

The Receptive Life



oratio

meditatio

tentatio

developing a “more than Sunday” approach to life

copyright ©2016 Paul W. Arndt

All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopy, recording, or any other—except for brief quotations in printed reviews, without the permission in writing from the author, except as provided by USA copyright law.

Scripture taken from the Holy Bible
New International Version®. NIV®
copyright ©1973, 1978, 1984 by International Bible Society.
Used by permission of Zondervan Publishing House.
All rights reserved.

The “NIV” and “New International Version” trademarks are registered in the United States Patent and Trademark Office by International Bible Society.

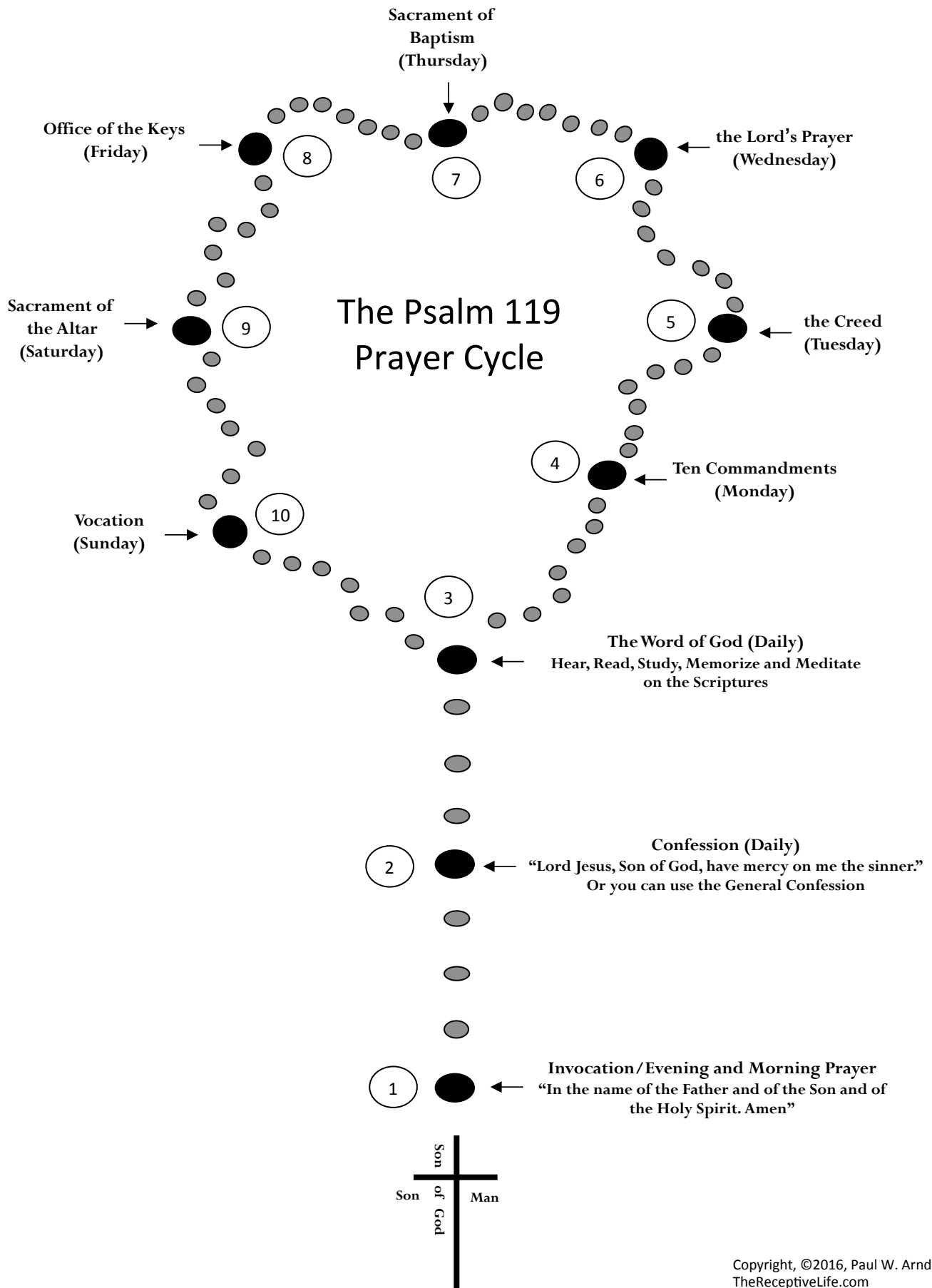
Luther’s Evening and Morning Prayers were taken from
Luther’s Small Catechism
copyright ©1943 Concordia Publishing House.

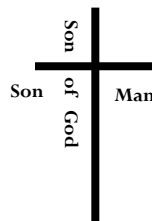
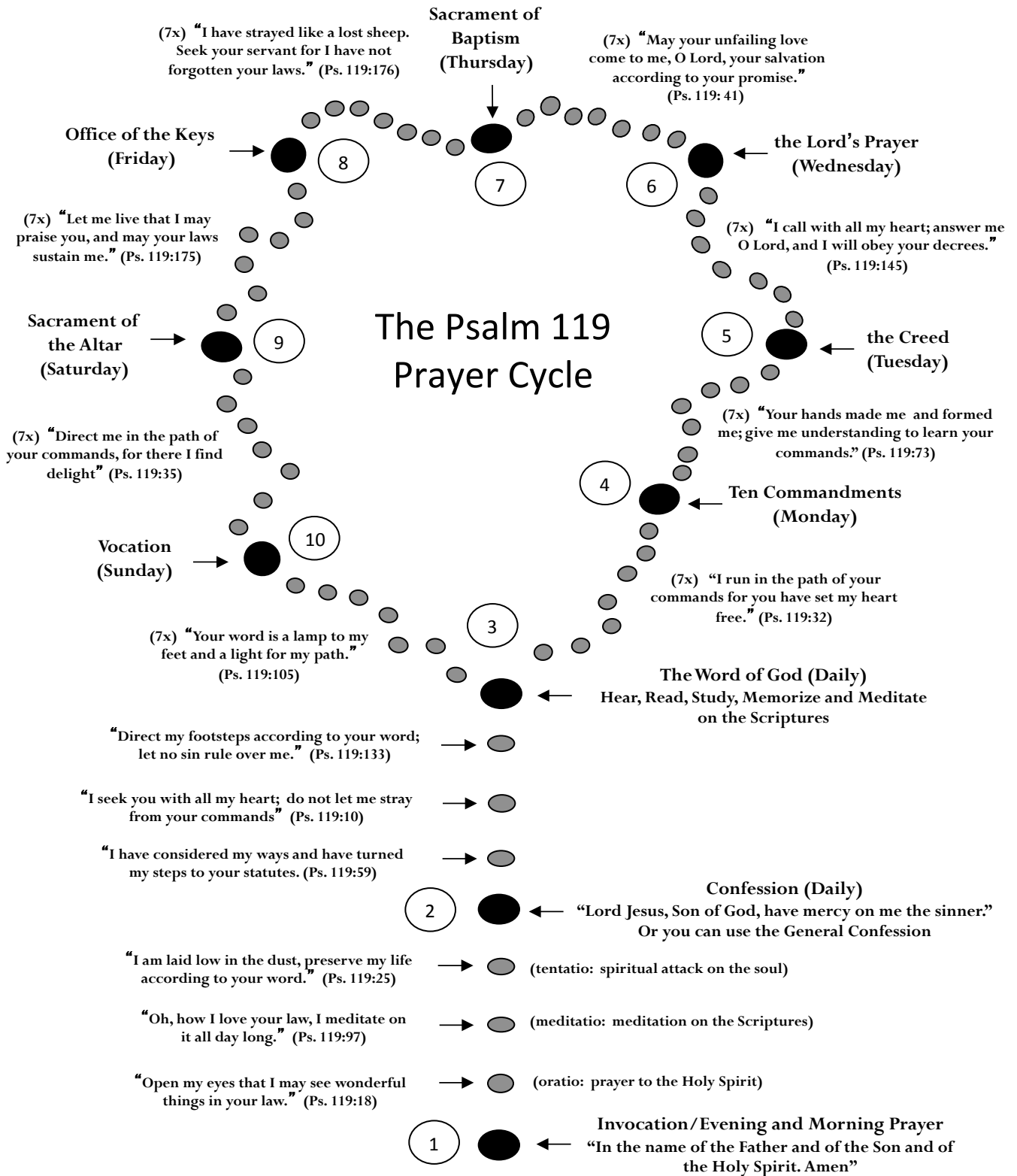
The General Confession was taken from *The Lutheran Hymnal*
copyright ©1941 Concordia Publishing House.

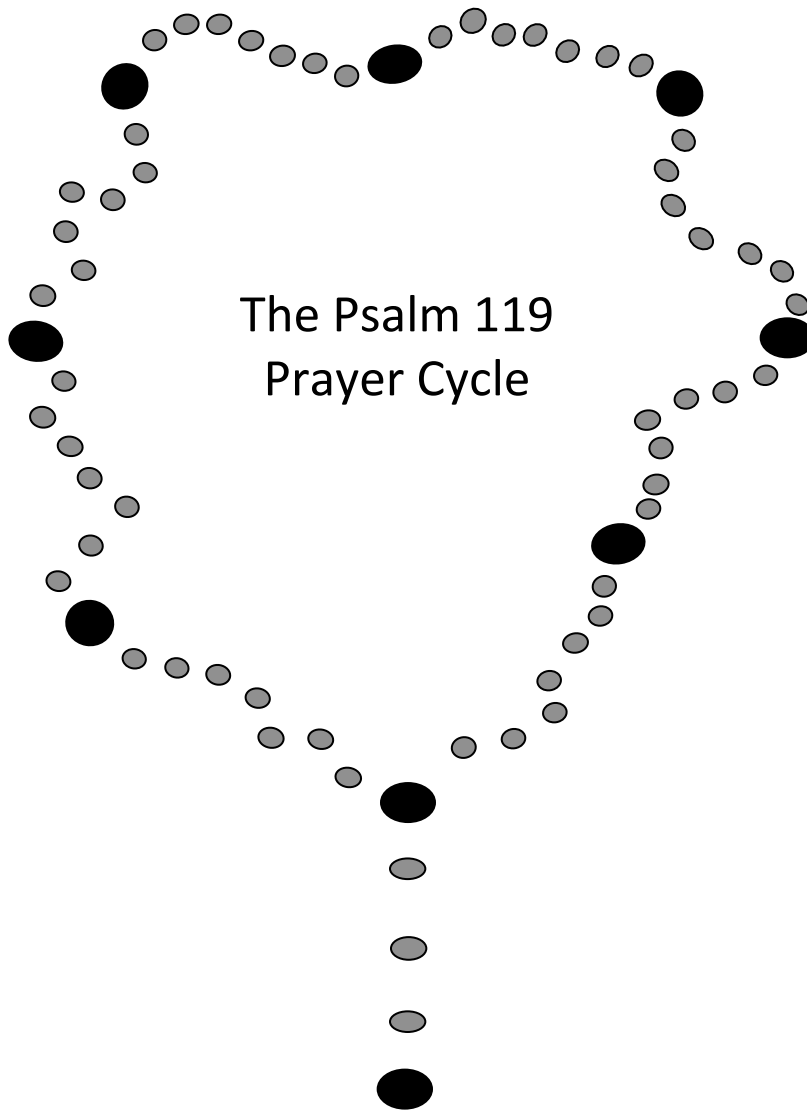
a ShadowPaw publication

Paul W. Arndt
P.O. Box 7277
Sterling Heights, MI 48311
www.TheReceptiveLife.com

The Receptive Life







The Psalm 119 Prayer Cycle

“I am laid low in the dust, preserve my life according to your word.” (Ps. 119:25)

→ ● (tentatio: spiritual attack on the soul)

“Oh, how I love your law, I meditate on it all day long.” (Ps. 119:97)

→ ● (meditatio: meditation on the Scriptures)

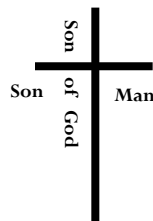
“Open my eyes that I may see wonderful things in your law.” (Ps. 119:18)

→ ● (oratio: prayer to the Holy Spirit)

1



← **Invocation/Evening and Morning Prayer**
 “In the name of the Father and of the Son and of the Holy Spirit. Amen”



Station 1: Instructions
(Invocation, Evening and Morning Prayer,
the Person and Work of Jesus Christ)

Morning

Upon Rising from Sleep: 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 Spirit. Amen.

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.

Holding on to the Cross ...

Meditate Upon the Person and Work of Jesus Christ:

The Person of Jesus Christ:

The Son of God
The Son of Man
His Humiliation and His Exaltation

The Work of Jesus Christ:

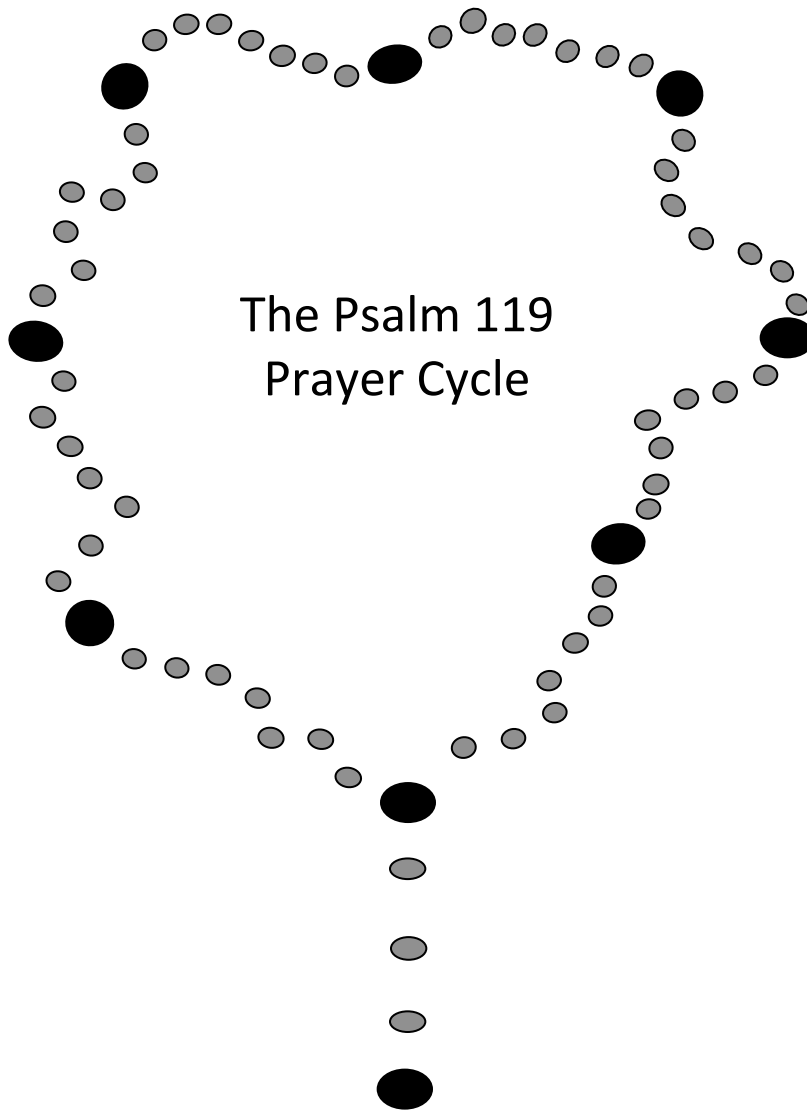
Christ **FOR** us (Romans 8)
Christ **IN** and **THROUGH** us (Galatians 2:20-21; Ephesians 2:1-10)
Christ **WITH** us (Matthew 28:16-20; Mark 16:15-20)

As you leave Station 1, pray the following Psalm 119 verses:

Oratio: "Open my eyes that I may see wonderful things in your law." (Ps. 119:18)

Meditatio: "Oh, how I love your law, I meditate on it all day long." (Ps. 119:97)

Tentatio: "I am laid low in the dust, preserve my life according to your word." (Ps. 119:25)



The Psalm 119
Prayer Cycle

“I am laid low in the dust, preserve my life according to your word.” (Ps. 119:25)

→ ● (tentatio: spiritual attack on the soul)

“Oh, how I love your law, I meditate on it all day long.” (Ps. 119:97)

→ ● (meditatio: meditation on the Scriptures)

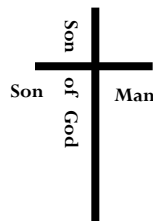
“Open my eyes that I may see wonderful things in your law.” (Ps. 119:18)

→ ● (oratio: prayer to the Holy Spirit)

1



← **Invocation/Evening and Morning Prayer**
“In the name of the Father and of the Son and of the Holy Spirit. Amen”



Station 1: Instructions
(Invocation, Evening and Morning Prayer,
the Person and Work of Jesus Christ)

Evening

Upon Going to Sleep: In the evening, when you go to bed, you shall bless yourself with the holy cross and say:

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

Pray 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.

Holding on to the Cross ...

Meditate Upon the Person and Work of Jesus Christ:

The Person of Jesus Christ:

The Son of God
The Son of Man
His Humiliation and His Exaltation

The Work of Jesus Christ:

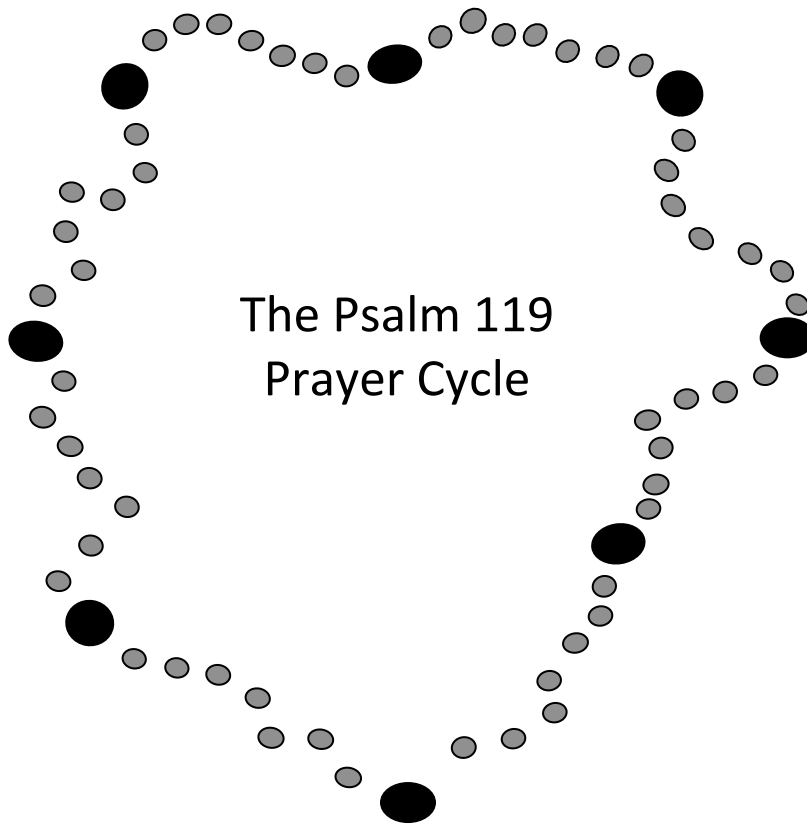
Christ **FOR** us (Romans 8)
Christ **IN** and **THROUGH** us (Galatians 2:20-21; Ephesians 2:1-10)
Christ **WITH** us (Matthew 28:16-20; Mark 16:15-20)

As you leave Station 1, pray the following Psalm 119 verses:

Oratio: "Open my eyes that I may see wonderful things in your law." (Ps. 119:18)

Meditatio: "Oh, how I love your law, I meditate on it all day long." (Ps. 119:97)

Tentatio: "I am laid low in the dust, preserve my life according to your word." (Ps. 119:25)

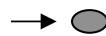


The Psalm 119
Prayer Cycle

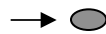
“Direct my footsteps according to your word;
let no sin rule over me.” (Ps. 119:133)



“I seek you with all my heart; do not let me stray
from your commands” (Ps. 119:10)



“I have considered my ways and have turned
my steps to your statutes. (Ps. 119:59)

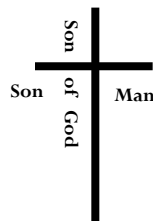


2



Confession (Daily)

“Lord Jesus, Son of God, have mercy on me the sinner.”
Or you can use the General Confession



Station 2: Instructions (Daily Confession)

Examine your life. Consider your thoughts, words and actions according to the Ten Commandments.

Make Confession of your sins by saying:

“Lord Jesus Christ, Son of God, have mercy on me a sinner
(or you can say THE sinner).”

OR

“O almighty God, merciful Father, I, a poor, miserable sinner, confess unto Thee all my sins and iniquities with which I have ever offended Thee and justly deserved Thy temporal and eternal punishment. But I am heartily sorry for them and sincerely repent of them, and I pray Thee of Thy boundless mercy and for the sake of the holy, innocent, bitter sufferings and death of Thy beloved Son, Jesus Christ, to be gracious and merciful to me, a poor, sinful being.” (From *The Lutheran Hymnal*)

Let go of your own works and cling to the sacrificial work of Jesus. Hold onto the cross. Claim the forgiveness of sins. Remember your baptism.

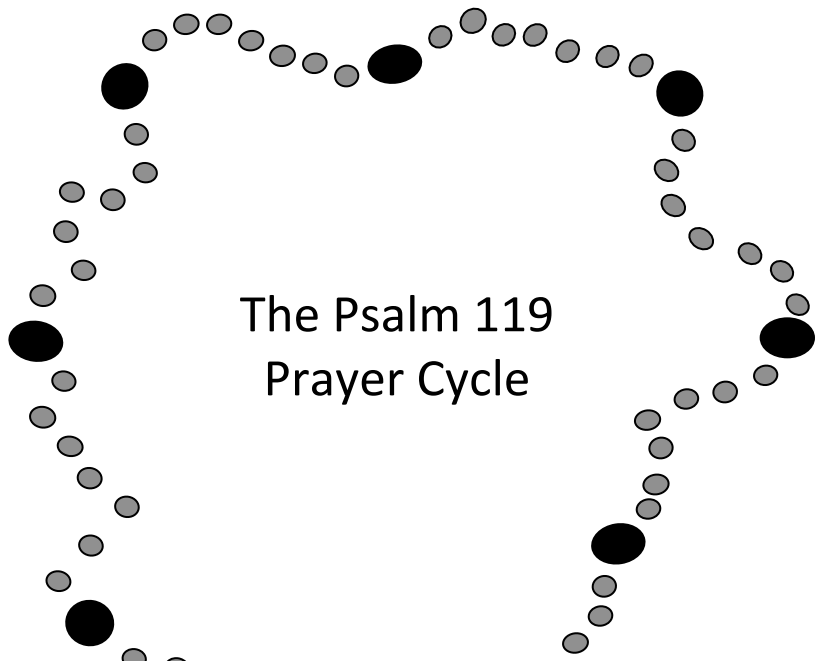
As you prepare to leave Station 2, pray the following three portions of Psalm 119 ...

Speak them directly to Jesus. Trust that He will lead and guide you into paths of righteousness, giving you abundant grace-gifts along the way.

“I have considered my ways and have turned my steps to your statutes. I will hasten and not delay to obey your commands. (Ps. 119:59-60)

“How can a young man keep his way pure? By living according to your word.
I seek you with all my heart; do not let me stray from your commands”
(Ps. 119:9-10)

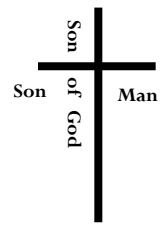
“Direct my footsteps according to your word;
let no sin rule over me.” (Ps. 119:133)



The Psalm 119
Prayer Cycle

3

The Word of God (Daily)
Hear, Read, Study, Memorize and Meditate
on the Scriptures



Station 3: Instructions (The Spiritual PRACTICE and TRAINING of Faith)

Give yourself to the daily hearing, reading, studying, memorizing and meditating on the Scriptures.

Hear and Read the Scriptures:

Daily Prayer and Sunday Worship

Read and Study the Scriptures:

Daily reading and study.

Read through the Bible in a year
Read through the Psalms in a month
Read a book of the Bible
Treasury of Daily Prayer

See sample reading and study plans: (The One Year Bible Plan)

Memorize and Meditate on the Scriptures:

Picture the portions of Scripture that you want to hide in your heart as "friends" and "daggers". Envision them as someone who will comfort and encourage you in the daily troubles of life. Also, use them as weapons to fight against your great enemies: the world, the Devil and your own sinful flesh. There are only three keys to success:

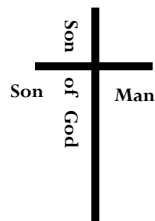
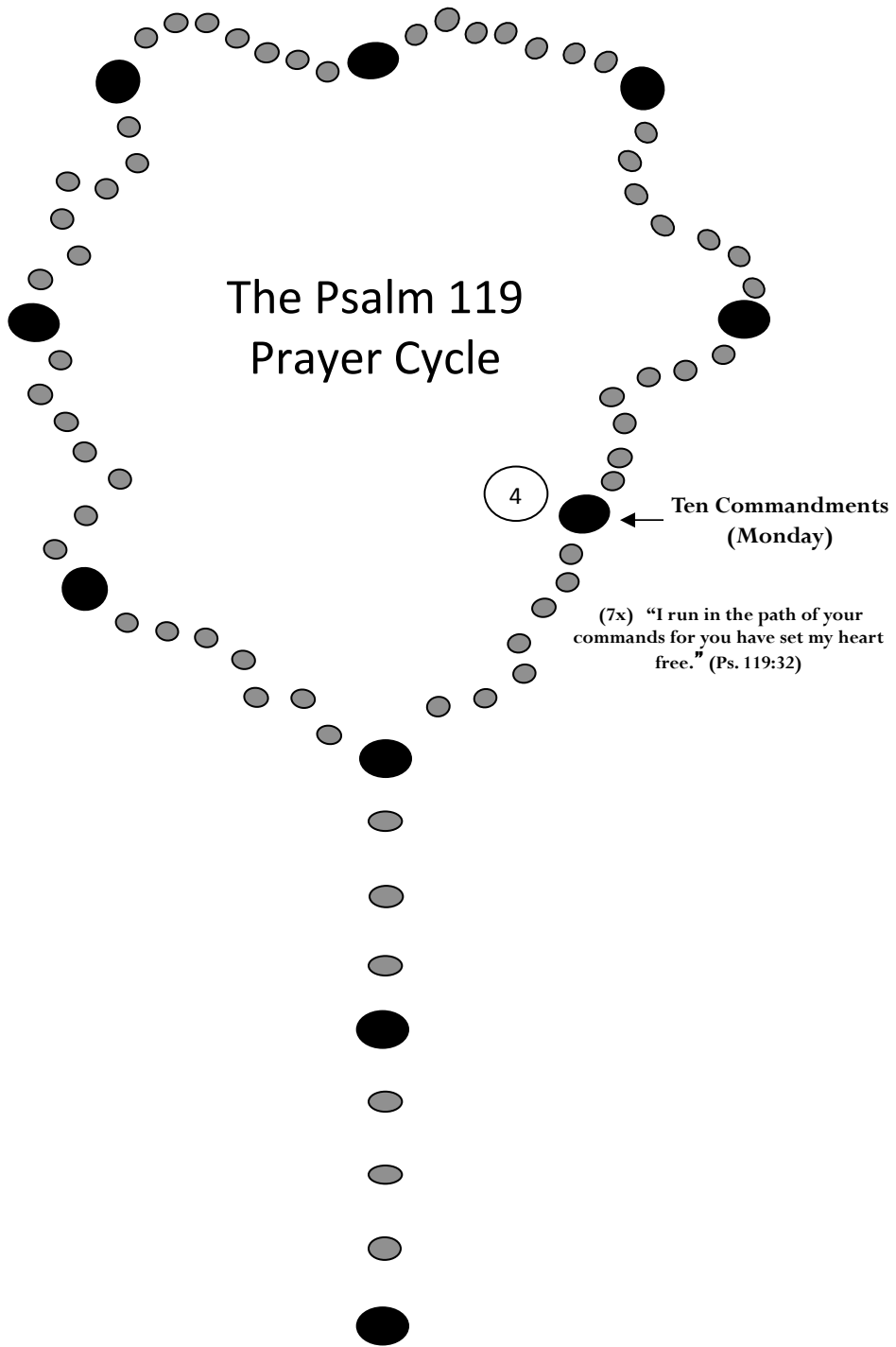
repetition, repetition, repetition

You may also pray the following three portions of Psalm 119 ...

“Your Word, O Lord, is eternal; it stands firm in the heavens.” (Ps. 119:89)

“I have hidden your word in my heart that I might not sin against you.” (Ps. 119:11)

“Oh, how I love your law! I meditate on it all day long.” (Ps. 119:97)



Station 4: Instructions (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 commands
for you have set my heart free." (Ps. 119:32)

Pause at this Station and spend time meditating upon the Ten Commandments. Go beyond categorizing the Ten Commandments as a list of "dos" and "don'ts". See them as Jesus portrays them ... a picture of love.

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.

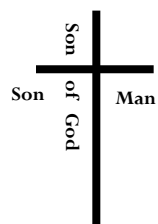
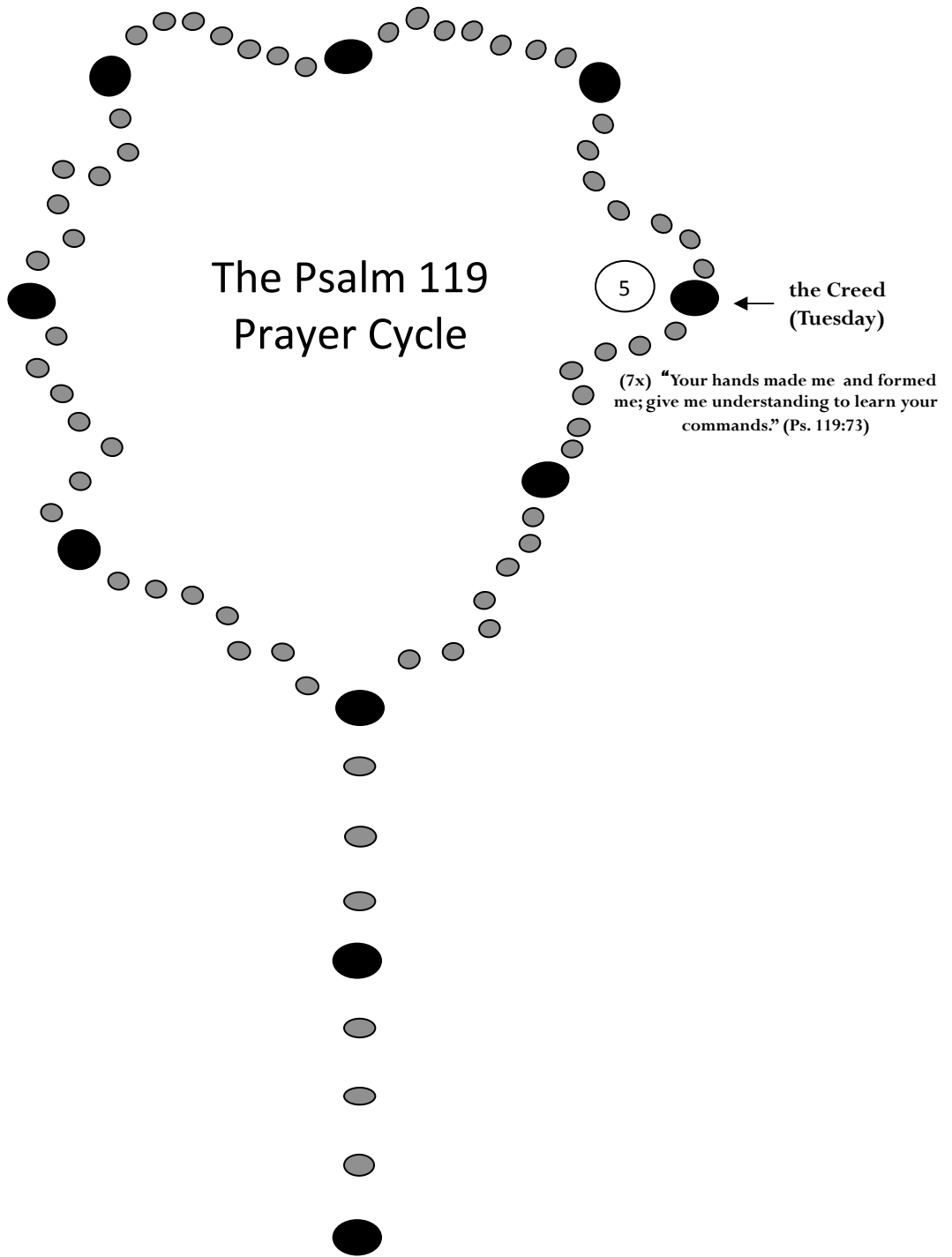
Thou shalt not steal.

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 and for further meditation, one can use Luther's Meaning to the Commandments in the *Small Catechism*



Station 5: Instructions (The Creed - Tuesday)

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

(say 7x) "Your hands made me and formed me; give me understanding according to your word." (Ps. 119:73)

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.

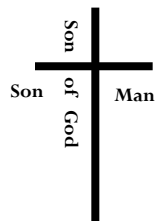
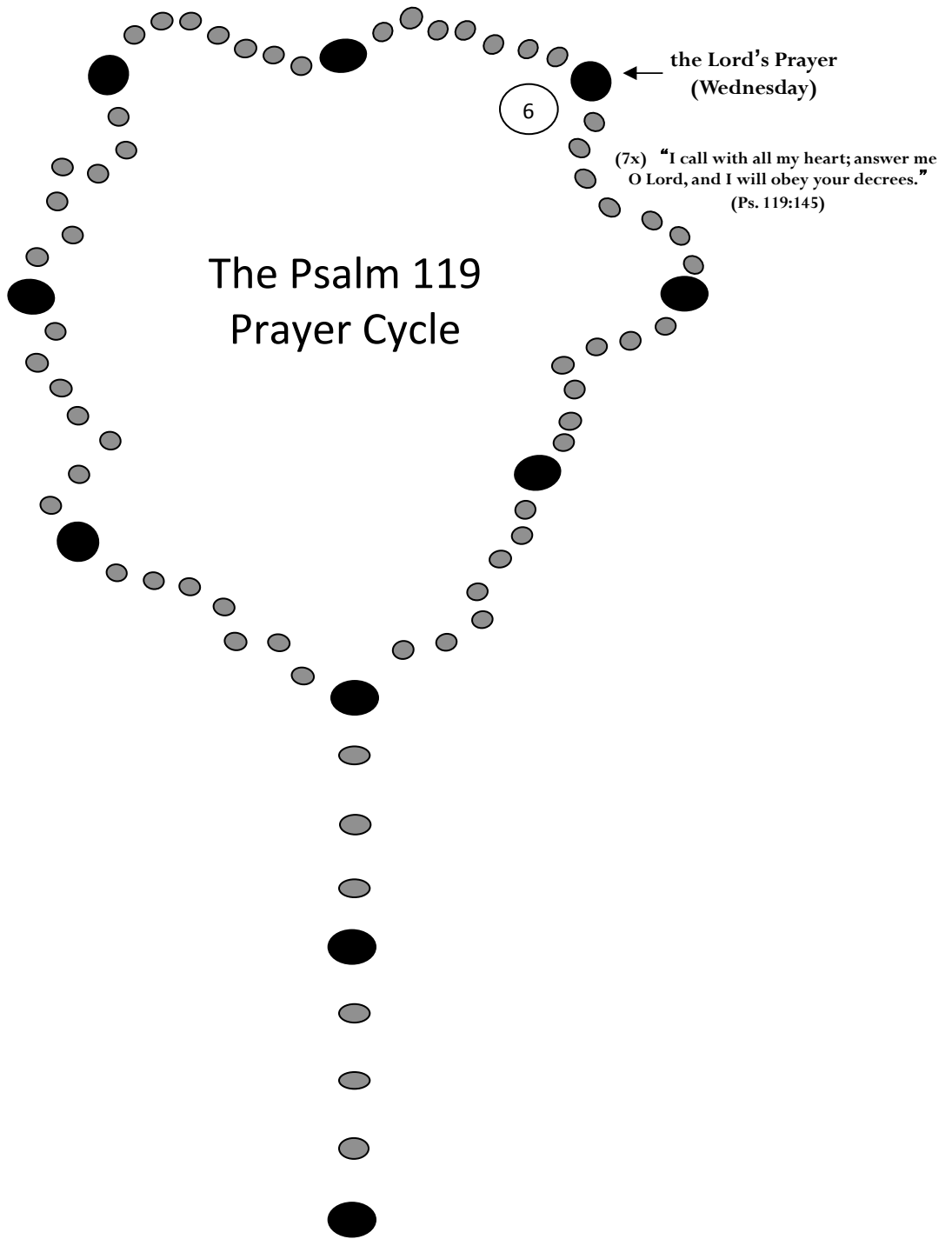
I believe in God the Father Almighty, Maker of heaven and earth.

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 and for further meditation, one can use Luther's Meaning to the Creed in the *Small Catechism*



Station 6: Instructions (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 call with all my heart; answer me
O Lord, and I will obey your decrees." (Ps. 119:145)

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.

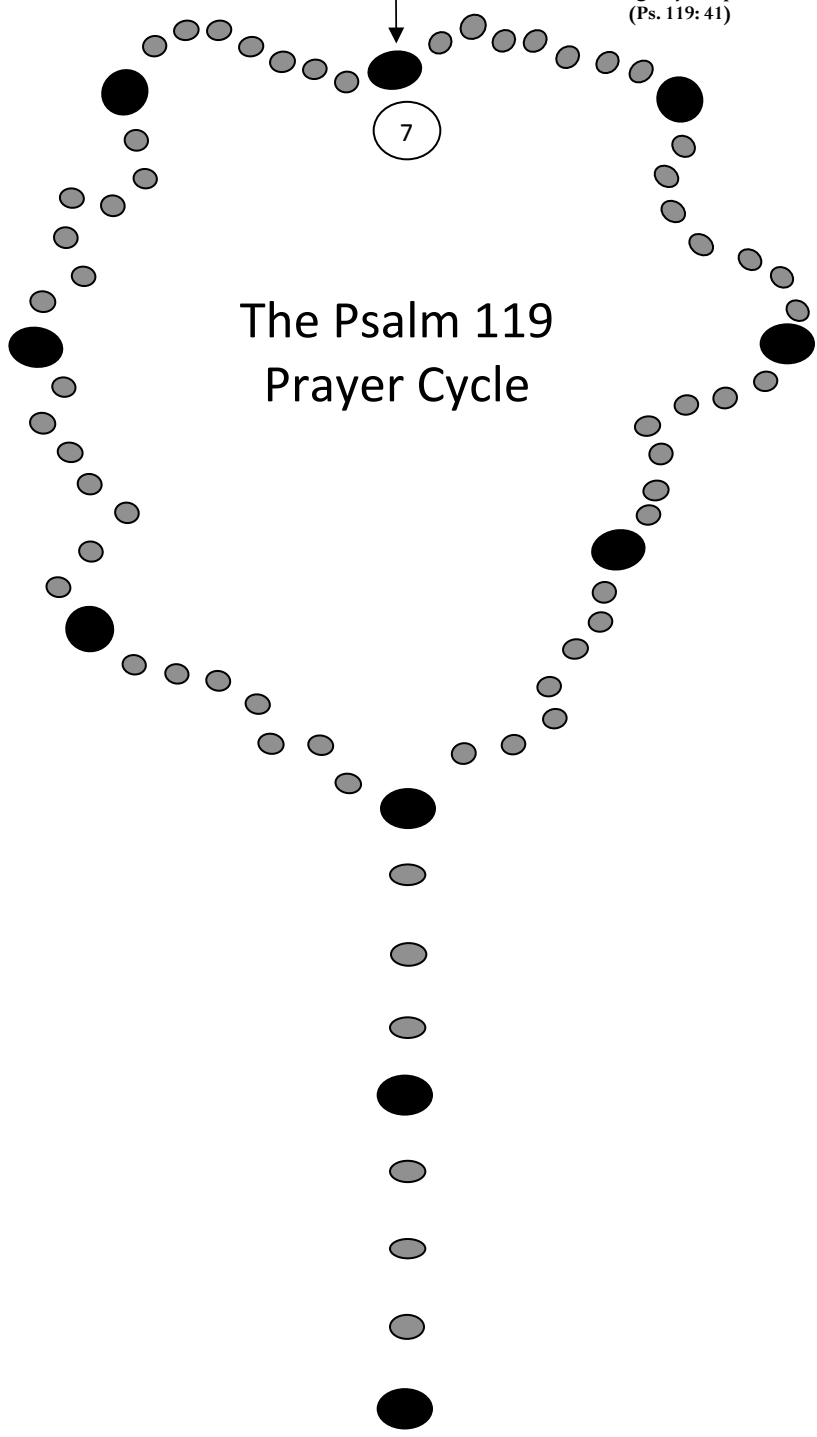
Be assured that these petitions are heard by the Father because he has commanded us so to pray and has promised to hear us.

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.

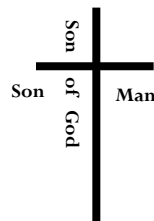
If time allows and for further meditation, one can use Luther's Meaning to the Lord's Prayer in the *Small Catechism*

Sacrament of
Baptism
(Thursday)

(7x) "May your unfailing love
come to me, O Lord, your salvation
according to your promise."
(Ps. 119: 41)



The Psalm 119
Prayer Cycle



Station 7: Instructions (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) "May your unfailing love come to me, O Lord,
your salvation according to your promise." (Ps. 119: 41)

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

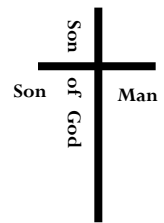
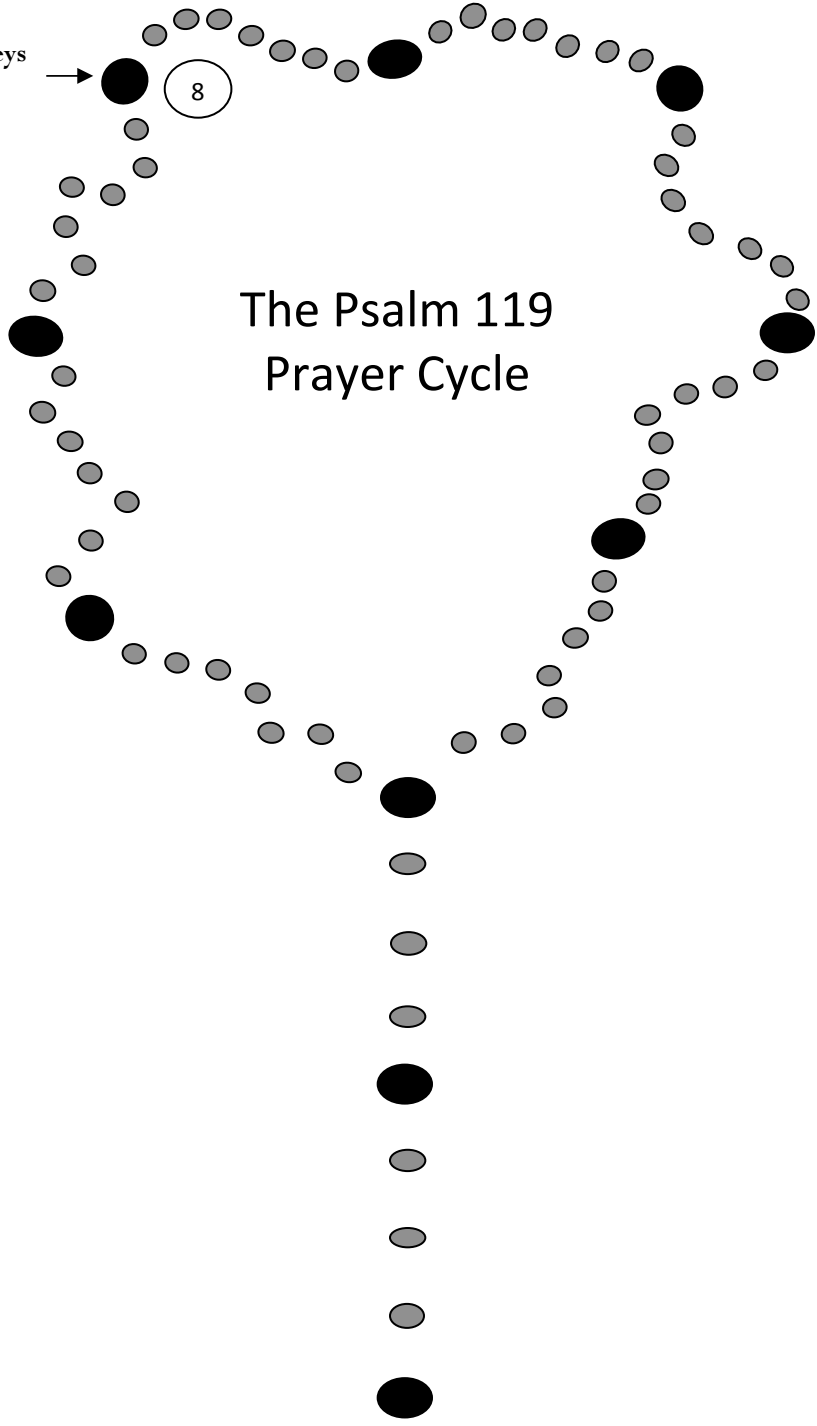
Matthew 28:18-20

Mark 16:15-16

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

(7x) "I have strayed like a lost sheep.
Seek your servant for I have not
forgotten your laws." (Ps. 119:176)

Office of the Keys
(Friday) →



Station 8: Instructions (The Office of the Keys - Friday)

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.

(say 7x) "I have strayed like a lost sheep. Seek your servant for I have not forgotten your laws." (Ps. 119:176)

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

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

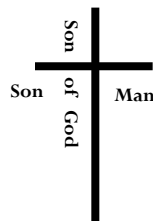
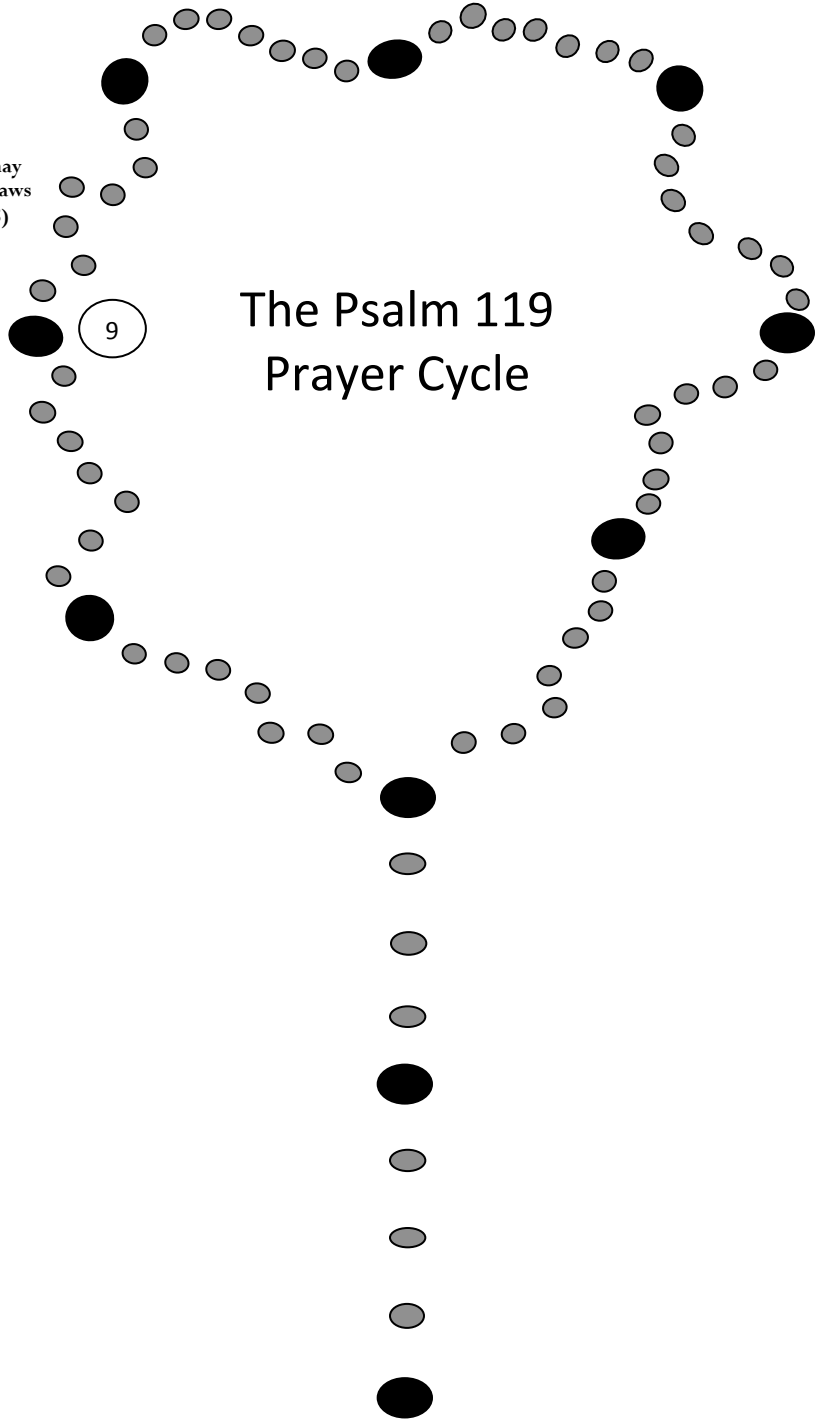
Also, comfort and console your conscience with the gift of private confession before the pastor.

(7x) "Let me live that I may praise you, and may your laws sustain me." (Ps. 119:175)

Sacrament of the Altar (Saturday) →

9

The Psalm 119 Prayer Cycle



Station 9: Instructions (The Sacrament of the Altar - Saturday)

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.

(say 7x) "Let me live that I may praise you, and may your laws sustain me." (Ps. 119:175)

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

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

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

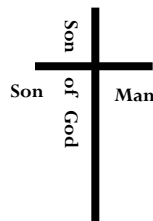
The Psalm 119 Prayer Cycle

(7x) "Direct me in the path of your commands, for there I find delight" (Ps. 119:35)

Vocation
(Sunday) →

10

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



Station 10: Instructions (Christian Vocation - Sunday)

Prepare to meditate on your the vocation (the “calling of God” on your life) by saying and meditating on Psalm 119:175.

(say 7x) “Direct me in the path of your commands,
for there I find delight” (Ps. 119:35)

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.

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 (as well as Jesus).

Spouse/Parent/Child

(say 7x) “Your word is a lamp to my feet and
a light for my path.”(Ps.119:105)

Friends/Neighbors/Geographic Locations/Tribes

(say 7x) “Your word is a lamp to my feet and
a light for my path.”(Ps.119:105)

station in life + location = vocation

If time allows and for further meditation, one can use Luther’s Table of Duties in the *Small Catechism*

Vocation/Calling

“I am a ...”

“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)

“This week, I think God wants to use me to ...”

