



The Receptive Life

THE DAILY AND WEEKLY
PRACTICE

Step By Step Guide

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a Lutheran Spirituality publication

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



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



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Confession

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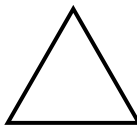


Psalm 119:1 Blessed are those whose ways are blameless, who walk according to the Lord's law. (WEB)



2

Morning and Evening Prayer



1

Station One

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

In the 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

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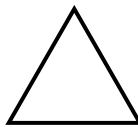


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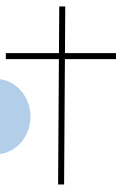


2

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.

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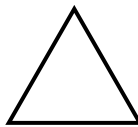


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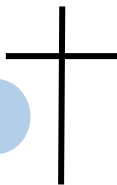


2

Morning and Evening Prayer



1



Station Three

Station 3: Confession

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

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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

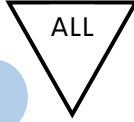
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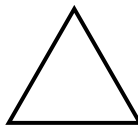


Psalm 119:1 Blessed are those whose ways are blameless, who walk according to the Lord's law. (WEB)



2

Morning and Evening Prayer



1

Station Four

Station 4: The Reading and Study of Scripture

As you prepare to 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

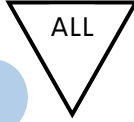
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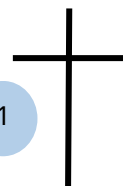
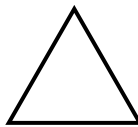


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Morning and Evening Prayer



1

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.

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)

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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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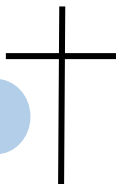
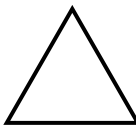


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2

Morning and Evening Prayer



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)

(7x) Psalm 119:176: "I have gone astray like a lost sheep. Seek your servant, for I don't forget your commandments." (WEB)

(7x) Psalm 119:41: Let your loving kindness also come to me, Lord, your salvation, according to your word. (WEB)

Baptism
(Thursday)

The Lord's
Prayer
(Wednesday)

Office of
the Keys
(Friday)

11

10

9

(7x) Psalm 119:175: Let my soul live, that I may praise you. Let your ordinances help me.(WEB)

(7x) Ps. 119:145: I have called with my whole heart. Answer me, Lord! I will keep your statutes. (WEB)

Sacrament of
the Altar
(Saturday)

12

The Weekly
Practice
Stations 7-13

8

The
Creed
(Tuesday)

(7x) Psalm 119:35: "Direct me in the path of your commandments, for I delight in them." (WEB)

(7x) Psalm 119:73 Your hands have made me and formed me. Give me understanding, that I may learn your commandments. (WEB)

Vocation
(Sunday)

13

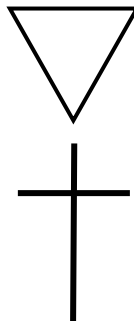
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The Ten
Commandments
(Monday)

(7x) Psalm 119:105: "Your word is a lamp to my feet and a light for my path."(WEB)

(7x) Psalm 119:32: I run in the path of your commandments, for you have set my heart free. (WEB)

The Daily
Practice
Stations 1-6



Station Seven

The Ten Commandments (Monday)

Prepare to meditate on the Ten Commandments by saying
and meditating on Psalm 119:32.

(say 7x) I run in the path of your commandments, for you have
set my heart free. Psalm 119:32 (WEB)

Pause at this station and spend time meditating upon the Ten Commandments.

Thou shalt have no other gods before me.

Thou shalt not take the name of the Lord Thy God in vain.

Remember the Sabbath Day to keep it holy.

Honor thy father and thy mother.

Thou shalt not kill.

Thou shalt not commit adultery.

Thou shalt not steal.

Thou shalt not bear false witness against thy neighbor.

Thou shalt not covet thy neighbor's house.

Thou shalt not covet thy neighbor's wife nor his manservant, nor
his maidservant, nor his cattle, nor anything that is thy neighbors.

If time allows, you can use Luther's Meaning to the Commandments
in the *Small* and *Large Catechism* for further meditation.

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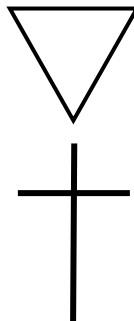
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The Daily Practice Stations 1-6



Station Eight

The Creed (Tuesday)

Prepare to meditate on the Creed by saying and meditating on Psalm 119:73.

(say 7x) Your hands have made me and formed me. Give me understanding, that I may learn your commandments. Psalm 119:73 (WEB)

Pause at this Station and spend time meditating upon the Apostle's Creed. Use the Creed to focus your thoughts on the nature, the character and the work of the Triune God.

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 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.

I believe in the Holy Ghost; the holy Christian Church, the communion of saints; the forgiveness of sins; the resurrections of the body; and the life everlasting. Amen.

If time allows, you can use Luther's Meaning to the Creed in the *Small and Large Catechism* for further meditation

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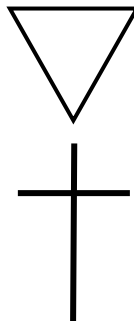
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The Daily
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Stations 1-6



Station Nine

The Lord's Prayer (Wednesday)

Prepare to meditate on the petitions of the Lord's Prayer
by saying and meditating on Psalm 119:145.

(say 7x) I have called with my whole heart. Answer me, Lord!
I will keep your statutes. Ps. 119:145 (WEB)

Pause at this Station and spend time meditating upon the Lord's Prayer. Use the petitions of the Lord's Prayer to express all of the needs, desires, sighs, groans and hopes of your life.

Be assured that these petitions are heard by the Father because he has commanded us so to pray and has promised to hear us.

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.

If time allows, you can use Luther's Meaning to the Lord's Prayer
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Vocation (Sunday)

13

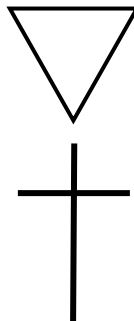
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The Ten Commandments (Monday)

(7x) Psalm 119:105: "Your word is a lamp to my feet and a light for my path."(WEB)

(7x) Psalm 119:32: I run in the path of your commandments, for you have set my heart free. (WEB)

The Daily Practice Stations 1-6



Station Ten

Baptism (Thursday)

Prepare to meditate on the forgiveness of sins that comes to us through the Sacrament of Baptism by saying and meditating on Psalm 119:41.

(7x) Let your loving kindness also come to me, Lord, your salvation, according to your word. Psalm 119:41 (WEB)

Pause at this Station and spend time meditating on the forgiveness of sins that comes through the sacrifice of Jesus and the work of the Holy Spirit through the means of grace.

Say and pray "the Jesus Prayer".

The Jesus Prayer: "Lord Jesus Christ, Son of God, have mercy on me a sinner (THE sinner)."

Remember your Baptism. Drown the Old Man in Confession. Rejoice in the New Man coming forth.

Meditate on the following Scriptures:

Romans 6:1-4

Titus 3:3-7

Matthew 28:18-20

Mark 16:15-16

If time allows, you can use Luther's Meaning to the Sacrament of Baptism in the *Small and Large Catechism* for further meditation.

(7x) Psalm 119:176: "I have gone astray like a lost sheep. Seek your servant, for I don't forget your commandments." (WEB)

(7x) Psalm 119:41: Let your loving kindness also come to me, Lord, your salvation, according to your word. (WEB)

Office of the Keys (Friday)

11

Baptism (Thursday)

10

The Lord's Prayer (Wednesday)

9

(7x) Psalm 119:175: Let my soul live, that I may praise you. Let your ordinances help me.(WEB)

(7x) Ps. 119:145: I have called with my whole heart. Answer me, Lord! I will keep your statutes. (WEB)

Sacrament of the Altar (Saturday)

12

The Weekly Practice Stations 7-13

8

The Creed (Tuesday)

(7x) Psalm 119:35: "Direct me in the path of your commandments, for I delight in them." (WEB)

(7x) Psalm 119:73 Your hands have made me and formed me. Give me understanding, that I may learn your commandments. (WEB)

Vocation (Sunday)

13

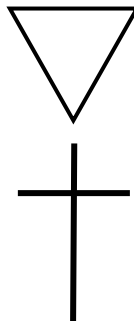
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The Ten Commandments (Monday)

(7x) Psalm 119:105: "Your word is a lamp to my feet and a light for my path."(WEB)

(7x) Psalm 119:32: I run in the path of your commandments, for you have set my heart free. (WEB)

The Daily Practice Stations 1-6



Station Eleven

The Office of the Keys (Friday)

Prepare to meditate on the forgiveness of sins that comes to us through Confession of Sins and Absolution by saying and meditating on Psalm 119:176.

(say 7x) "I have gone astray like a lost sheep. Seek your servant, for I don't forget your commandments." Psalm 119:176 (WEB)

Pause at this Station and spend time meditating on the forgiveness of sins that comes through the sacrifice of Jesus and the work of the Holy Spirit through the means of grace.

Say and pray "the Jesus Prayer" and remember the promise of Jesus in the Office of the Keys.

"Lord Jesus Christ, Son of God,
have mercy on me a sinner (THE sinner)."

Meditate on the following Scriptures:

1 John 1:8—2:2
John 20:19-23

Also, comfort and console your conscience with the gift of private confession before the pastor.

If time allows, you can use Luther's Meaning to Confession and the Office of the Keys in the *Small* and *Large Catechism* for further meditation.

(7x) Psalm 119:176: "I have gone astray like a lost sheep. Seek your servant, for I don't forget your commandments." (WEB)

(7x) Psalm 119:41: Let your loving kindness also come to me, Lord, your salvation, according to your word. (WEB)

Baptism
(Thursday)

The Lord's
Prayer
(Wednesday)

Office of
the Keys
(Friday)

11

10

9

(7x) Psalm 119:175: Let my soul live, that I may praise you. Let your ordinances help me.(WEB)

(7x) Ps. 119:145: I have called with my whole heart. Answer me, Lord! I will keep your statutes. (WEB)

Sacrament of
the Altar
(Saturday)

12

The Weekly
Practice
Stations 7-13

8

The
Creed
(Tuesday)

(7x) Psalm 119:35: "Direct me in the path of your commandments, for I delight in them." (WEB)

(7x) Psalm 119:73 Your hands have made me and formed me. Give me understanding, that I may learn your commandments. (WEB)

Vocation
(Sunday)

13

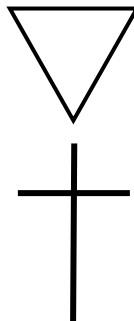
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The Ten
Commandments
(Monday)

(7x) Psalm 119:105: "Your word is a lamp to my feet and a light for my path."(WEB)

(7x) Psalm 119:32: I run in the path of your commandments, for you have set my heart free. (WEB)

The Daily
Practice
Stations 1-6



Station Twelve

The Sacrament of the Altar (Saturday)

Prepare to meditate on the forgiveness of sins that comes to us through the Sacrament of the Altar by saying and meditating on Psalm 119:175

(say 7x) Let my soul live, that I may praise you.
Let your ordinances help me. Psalm 119:175 (WEB)

Pause at this Station and spend time meditating on the forgiveness of sins that comes through the sacrifice of Jesus and the work of the Holy Spirit through the means of grace.

Say and pray "the Jesus Prayer" and remember the promise of forgiveness that Jesus gives in the Sacrament of the Altar.

"Lord Jesus Christ, Son of God,
have mercy on me a sinner (THE sinner)."

Meditate on the following Scriptures:

Matthew 26:26-29
1 Corinthians 11:23-32

Finally, in preparation to receive the Sacrament of the Altar in the Divine Service, examine yourself by using Martin Luther's *Christian Questions with Their Answers* as printed in the *Small Catechism*.

If time allows you can use Luther's Meaning to the Sacrament of the Altar in the *Small* and *Large Catechism*.

(7x) Psalm 119:176: "I have gone astray like a lost sheep. Seek your servant, for I don't forget your commandments." (WEB)

(7x) Psalm 119:41: Let your loving kindness also come to me, Lord, your salvation, according to your word. (WEB)

Office of the Keys (Friday)

11

Baptism (Thursday)

10

The Lord's Prayer (Wednesday)

9

(7x) Psalm 119:175: Let my soul live, that I may praise you. Let your ordinances help me.(WEB)

(7x) Ps. 119:145: I have called with my whole heart. Answer me, Lord! I will keep your statutes. (WEB)

Sacrament of the Altar (Saturday)

12

The Weekly Practice Stations 7-13

8

The Creed (Tuesday)

(7x) Psalm 119:35: "Direct me in the path of your commandments, for I delight in them." (WEB)

(7x) Psalm 119:73 Your hands have made me and formed me. Give me understanding, that I may learn your commandments. (WEB)

Vocation (Sunday)

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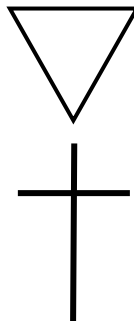
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The Ten Commandments (Monday)

(7x) Psalm 119:105: "Your word is a lamp to my feet and a light for my path."(WEB)

(7x) Psalm 119:32: I run in the path of your commandments, for you have set my heart free. (WEB)

The Daily Practice Stations 1-6



Station Thirteen

The Christian's Vocation (Sunday)

Prepare to meditate on your the vocation (the "calling of God") by saying and meditating on Psalm 119:35.

(say 7x) "Direct me in the path of your commandments,
for I delight in them." Psalm 119:35 (WEB)

Meditate on how God works in his world through means:

The Triune God provides, saves, sanctifies, encourages, loves, feeds, teaches, creates, guides, protects, rules, heals, comforts, rebukes, punishes, dispenses justice, keeps social order, etc.

... through means.

station in life +location = vocation

Pause at this Station and spend time identifying and meditating upon all of the vocations ("callings") that God has given to you. Reflect and focus on the truth that in and through these "callings" we love God and serve our neighbor.

Spouse/Parent/Child
Friends/Neighbors/Geographic Locations

(say 7x) "Your word is a lamp to my feet
and a light for my path." Psalm 119:105 (WEB)

If time allows, you can use Luther's Table of Duties in the *Small* and *Large Catechism* for further meditation.

