



The Receptive Life

THE WEEKLY PRACTICE

Step By Step Guide

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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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Baptism
(Thursday)

The Lord's
Prayer
(Wednesday)

Office of
the Keys
(Friday)

11

10

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Sacrament of
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(Saturday)

12

The Weekly
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Stations 7-13

The
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Vocation
(Sunday)

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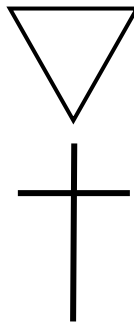
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The Ten
Commandments
(Monday)

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(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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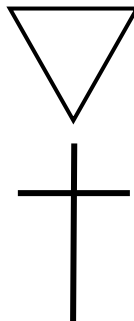
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The Daily Practice Stations 1-6



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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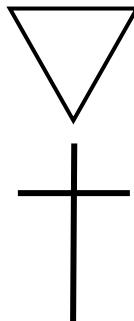
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Station Nine

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
in the *Small and Large Catechism* for further meditation.

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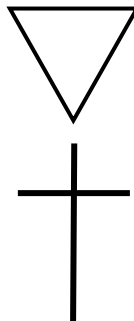
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Station Ten

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.

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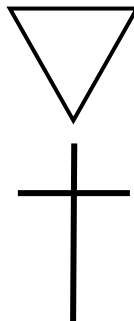
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The Daily Practice Stations 1-6



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.

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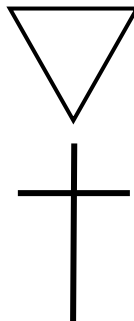
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The Daily
Practice
Stations 1-6



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*.

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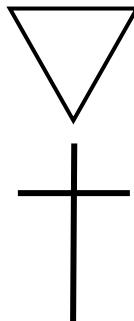
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The Daily Practice Stations 1-6



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.

