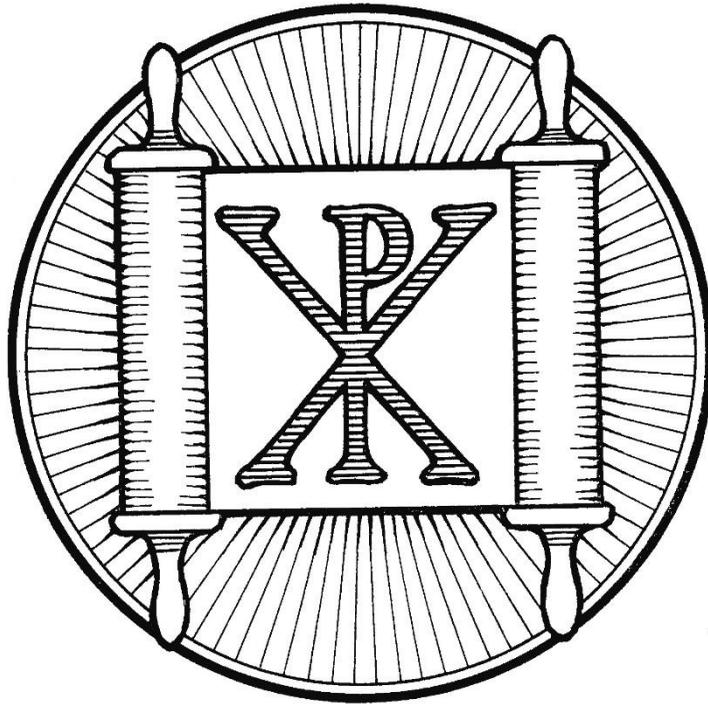


# The Sacred Life: Meditation on Scripture, Prayer, and Struggle

*Taking what you learned in Sunday's liturgy with you throughout the week.*



**Daily Meditation and Prayer Instructions:**

*Read the Scriptures appointed for that day, review the readings from Sunday, and become familiar with Luther's Small Catechism. Conclude with the Psalms, Collects, and the prayers, using the guidelines as you see appropriate.*

<b>Sunday</b>	Psalm 119:49-56	Exodus 32:15-35	Luke 6:39-49
<b>Monday</b>	Psalm 80:1-7	Exodus 33:1-23	Luke 7:1-17
<b>Tuesday</b>	Psalm 86:11-17	Exodus 34:1-28	Luke 7:18-35
<b>Wednesday</b>	Psalm 84:1-4	Exodus 34:29-35:21	Luke 7:36-50
<b>Thursday</b>	Psalm 119:145-152	Exodus 38:21-39:8, 22-23, 27-31	Luke 8:1-21
<b>Friday</b>	Psalm 107:23-32	Exodus 39:32-40:16	Luke 8:22-39
<b>Saturday</b>	Psalm 41:1-3, 11-13	Exodus 40:17-38	Luke 8:40-56

### Looking Back at the Liturgy – The Third Sunday of Easter

**Theme:** On Good Shepherd Sunday, we are reminded of our Lord's care for us, demonstrating not only His effectiveness as a Shepherd, but also that He is good because He lays down His own life for His sheep.

**Hymn:** LSB 740 – I am Jesus Little Lamb

#### Summary of Readings:

**Ezekiel 34:11-16** – Our Lord promises to be a shepherd unto us, His sheep! He will rescue us scattered sheep and gather us all together around Him. He will lead us lost and strayed sheep to places of abundance to rest, simply enjoying that which our Shepherd provides.

**1 Peter 2:21-25** – Peter teaches that our lives as sheep of the Good Shepherd is not filled with the “good life” as might be defined as the American Dream. The Christian life is not one of “Karma” either, that good things come to good people. Rather, Peter warns us that despite the good we may do as Christians, we have been called to a life of suffering. We are called to take up our own cross and follow Him. But if God gives us a cross to carry, He also promises to give us strength to bear it. So, when we stray away looking for the “good life”, our Lord points to His wounds as the defining act of our lives as Christians – both being the source of healing and the best example to imitate.

**John 10:11-16** – Jesus teaches us what true care looks like: self-sacrifice. The Good Shepherd lays down His own life to protect His sheep. His sheep are distinguishable from others, for they have relationship with each other and they know each other. The

hired hand cares nothing for the sheep, who allows predators to devour and scatter them.

### **The Catechism: The Lord's Prayer – The Introduction**

Our Father who art in heaven.

*What does this mean?*

With these words God tenderly invites us to believe that He is our true Father and that we are His true children, so that with all boldness and confidence we may ask Him as dear children ask their dear Father.

**Verse to Memorize: 2 Timothy 3:15** – From childhood you have known the Holy Scriptures, which are able to make you wise for salvation through faith which is in Christ Jesus.

### **Psalm of the Week: Psalm 23 (ESV)**

The LORD is my shepherd; I shall not want.

ª He makes me lie down in green pastures.

He leads me beside still waters.

ª He restores my soul.

He leads me in paths of righteousness  
for his name's sake.

ªEven though I walk through the valley of the  
shadow of death,

I will fear no evil,

for you are with me;

your rod and your staff,

they comfort me.

ªYou prepare a table before me  
in the presence of my enemies;  
you anoint my head with oil;  
my cup overflows.

ªSurely goodness and mercy shall follow me  
all the days of my life,  
and I shall dwell in the house of the LORD  
forever.

### **Luther's Prayer on Psalm 23:**

Lord Jesus, who alone is that one Good Shepherd, thanks be unto You for all Your spiritual and bodily benefits. Let the Word of Your salvation dwell among us richly, and suffer not that trusty staff, the word of Your promise, to be taken from us. And when the shadow of death spreads over us, conduct us safely to the fold of the perfected saints, the tabernacle not made with hands, eternal in the heavens. Amen.

### **Collect for The Second Sunday of Easter:**

O God, through the humiliation of Your Son You raised up the fallen world. Grant to Your faithful people, rescued from the peril of everlasting death, perpetual gladness and eternal joys; through Jesus Christ, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.

### **The Lord's Prayer**

**Themes for Daily Prayer – (LSB 294)**

**Sunday:** *For the joy of the resurrection among us; for the fruit of faith nourished by the Word and the Sacraments.*

**Monday:** *For faith to live in the promises of Holy Baptism; for one's calling and daily work; for the unemployed; for the salvation and well-being of our neighbors; for schools, colleges, and seminaries; for good government and for peace.*

**Tuesday:** *For deliverance against temptation and evil; for the addicted and despairing, the tortured and oppressed; for those struggling with sin.*

**Wednesday:** *For marriage and family, that husbands and wives, parents and children live in ordered harmony according to the Word of God; for parents who must raise children alone; for our communities and neighborhoods.*

**Thursday:** *For the Church and her pastors; for teachers, deaconesses, and other church workers; for missionaries and for all who serve the church; for fruitful and salutary use of the blessed Sacrament of Christ's body and blood.*

**Friday:** *For the preaching of the holy cross of our Lord Jesus Christ and for the spread of His knowledge throughout the whole world; for the persecuted and oppressed; for the sick and dying.*

**Saturday:** *For faithfulness to the end; for the renewal of those who are withering in the faith or have fallen away; for receptive hearts and minds to God's Word on the Lord's Day; for pastors and people as they prepare to administer and receive Christ's holy gifts.*

### **Luther's Morning or Evening Prayer**

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen

**OR**

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day; and I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.