!
(you're sick)

receive!
(here's the medicine)

rejoice!
(not just life eternal but
faith, hope and love for today)

(and repeat)

"Lord, have mercy!
Christ, have mercy!
Lord, have mercy!"

Where and to Whom Shall We Go to Receive the Medicine?

- The Scriptures
- His Sacraments (Baptism and the Lord's Supper)
- The House (the spiritual hospital) where people gather to receive Jesus and all of His gifts

Lesson 4 - Confession To Whom Shall We Go?

The worship and divine service of the Gospel is to receive from God gifts.
... the chief worship of the Gospel is to wish to receive remission of sins,
grace, and righteousness.

Apology of the Augsburg Confession, Article III
paragraph 189, *Concordia Triglotta*

[55] Everything, therefore, in the Christian Church is ordered toward this goal: we shall daily receive in the Church nothing but the forgiveness of sin through the Word and signs, to comfort and encourage our consciences as long as we live here.

So even though we have sins, the ‹grace of the› Holy Spirit does not allow them to harm us. For we are in the Christian Church, where there is nothing but ‹continuous, uninterrupted› forgiveness of sin.

This is because God forgives us and because we forgive, bear with, and help one another [Galatians 6:1–2].

Large Catechism, Part II, The Apostle's Creed,
Concordia: The Lutheran Confessions: Second Edition

**When you have the forgiveness of sins,
you have ... everything!**

Lesson 5 - Confession A Way of Life

Spiritual Checkup

- examination and assessment
- diagnosis of malady
- the right medicine and the cure
- healthy life plan

repent!
(you're sick)

receive!
(here's the medicine)

rejoice!
(not just life eternal but
faith, hope and love for today)

(and repeat)

Life of Repentance ...
not just a day but a way of life

When our Lord and Master Jesus Christ said, "Repent" (Matthew 4:17), he willed the entire life of believers to be one of repentance.

- Martin Luther, 95 Theses, (Theses 1)

Lesson 5 - Confession A Way of Life

What does such baptizing with water signify?

Answer: It signifies that the old Adam in us should, by daily contrition and repentance, be drowned and die with all sins and evil lusts, and, again, a new man daily come forth and arise; who shall live before God in righteousness and purity forever.

Where is this written?

Answer: St. Paul says Romans, chapter 6: We are buried with Christ by Baptism into death, that, like as He was raised up from the dead by the glory of the Father, even so we also should walk in newness of life.

*Luther's Small Catechism, Baptism
Triglott Concordia*

Christian Questions with Their Answers

Prepared by Dr. Martin Luther for those who intend
to go to the Sacrament

A Brief Form of Confession

You should speak to the confessor thus: Reverend and dear sir, I beseech you to hear my confession, and to pronounce forgiveness to me for God's sake.

Proceed: I, a poor sinner, confess myself before God guilty of all sins; especially I confess before you that I am a man-servant, a maidservant, etc. But, alas, I serve my master unfaithfully; for in this and in that I have not done what they commanded me; I have provoked them, and caused them to curse, have been negligent [in many things] and permitted damage to be done; have also been immodest in words and deeds, have quarreled with my equals, have grumbled and sworn at my mistress, etc. For all this I am sorry, and pray for grace; I want to do better.

A master or mistress may say thus: In particular I confess before you that I have not faithfully trained my children, domestics, and wife [family] for God's glory. I have cursed, set a bad example by rude words and deeds, have done my neighbor harm and spoken evil of him, have overcharged and given false ware and short measure. And whatever else he has done against God's command and his station, etc.

But if any one does not find himself burdened with such or greater sins, he should not trouble himself or search for or invent other sins, and thereby make confession a torture, but mention one or two that he knows. Thus: In particular I confess that I once cursed; again, I once used improper words, I have once neglected this or that, etc. Let this suffice. But if you know of none at all (which, however is scarcely possible), then mention none in particular, but receive the forgiveness upon your general confession which you make before God to the confessor.

Then shall the confessor say: God be merciful to thee and strengthen thy faith! Amen.
Furthermore: Dost thou believe that my forgiveness is God's forgiveness?
—Answer: Yes, dear sir.

Then let him say: As thou believest, so be it done unto thee. And by the command of our Lord Jesus Christ I forgive thee thy sins, in the name of the Father and of the Son and of the Holy Ghost. Amen. Depart in peace. But those who have great burdens upon their consciences, or are distressed and tempted, the confessor will know how to comfort and to encourage to faith with more passages of Scripture. This is to be merely a general form of confession for the unlearned.

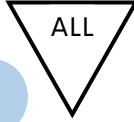
Blessing

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 119:18: 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)

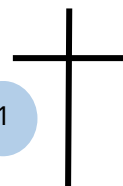
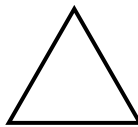


Psalm 119:1 Blessed are those whose ways are blameless, who walk according to the Lord's law. (WEB)



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 119:18: 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 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
- List of Bible Verses ... ("Friends" and "Daggers")
- Memory and Meditation System

Lesson 1 - The Word of God

The Receptive Life is a spiritual framework ...

a way of thinking
a way of acting
a way of living out the Christian life

that focuses on "receiving" the person and work of Jesus
and "making use" of Him.

**The Scriptures ... the Word of God
(the Navigators, Hand Illustration)**

hear, read or sing, study,
memorize, meditate

- 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

A Dialogue Between "Two Voices"

acknowledge the trouble
affirm the promises

Lesson 1 - The Word of God

Two Voices

our words
acknowledge the trouble

God's Word
affirm the Promise (s)

"I feel ..."

But God's Word says ...

"It seems like ..."

A list of ...

"I think ..."

"friends" and "daggers"

Lesson 1 - The Word of God

As you prepare to read 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 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
- List of Bible Verses ... ("Friends" and "Daggers")
- Memory and Meditation System

Lesson 2 - Psalm 119 and Oratio, Meditatio and Tentatio

Psalm 119

176 verses long
22 sections of 8 verses

An "A to Z" devotional on ...

the Word of God and
the God of the Word

Preface to the Wittenberg Edition of Luther's German Writings,

"I want to point out to you a correct way of studying theology, for I have had practice in that. If you keep to it, you will become so learned that you yourself could (if it were necessary) write books just as good as those of the fathers and councils . . .

"This is the way taught by holy King David (and doubtlessly used also by all the patriarchs and prophets) in the one hundred nineteenth Psalm."

"There you will find three rules, amply presented throughout the whole Psalm. They are *Oratio*, *Meditatio*, *Tentatio* [prayer, meditation, Anfechtung (affliction, conflict, severe soul-struggle)]."

Luther's Works, vol. 34,
Career of the Reformer, pp. 285

oratio –prayer (receptive)
meditatio -meditation on the Scriptures
tentatio - soul struggle

Lesson 2 - Psalm 119 and Oratio, Meditatio and Tentatio

Oratio: Open my eyes, that I may see wondrous things out of your law.
Psalm 119:18 (WEB)

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

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

30 min and a cup of coffee

- Read Psalm 119
- "O" prayer and petitions
- "M" the Word of God
- "T" troubles, struggles

Lesson 3 - Psalm 119 and Oratio (prayer)

Oratio: Open my eyes, that I may see wondrous things out of your law.
Psalm 119:18 (WEB)

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

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

30 min and a cup of coffee

- Read Psalm 119
- "O" prayer and petitions
- "M" the Word of God
- "T" troubles, struggles

oratio -prayer Psalm 119 (NIV)

vs. 12: "teach me your decrees ..."

vs. 18: "open my eyes ..."

vs.25: "preserve my life ..."

vs. 27: "let me understand ..."

vs. 28: "strengthen me ..."

vs. 29: "keep me from ..."

vs. 35: "direct me ..."

vs. 36: "turn my heart ... turn my eyes"

Open my eyes, that I may see
wondrous things out of your law.
Psalm 119:18 (WEB)

Lesson 3 - Psalm 119 and Oratio (prayer)

As you open the Scriptures, pray ...
"open my eyes"!

Open my eyes, that I may see
wondrous things out of your law.
Psalm 119:18 (WEB)

The Triune God is the Real Teacher

we are "darkened in our understanding"
we need to be enlightened/to see

The Triune God wants us to know Him.
gives us a Revelation of Himself
(Word in Scripture and incarnate in Jesus)

give us the Holy Spirit
gives us all gifts needed

Luke 24:44-48: He said to them, "This is what I told you while I was still with you: Everything must be fulfilled that is written about me in the Law of Moses, the Prophets and the Psalms." (NIV)

Luke 24:44-48: 45 Then **he opened their minds** so they could understand the Scriptures. 46 He told them, "This is what is written: The Christ will suffer and rise from the dead on the third day, 47 and repentance and forgiveness of sins will be preached in his name to all nations, beginning at Jerusalem. 48 You are witnesses of these things. (NIV)

Lesson 4 - Psalm 119 and Meditatio (meditation on the Scriptures)

Oratio: Open my eyes, that I may see wondrous things out of your law.
Psalm 119:18 (WEB)

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

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

30 min and a cup of coffee

- Read Psalm 119
- "O" prayer and petitions
- "M" the Word of God
- "T" troubles, struggles

meditatio – meditation on the Scriptures Psalm 119 (NIV)

vs. 11: "I have hidden your Word in my heart"

vs. 15: "I meditate on your precepts and consider your ways..."

vs. 16: "I delight in your decrees; I will not neglect your Word"

vs. 20: "my soul is consumed with longing for your laws"

vs. 24: "your statutes are my delight"

vs. 40: "how I long for your precepts"

vs. 54: "your decrees are the theme of my song wherever I lodge"

vs. 97: "O how I love your law, I meditate on it all day long"

Lesson 4 - Psalm 119 and Meditation (meditation on the Scriptures)

Meditation = Active not Passive

If you know how to worry,
you know how to meditate!

What is the "OBJECT" of your focus/attention?

hear, read, study
memorize and meditate

Lesson 5 - Psalm 119 and Tentatio (the troubles of life)

Oratio: Open my eyes, that I may see wondrous things out of your law.
Psalm 119:18 (WEB)

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

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

30 min and a cup of coffee

- Read Psalm 119
- "O" prayer and petitions
- "M" the Word of God
- "T" troubles, struggles

tentatio – soul struggle

Psalm 119 (NIV)

vs. 23: "rulers sit together and slander me"

vs. 25: "I am laid low in the dust, preserve my life according to your Word"

vs. 28: "my soul is weary with sorrow, strengthen me according to your Word"

vs. 49: "remember your Word to your servant for you have given me hope"

vs. 67: "before I was afflicted I went astray, but now I obey your Word"

vs. 71: "It was good for me to be afflicted so that I might learn your decrees"

vs. 75: "I know, O Lord, that your laws are righteous, and in faithfulness you have afflicted me"

Lesson 5 - Psalm 119 and Tentatio (the troubles of life)

**there are only two kingdoms ...
the Devil and the Triune God**

no neutral territory
you are a threat and an enemy
take heart – welcome to the front lines

**trouble, trouble, trouble
expect it, don't be surprised by it**

- I did it to myself (consequence)
- the sinful world is against me
- the devil's attacking me
- God's hand over all ... disciplining, refining

**A Dialogue Between "Two Voices"
(taking it up with God)**

acknowledge the trouble
affirm the promises

**Lesson 5 - Psalm 119 and Tentatio
(the troubles of life)**

Two Voices

our words
acknowledge the trouble

God's Word
affirm the Promise (s)

"I feel ..."

But God's Word says ...

"It seems like ..."

A list of ...

"I think ..."

"friends" and "daggers"

Lesson 6 - The Five Uses of the Scripture

the Scriptures ...

reveal the person and work of Jesus
we **"receive"** Jesus (person and work)
we **"make use of"** Jesus

Hebrews 4:12: For the word of God is living and active ... (WEB)

John 20:30-31: Therefore Jesus did many other signs in the presence of his disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in his name. (WEB)

Romans 15:4: For whatever things were written before were written for our learning, that through perseverance and through encouragement of the Scriptures we might have hope.

13 Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope in the power of the Holy Spirit. (WEB)

2 Timothy 3:16: Every Scripture is God-breathed and profitable ("useful") for teaching, for reproof, for correction, and for instruction in righteousness, 17that each person who belongs to God may be complete, thoroughly equipped for every good work. (WEB)

The Five "Uses" of the Scripture

- #1 Jesus as our hope and consolation
- #2 What is the Truth? And proclaiming right teaching.
- #3 What is a lie? And refuting false teaching.
- #4 What is wrong? Rebuking and correcting false living.
- #5 What is right? Exhorting and encouraging true living.

Adapted from *The Useful Applications of Scripture in Lutheran Orthodoxy: An Aid to Contemporary Preaching and Exegesis*, Benjamin T. G. Mayes, Concordia Theological Quarterly, Volume 83:1-2

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 119:18: 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)

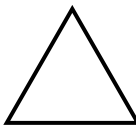


Psalm 119:1 Blessed are those whose ways are blameless, who walk according to the Lord's law. (WEB)

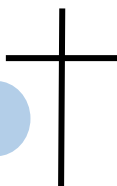


2

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. (Luther's *Small Catechism, Triglot Concordia*)

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.

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. (Luther's *Small Catechism, Triglot Concordia*)

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.

Lesson 1 - The Evening and Morning Commendation

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

Things you are **concerned** about ...
Things you can **control** ...
In all things ... **commend!**

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

"In the name of God the Father, Son, and
Holy Ghost. Amen."

And then pray ...

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)

Lesson 1 - The Evening and Morning Commendation

The mass mindset of humanity ...
(social media, news, conversations)

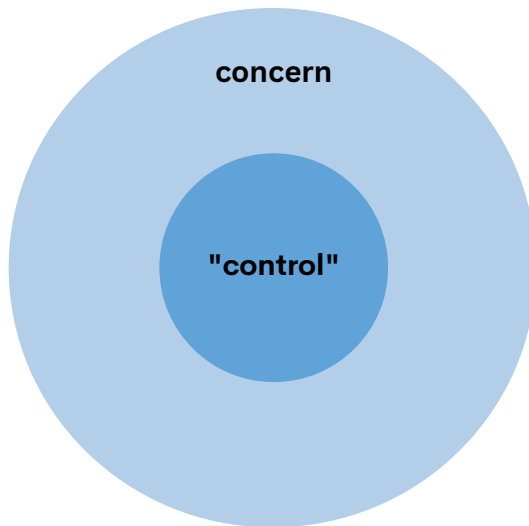
fear, anger, weariness, grief, distrust, uncertainty, suspicion,
apathy, anxiety, depression

Morning and Evening

you have kept ...
you will keep ...

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

**the spiritual practice of
"commending" or "entrusting"**



Circle of Concern and Control,
Stephen Covey, *The Seven Habits of Highly Successful People*

Lesson 1 - The Evening and Morning Commendation

**a sacred rhythm in the evening ...
Thank. Commend. Rest in Peace.**

the mind and the heart
(the devil's playground)

"rest in peace"

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

**a sacred rhythm in the morning ...
Ask. Commend. Work and Wait.**

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)

"establish the work of our hands"
labor in love for God and toward the neighbor

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)

"Making Use" of the Name

"Abba, Father ..."
"Lord Jesus, have mercy on me!"
"Come, Holy Spirit!"

Lesson 2 - The Commendation and the Apostle's Creed

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)

The Apostle's Creed

Father – gives all of creation

Son – gives all of His work

Holy Spirit – gives all of His gifts

"Making Use" of the Name

"Abba, Father ..."

"Lord Jesus, have mercy on me!"

"Come, Holy Spirit!"

Meaning to the First Article of the Apostle's Creed

I believe in God the Father Almighty, Maker of heaven and earth.

What does this mean?

I believe that God has made me and all creatures; that He has given me my body and soul, eyes, ears, and all my limbs, my reason, and all my senses, and still preserves them; in addition thereto, clothing and shoes, meat and drink, house and homestead, wife and children, fields, cattle, and all my goods;

that He provides me richly and daily with all that I need to support this body and life, protects me from all danger, and guards me and preserves me from all evil; and all this out of pure, fatherly, divine goodness and mercy, without any merit or worthiness in me; for all which I owe it to Him to thank, praise, serve, and obey Him. This is most certainly true.

Lesson 2 - The Commendation and the Apostle's Creed

Meaning to the Second Article of the Apostle's Creed

What does this mean?

Answer. I believe that Jesus Christ, true God, begotten of the Father from eternity, and also true man, born of the Virgin Mary, is my Lord who has redeemed me, a lost and condemned creature, purchased and won [delivered] me from all sins, from death, and from the power of the devil

...not with gold or silver, but with His holy, precious blood and with His innocent suffering and death, in order 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 to the Third Article of the Apostle's Creed

What does this mean?

I believe that I cannot by my own reason or strength believe in Jesus Christ, my Lord, or come to Him; but the Holy Ghost has called me by the Gospel, enlightened me with His gifts, sanctified and kept me in the true faith;

even as He calls, gathers, enlightens, and sanctifies the whole Christian Church on earth, and keeps it with Jesus Christ in the one true faith; in which Christian Church He forgives daily and richly all sins to me and all believers, and at the last day will raise up me and all the dead, and will give to me and to all believers in Christ everlasting life.

This is most certainly true.

Lesson 3 - The Commendation and Vocation

"That all my doings and life may please Thee"

vocation = "calling in life"

station + location = vocation

station
(the God given roles of life)

I am a ...

- husband
- father
- son and brother
- friend
- pastor

location
(times, seasons, places)

God has placed me ...

- in a (neighborhood)
- at a (place of employment)
- with (groups of people)
- in a country
- in a city

vocation = calling

Today I have an opportunity or an occasion to ...

Lesson 3 - The Commendation and Vocation

vocation = calling

Today I have an opportunity or an occasion to ...

ask/pray

love

teach

create

act

mourn

plan

"hello"

"goodbye"

stop

start

serve

receive

rejoice

surrender

trust

remember

rest

repent

grow/learn

fight

solve

confess

anticipate

dream/risk

move fast

slow down

pause

turn around

suffer

provide

clarify

sow/reap

confront

release

wait

"That all my doings and life may please Thee"

station + location = vocation

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 ...

Lesson 4 - The Commendation and the Lord's Prayer

The Receptive Life a spiritual framework that will help you ...

- **fight** against the "unholy trinity" (devil, the world, and the sinful flesh)
- **defend** yourselves with the work and promises of Jesus
- **rest and receive** all of the gifts that only the Triune God can give

the Holy Trinity
vs.
the "unholy trinity"
(devil, corrupt world and sinful flesh)

the battlefield station + location = vocation

In the morning ...

- we ask
- we commend
- we wait in expectation
- pray the Lord's Prayer

In the evening ...

- we thank
- we commend
- we "rest in peace"
- pray the Lord's Prayer

Lesson 4 - The Commendation and the Lord's Prayer

The Lord's Prayer

Our Father ... certainty

THY petitions ...

- God's Name
- Kingdom
- Will

US petitions ...

- Give us our daily bread
- Forgive our sins
- Lead us not ...
- Deliver us from ...

Amen ... certainty

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.

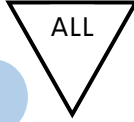
Blessing

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 119:18: 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)

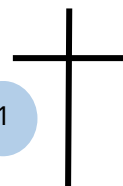
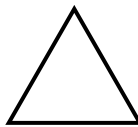


Psalm 119:1 Blessed are those whose ways are blameless, who walk according to the Lord's law. (WEB)



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)

The Doxology and the Blessing

The Pattern of the Psalms

Psalm 103:1-5: Praise the Lord, my soul!
All that is within me, praise his holy name!
2 Praise the Lord, my soul,
and don't forget all his benefits 3 who forgives all your sins,
who heals all your diseases,
4 who redeems your life from destruction,
who crowns you with loving kindness
and tender mercies,
5 who satisfies your desire with good things,
so that your youth is renewed like the eagle's.
(WEB-BE)

The Receptive Life is ...

a spiritual framework ...
a way of thinking
a way of acting
a way of living out the Christian life
daily and weekly practices

that focuses on ...

"receiving" the person and work of Jesus
and "making use" of Him

A spiritual framework that will help you ...

- **fight against** the "unholy trinity" (devil, the world, and the sinful flesh)
- **defend** yourselves with the work and promises of Jesus
- **receive** all of the gifts that only the Triune God can give

