

The Receptive Life

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Pre-Assignment

Read, study and pray through Psalm 119 (the longest Psalm in the Bible ... 176 verses). As you read, write down your thoughts about the Psalm.

What terms does the Psalmist use to describe God's Word?

Example: "the law of the Lord" (119:1)

What does the Psalmist think about the Scriptures?

Example: "oh how I love your law" (119:97)

Read Martin Luther's writing on Oratio, Meditatio, Tentatio (see below) or (click [here](#) for full version).

Oratio, Meditatio, Tentatio (Prayer, Meditation, Trial) By Dr. Martin Luther

Moreover, 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, even as I (in God) dare to presume and boast, without arrogance and lying, that in the matter of writing books I do not stand much behind some of the fathers. Of my life I can by no means make the same boast.

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.

Firstly; you should know that the Holy Scriptures constitute a book which turns the wisdom of all other books into foolishness, because not one teaches about eternal life except this one alone.

Therefore you should straightway despair of your reason and understanding. With them you will not attain eternal life, but, on the contrary, your presumptuousness will plunge you and others with you out of heaven (as happened to Lucifer) into the abyss of hell.

But kneel down in your little room [Matt.6:6] and pray to God with real humility and earnestness, that he through his dear Son may give you his Holy Spirit, who will enlighten you, lead you, and give you understanding.

Thus you see how David keeps praying in the above-mentioned Psalm, "Teach me, Lord, instruct me, lead me, show me," and many more words like these. Although he well knew and daily heard and read the text of Moses and other books besides, still he wants to lay hold of the real teacher of the Scriptures himself, so that he may not seize upon them pell-mell with his reason and become his own teacher.

For such practice gives rise to factious spirits who allow themselves to nurture the delusion that the Scriptures are subject to them and can be easily grasped with their reason, as if they were Markolf or Aesop's Fables, for which no Holy Spirit and no prayers are needed.

Secondly, you should meditate, that is, not only in your heart, but also externally, by actually repeating and comparing oral speech and literal words of the book, reading and rereading them with diligent attention and reflection, so that you may see what the Holy Spirit means by them.

And take care that you do not grow weary or think that you have done enough when you have read, heard, and spoken them once or twice, and that you then have complete understanding. You will never be a particularly good theologian if you do that, for you will be like untimely fruit which falls to the ground before it is half ripe.

Thirdly, there is *tentatio*, *Anfechtung*. This is the touchstone, which teaches you not only to know and understand, but also to experience how right, how true, how sweet, how lovely, how mighty, how comforting God's Word is, wisdom beyond all wisdom.

Thus you see how David, in the Psalm mentioned, complains so often about all kinds of enemies, arrogant princes or tyrants, false spirits and factions, whom he must tolerate because he meditates, that is, because he is occupied with God's Word (as has been said) in all manner of ways.

For as soon as God's Word takes root and grows in you, the devil will harry you, and will make a real doctor of you, and by his assaults will teach you to seek and love God's Word.

I myself (if you will permit me, mere mouse-dirt, to be mingled with pepper) am deeply indebted to my papists that through the devil's raging they have beaten, oppressed, and distressed me so much. That is to say, they have made a fairly good theologian of me, which I would not have become otherwise. And I heartily grant them what they have won in return for making this of me, honor, victory, and triumph, for that's the way they wanted it.

There now, with that you have David's rules. If you study hard in accord with his example, then you will also sing and boast with him in the Psalm, "The law of thy mouth is better to me than thousands of gold and silver pieces" [Ps. 119:72].

Also, "Thy commandment makes me wiser than my enemies, for it is ever with me. I have more understanding than all my teachers, for thy testimonies are my meditation. I understand more than the aged, for I keep thy precepts," etc. [Ps. 119:98-100].

And it will be your experience that the books of the fathers will taste stale and putrid to you in comparison. You will not only despise the books written by adversaries, but the longer you write and teach the less you will be pleased with yourself.

When you have reached this point, then do not be afraid to hope that you have begun to become a real theologian, who can teach not only the young and imperfect Christians, but also the maturing and perfect ones. For indeed, Christ's church has all kinds of Christians in it who are young, old, weak, sick, healthy, strong, energetic, lazy, simple, wise, etc.

If however, you feel and are inclined to think you have made it, flattering yourself with your own little books, teaching, or writing, because you have done it beautifully and preached excellently; if you are highly pleased when someone praises you in the presence of others; if you perhaps look for praise, and would sulk or quit what you are doing if you did not get it—if you are of that stripe, dear friend, then take yourself by the ears, and if you do this in the right way you will find a beautiful pair of big, long, shaggy donkey ears.

Then do not spare any expense! Decorate them with golden bells, so that people will be able to hear you wherever you go, point their fingers at you, and say, "See, See! There goes that clever beast, who can write such exquisite books and preach so remarkably well." That very moment you will be blessed and blessed beyond measure in the kingdom of heaven. Yes, in that heaven where hellfire is ready for the devil and his angels.

To sum up: Let us be proud and seek honor in the places where we can. But in this book the honor is God's alone, as it is said, "God opposes the proud, but gives grace to the humble" [1 Pet. 5:5]; to whom be glory, world without end, Amen.

(Excerpted from Preface to the Wittenberg Edition of Luther's *German Writings 1539*, Luther's Works, American Edition, Vol. 34. Philadelphia: Fortress Press, 1960, pp. 285-288.)

What does Martin Luther mean by each of the following words?

oratio:

meditatio:

tentatio:

Read the following words of Martin Luther about how to pray and meditate upon the chief parts of the Catechism.

A Simple Way to Pray Martin Luther

Dear Master Peter,

I'll do my best to show you how I approach prayer. May our Lord God help us all to do better in this regard. Amen.

First, sometimes I feel I am becoming cold and apathetic about prayer. This is usually because of all the things that are distracting me and filling my mind. I know this is a result of the flesh and the devil always waging war against me, trying to prevent me from praying.

When this happens I like to take my little book of the Psalms and sneak away into a little room, or, if it is the right time or day, I like to go to church with other people.

First, I read and consider what God is teaching me. Second, I turn to thanksgiving on account of what God has done. Third, I confess my sin based upon the text. Fourth, I use the text to say a prayer for strong faith.

(Excerpt from Martin Luther's letter to his barber, Peter
A Simple Way to Pray)

What four things does Martin Luther tell his barber, Peter, to do?

Read Psalm 119 one more time. As you read, use the "A, B, C, D's" of meditation to pray through the Psalm.

A = “Ask” (Prayer) – What is the Psalm asking me to pray for?

B = “Believe” (Instruction) – What is the Psalm asking me to learn and believe?

C = “Confess” (Repentance) – How is this Psalm convicting me of my sin? For what do I need forgiveness?

D = “Do” (Response) – How should I praise, thank and act?

Map of the Territory

The Gifts That Only Jesus Can Give

This online course will help you learn how God uses the ancient spiritual disciplines to deliver all of the gifts that only Jesus can give. Gifts like ...

- Grace that goes beyond any fault, failure, sin and weakness.
- Mercy that goes beyond anything that we can bear and holds back anything that we deserve.
- Peace that goes beyond any human understanding.
- Hope that goes beyond any despair that the world, the Devil and our own sinful flesh might bring.
- Joy that goes beyond any happiness that this world might offer.
- And the sure and certain promise of His presence.

This course is my attempt to reclaim the spiritual disciplines from a slavish spirit of performance. The core idea is that the spiritual disciplines are not about our activity and ascent toward God, but rather, they're the means by which God descends and delivers to us all of the gifts merited by Jesus.

The reason that we give ourselves to the Word of God is that, in doing so, the God of the Word promises to give Himself to us. It's all about receptivity.

Let's Walk Together

As a pastor/shepherd I've spent a lot of time walking with people through ...

- the sacred territories of Repentance and Grace
- the backwood villages of Meditation and Prayer
- the green pastures and still waters of Silence and Solitude
- the badlands of Despair and Suffering

- the Valley of the Shadow of Death
- and the new world of the Resurrection

Hopefully, when I write about and speak of such places, you'll hear the accent of a local, the voice of a native and not a tourist, the words of someone who's spent his fair share of time in the territory. If you're open and willing, I'd like to invite you to walk with me through some of this spiritual territory.

But before we begin, let me give you ...

- a map (the lay of the land)
- a compass (a guide and some directions)
- a backpack (spiritual tools, materials and skills)
- an itinerary (a schedule for next steps)

Map of the Spiritual Territory

Here are the ten stations/outposts of the territory:

- Station 1: Invocation/Prayer (Evening and Morning Prayer)
- Station 2: Meditation on the Person and Work of Jesus (Daily)
- Station 3: The Spiritual Practice, Training and Formation of Faith
- Station 4: Confession (Daily)
- Station 5: The Word of God (Daily)
- Station 6: Ten Commandments (Monday)
- Station 7: The Creed (Tuesday)
- Station 8: The Lord's Prayer (Wednesday)
- Station 9: Sacrament of Baptism (Thursday)
- Station 10: Office of the Keys (Friday)
- Station 11: Sacrament of the Altar (Saturday)
- Station 12: Vocation (Sunday)

Every day we walk to and through these territories. We go as a beggar, holding the spiritual sack wide open to receive all of the gifts that only Jesus can give. We make our way to each station because in each place Jesus offers and delivers on a promise.

Here's how it works ...

- When we get ourselves to these sacred places, the Holy Spirit connects us to the person and work of Jesus.
- And when we're connected to the Word of God (in the flesh, in the Scriptures, in the Sacraments), the God of the Word promises to give Himself to us.
- And when the Triune God gives Himself to us, He promises to be with us, to fight for us, to work on, in, through and around us.

Again, everything from God. Nothing from ourselves.

It's all about receptivity.

It's not about earning performance points or a spiritual merit badge but about running to the places and embracing the means by which Jesus said that he would give all of his gifts.

That's the map, the lay of the land.

For a detailed PDF of the territory, click [here](#).

The Receptive Life ("by faith")

Psalm 119

the CREATION of faith
(the Sacrament Baptism)

the CARE and SHEPHERDING
of faith
(the Office of Keys)

the BATTLE CRY of faith
(the Lord's Prayer)

the NOURISHMENT and
SUSTAINING of faith
(the Sacrament
of the Altar)

the OBJECT of faith
(the Creed)

the DAILY EXERCISE of faith
(the Table of Duties
station + location = vocation)
"calling"

the COMMAND and
DEMAND for faith
(the 10 Commandments)

the REVELATION and
CONTENT of faith
(the Word of God –
heard, read, studied)

the EXPRESSION and
EMOTION of faith
(the Psalms)

the WEAPON and SHIELD of faith
(the Word of God - memorized and
meditated upon)

the HEARTBEAT of faith
(Repentance: Confession
and Absolution)

the SPIRITUAL PRACTICE, TRAINING
and FORMATION of faith
(oratio, meditatio, tentatio)

prayer to the Holy Spirit, meditation on
the Scripture, soul struggle

the HEART, CORE and CENTRAL MESSAGE of faith
(the person and work of Jesus Christ for the
forgiveness of sins)

the RHYTHM of faith
(evening and morning Prayer)

Evening and Morning
Prayer

Sacrament of
Baptism
(Thursday)

Office of the Keys
(Friday)

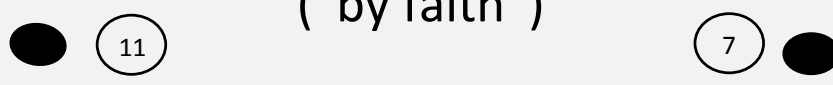
the Lord's Prayer
(Wednesday)



The Receptive Life ("by faith")

Sacrament of
the Altar
(Saturday)

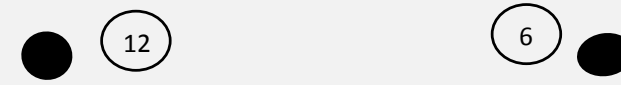
the Creed
(Tuesday)



Psalm 119

Vocation
(Sunday)

Ten Commandments
(Monday)



the EXPRESSION and
EMOTION of faith
(the Psalms)

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



Confession (Daily)
"Lord Jesus, Son of God,
have mercy on me the sinner."
Or the General Confession

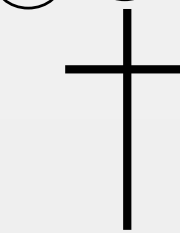
the SPIRITUAL PRACTICE, TRAINING
and FORMATION of faith
(oratio, meditatio, tentatio)

prayer to the Holy Spirit, meditation on
the Scripture, soul struggle

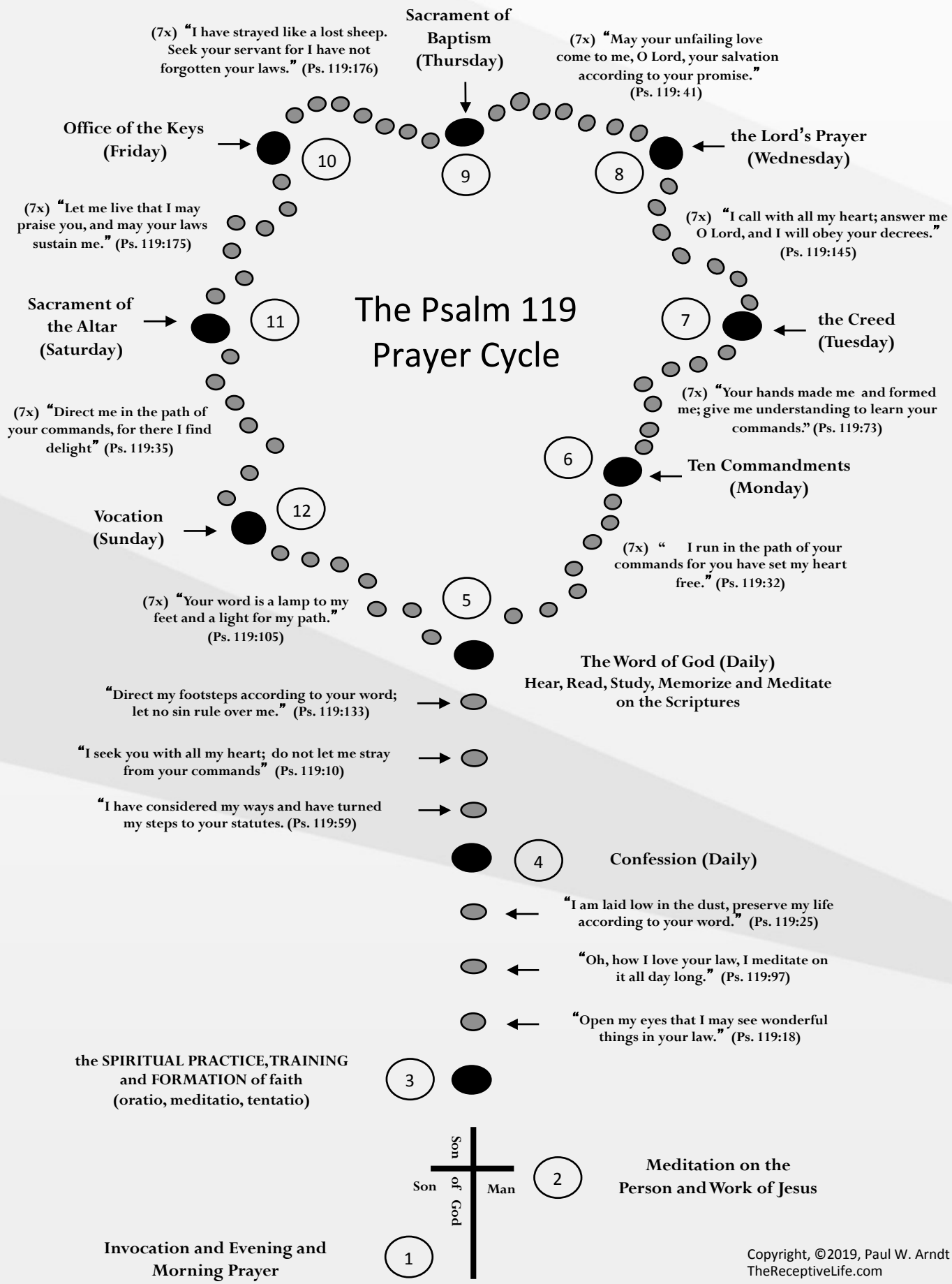
Meditation on the
Person and Work of Jesus



Invocation and Evening and
Morning Prayer
"In the name of the Father and of the
Son and of the Holy Spirit. Amen"



Evening and Morning
Prayer



A Compass: the Psalm 119 Prayer Cycle

The Psalm 119 Prayer Cycle is an intentional and structured process that I've developed to help you consistently get to all of the "right" places. It's a compass, a spiritual guide through the territory.

The heart of it, as the name suggests, is **Psalm 119** (one giant song, 176 verses, about the Word of God and the God of the Word).

Psalm 119 (and the prayer cycle) pulses with these three themes:

- oratio: prayer,
- meditatio: meditation on the Scriptures,
- tentatio: the promise of grace in the midst of soul-struggle.
-

Here's a link to Martin Luther's Preface to the Wittenberg Edition of his German Writings. In these words he speaks of Psalm 119 and the spiritual themes of oratio, meditatio, tentatio.

Click [here](#) for the link.

When sin, death and the Devil disorientate, the Psalm 119 Prayer Cycle helps us get our bearings. Like a compass, it points to true north. It reorients and directs us to the following landmarks:

- the spiritual rhythm of life (evening and morning prayer)
- the person and work of Jesus Christ
- the heartbeat and pulse of the receptive life
- the continual call to live a life of repentance
- the daily reading, meditation and memorization of Scripture
- the Psalms (Life Happens/But the Lord is ...)
- the Ten Commandments (the way of Love)
- the Creed (the nature and character of the Triune God)

- the Lord's Prayer (a guided intercession from Jesus)
- the Forgiveness of Sins (Baptism, Confession, the Lord's Supper)
- and our God given and graced Vocations (the call of Jesus to follow)

Here's a couple of Psalm 119 Prayer Cycle resources:

- [**Step-By-Step Guide**](#)
- [**Map of the Territory \(PDF\)**](#)

That's the compass.

A Backpack: (Tools, Materials and Skills)

While traveling, we'll need some tools and materials. I'd like to suggest a couple of essential resources that you can put in the backpack ...

- [a study Bible](#)
- Luther's Small Catechism ([print edition](#))
- Luther's Small Catechism ([mobile app](#))
- Luther's Small Catechism ([web version](#))
- Luther's Small and Large Catechism ([wonderful print edition](#))

You'll also need some skills. The following spiritual disciplines might take a little bit of work but with some encouragement and time they can be developed.

Think of the following skills as spiritual exercises to strengthen the walking muscles. The more you use them, the stronger they get.

Here's a list of some of the spiritual practices that we'll use ...

- Placing the Name and Activity of God Upon our Lives
- Evening and Morning Prayer
- Giving Up Control (the illusion of control)
- The Daily Reading and Study of the Scriptures
- Memorization and Meditation of the Scriptures
- The Psalms: a Safe Space/Place for our Emotions
- The Practice of a Receptive Life
- The Gift of Blessing and Being Blessed
- The Daily Practice of Re-Membering Your Baptism

- Confession and Absolution
- Examination and Preparation Before Receiving the Lord's Supper
- The Practice of Leaving and Returning
- Saying "No" in Order to Say "Yes"
- Distractions and Divine Interruptions
- Identifying and Fully Engaging in our Vocation
- The Freedom to Say: "I don't know"
- The Courage to Say: "But I do know!"
- Embracing the Mystery of "Missing Pieces"

Again, like all types of exercise, these are going to require some work. But remember, the spiritual disciplines are not about performance points or spiritual merit. They're simply the means by which God works and gives to us the merit of Jesus.

Itinerary: 15-30 Minutes a Day for Twelve Weeks

And so, here's what I'm thinking. If you give me about 15-30 minutes each day, for a couple of months, I'll walk you through and show you around the spiritual landscape of the Psalm 119 Prayer Cycle.

In 15-30 minutes a day we'll cover a lot of territory but the pace will be comfortable - not too fast, not too slow - progress not in leaps but a baby step forward every day.

15-30 minutes a day will give us enough time to explore, yet, at the same time, we'll keep moving toward the next station/outpost.

Let's walk together with the promise that if we get ourselves to all of those places on the map, God will promise to do his work.

And so, here's the itinerary that I propose:

- **Week 1:** the **HEART, CORE and CENTRAL MESSAGE** of faith (the person and work of Jesus Christ for the forgiveness of sins)
- **Week 2:** the **RHYTHM** of Faith (Invocation, Evening and Morning Prayer)
- **Week 3:** the **SPIRITUAL PRACTICE and TRAINING** of faith ("training in godliness")
- **Week 4:** the **HEARTBEAT** of faith (repentance)
- **Week 5:** the **REVELATION and CONTENT** of faith (the Word of God – heard, read and studied)
- **Week 6:** the **WEAPON and SHIELD** of faith (the Word of God – memorized and meditated upon)
- **Week 7:** the **EXPRESSION and EMOTION** of faith (the Psalms)
- **Week 8:** the **COMMAND and DEMAND** of faith (the 10 Commandments)
- **Week 9:** the **OBJECT** of faith (the Creed)

- **Week 10:** the **BATTLE CRY** of faith (the Lord's Prayer)
- **Week 11:** the **CREATION, SHEPHERDING, NOURISHMENT** and **SUSTAINING** of faith (the Sacraments and Office of the Keys)
- **Week 12:** the **DAILY EXERCISE** of faith (station + location = vocation)

Admittedly, at first glance, the Psalm 119 Prayer Cycle may look overwhelming. But on this site, I'll do my best to guide you through the process with further posts. I'll also try and offer a number of retreat options where we can talk through some of the specifics.

STEP BY STEP GUIDE

Stations 1 and 2:

(Invocation, Evening and Morning Prayer, the Person and Work of Jesus Christ)

In the 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 (Gal. 2:20-21; Eph. 2:1-10)

Christ WITH us (Matthew 28:16-20; Mark 16:15-20)

In the 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

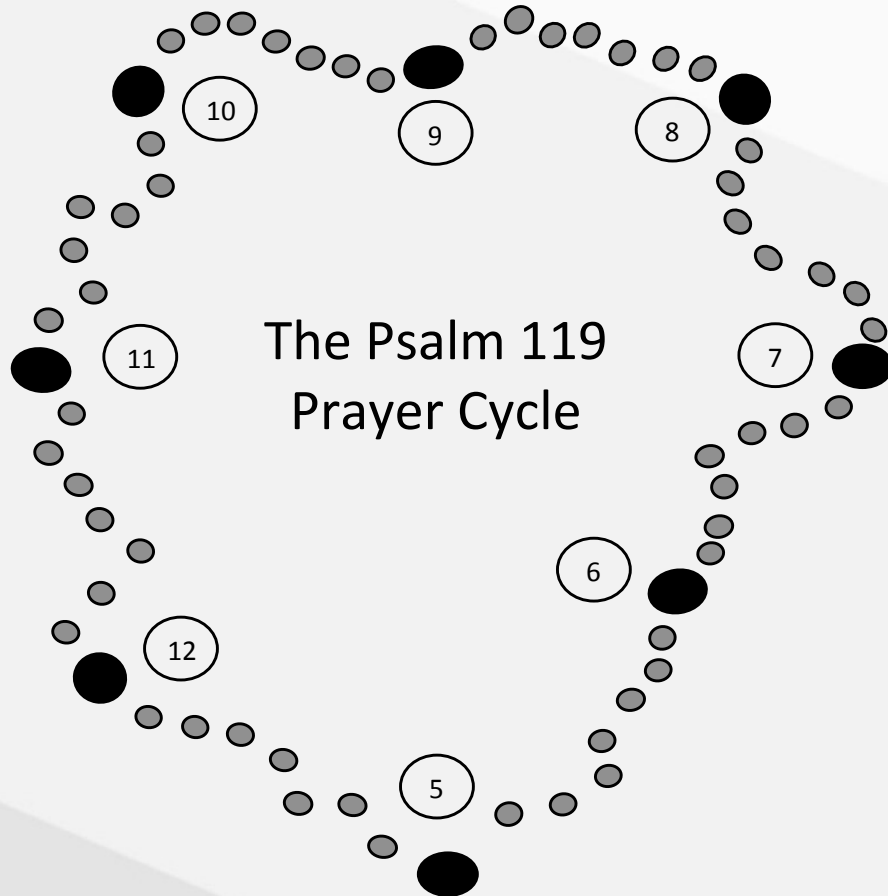
His Humiliation and His Exaltation

The Work of Jesus Christ:

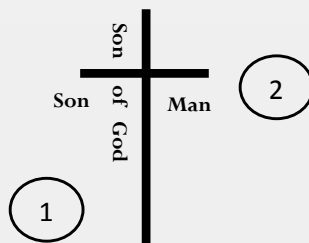
Christ FOR us (Romans 8)

Christ IN and THROUGH us (Gal. 2:20-21; Eph. 2:1-10)

Christ WITH us (Matthew 28:16-20; Mark 16:15-20)



Invocation and Evening and Morning Prayer



Meditation on the Person and Work of Jesus

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Station 3:

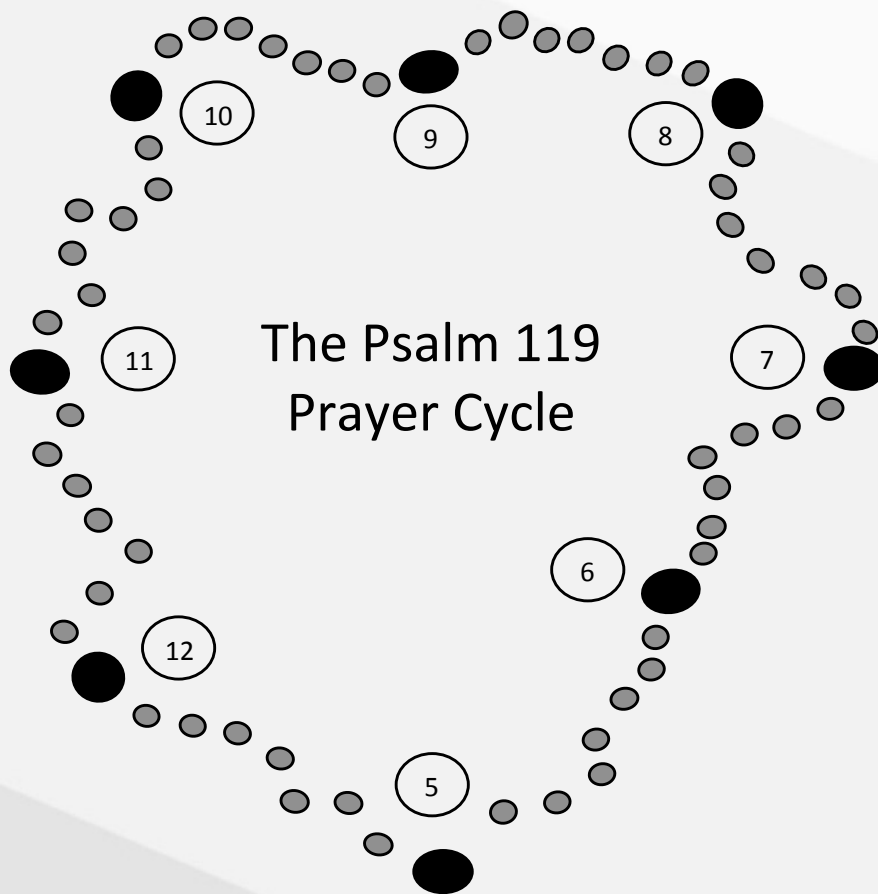
(Oratio, Meditatio, Tentatio)

As you leave Stations 1 and 2 , 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)



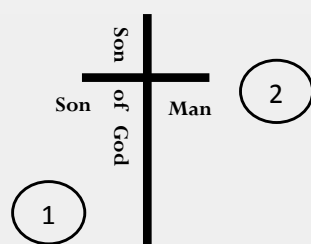
The Psalm 119 Prayer Cycle

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

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

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

the SPIRITUAL PRACTICE, TRAINING and FORMATION of faith (oratio, meditatio, tentatio)



Station 4: **(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.

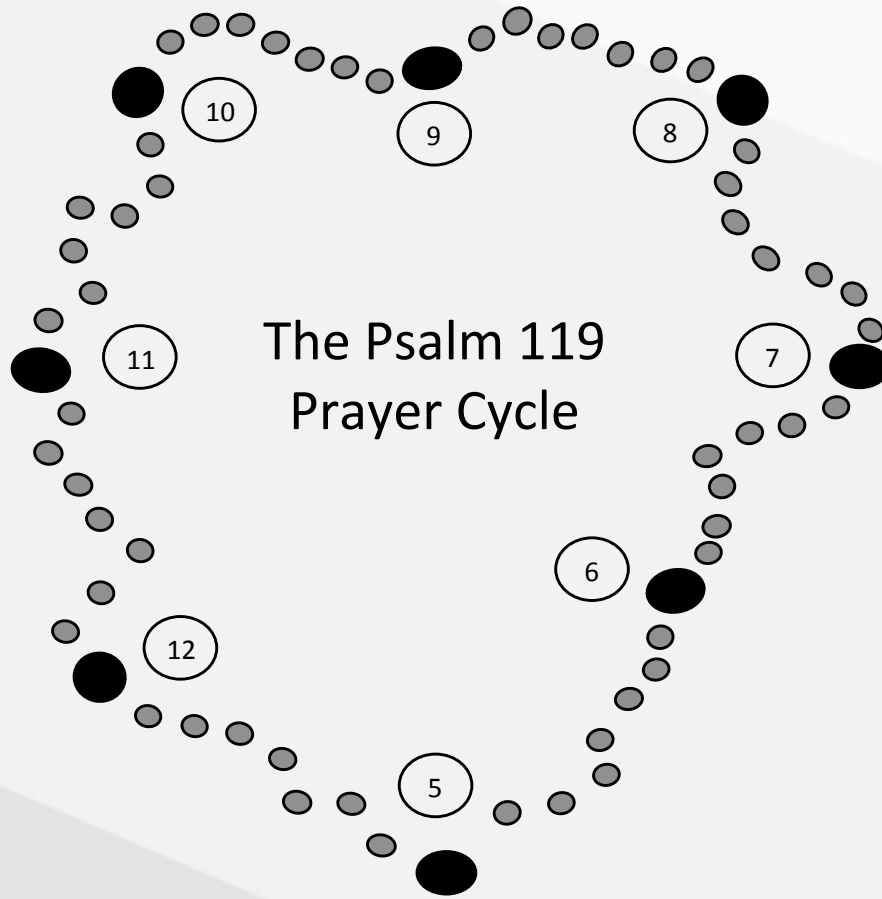
As you prepare to leave Station 4, **pray the following** three portions of Psalm 119.

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)



“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)

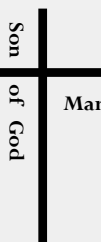


4

Confession (Daily)



3



2

1

30

Station 5: (The Word of God)

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

Hear and Read the Scriptures in times of ...

- Daily Prayer and
- Sunday Worship

Read and Study the Scriptures:

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

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,

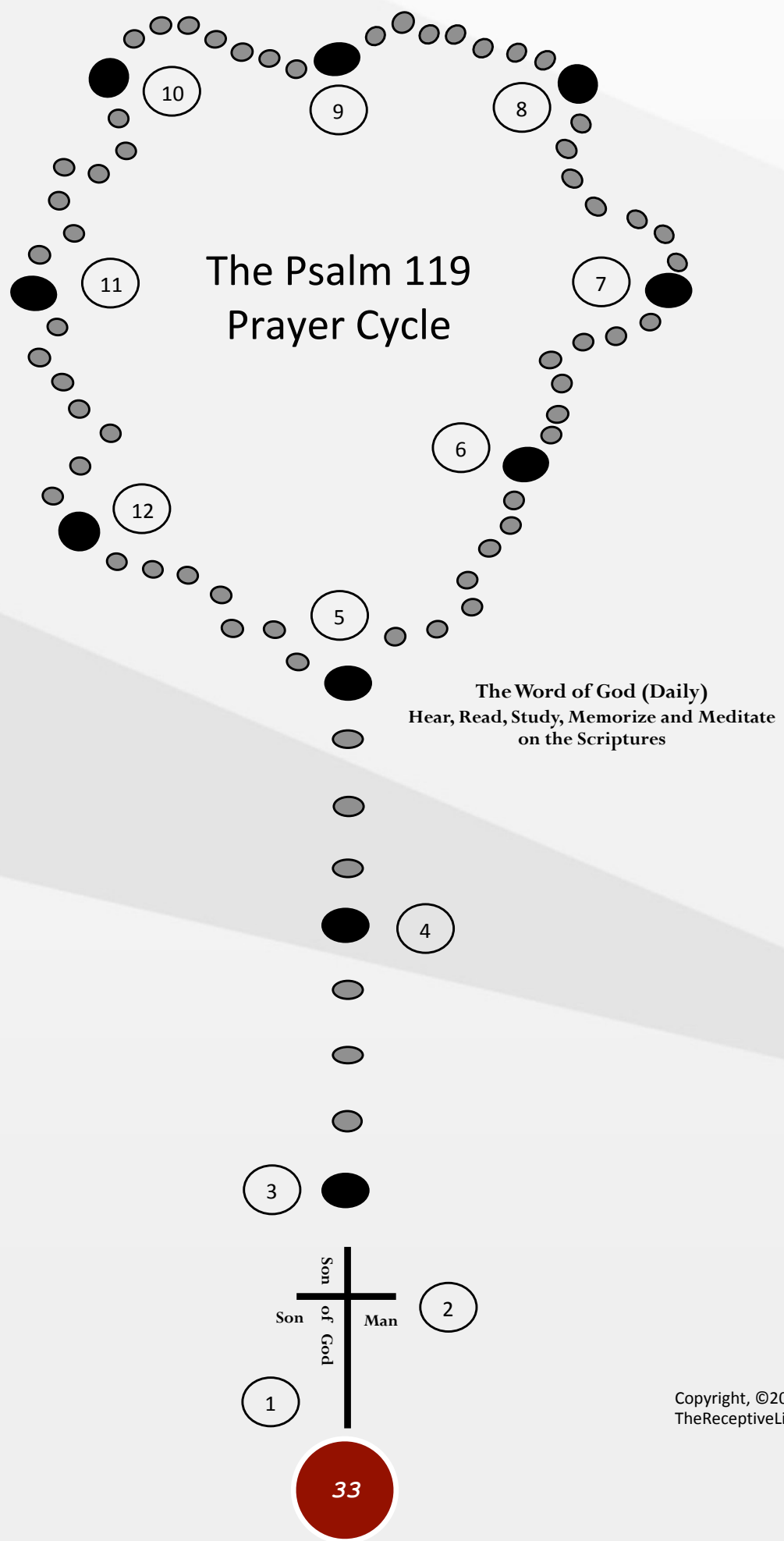
repetition.

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)



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

Station 6:

(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.

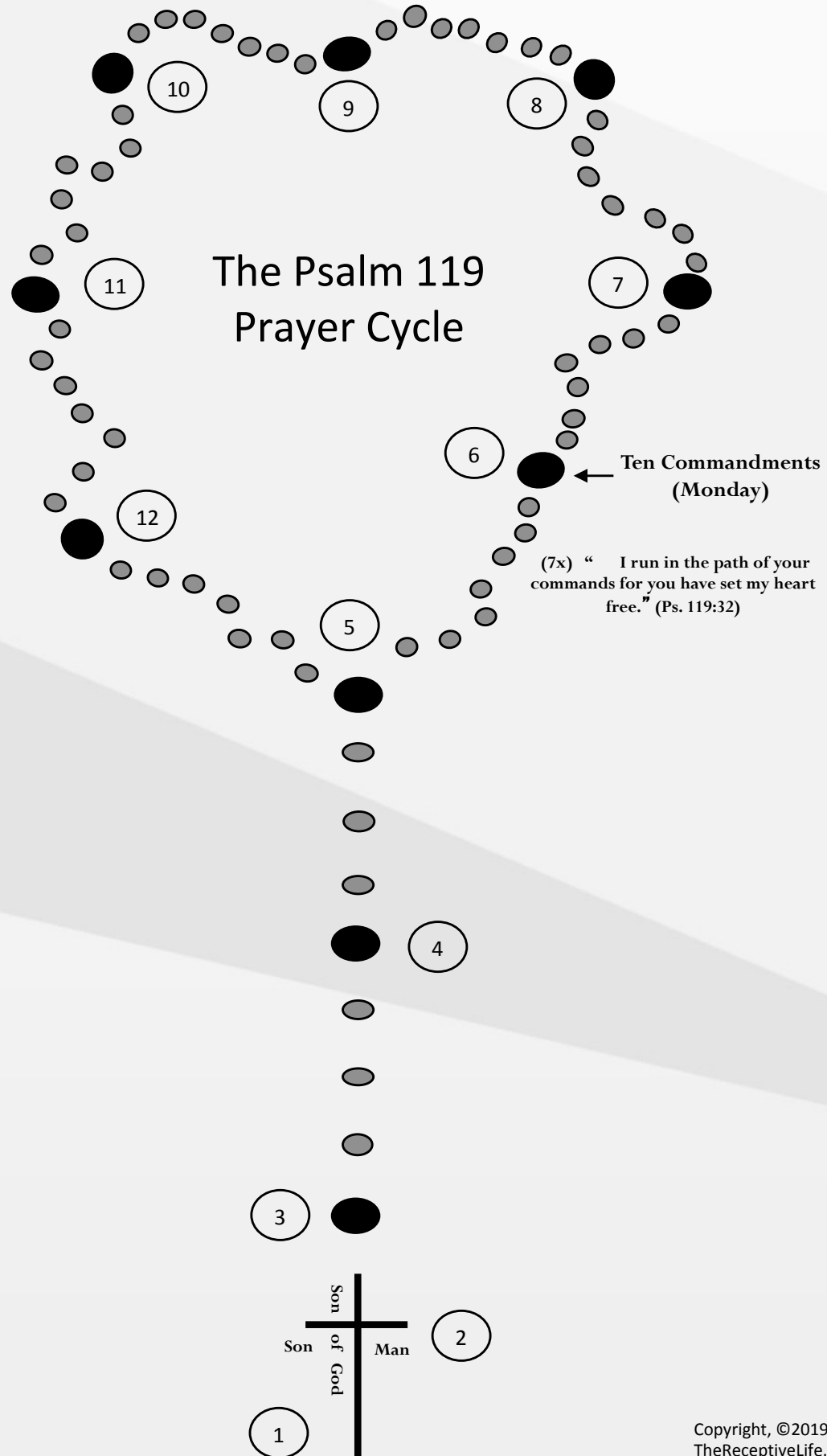
Thou shalt not steal.

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 7: **(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.

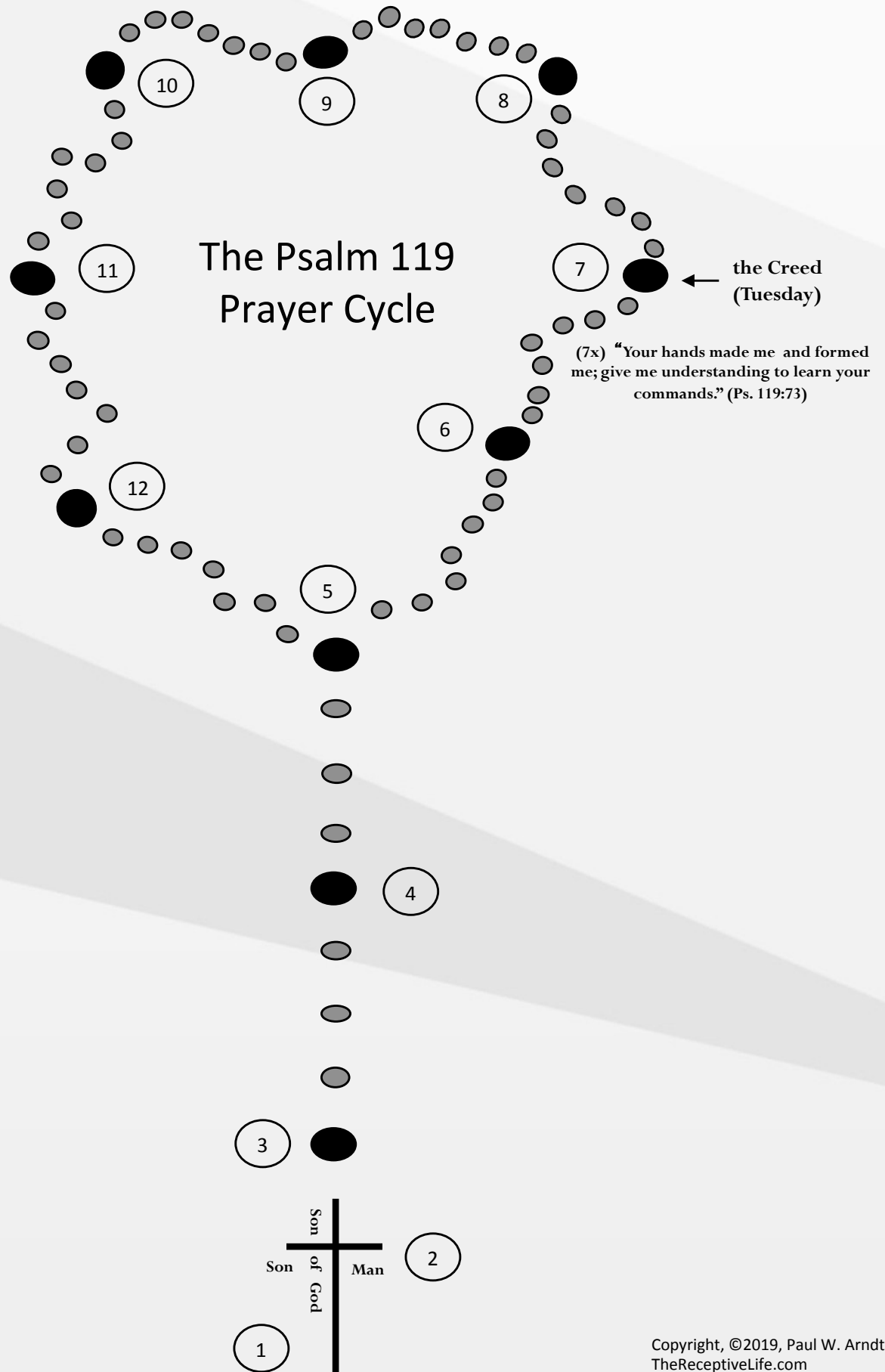
Use the Creed to focus your thoughts on the nature, the character and the work of the Triune God.

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 8:

(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.

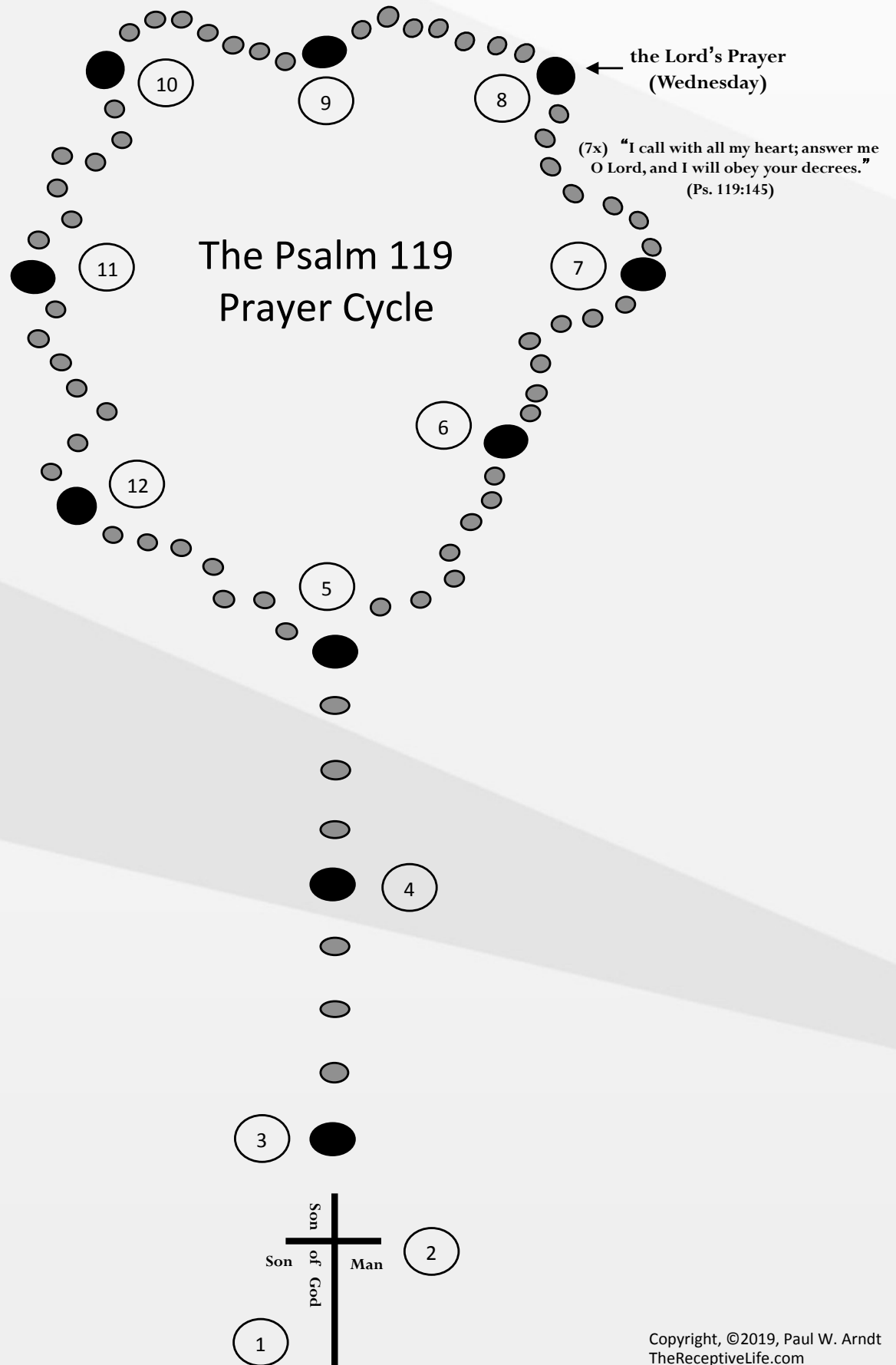
And forgive us our trespasses as we forgive those who trespass against us.

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*



Station 9: **(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.

(say 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".

"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:

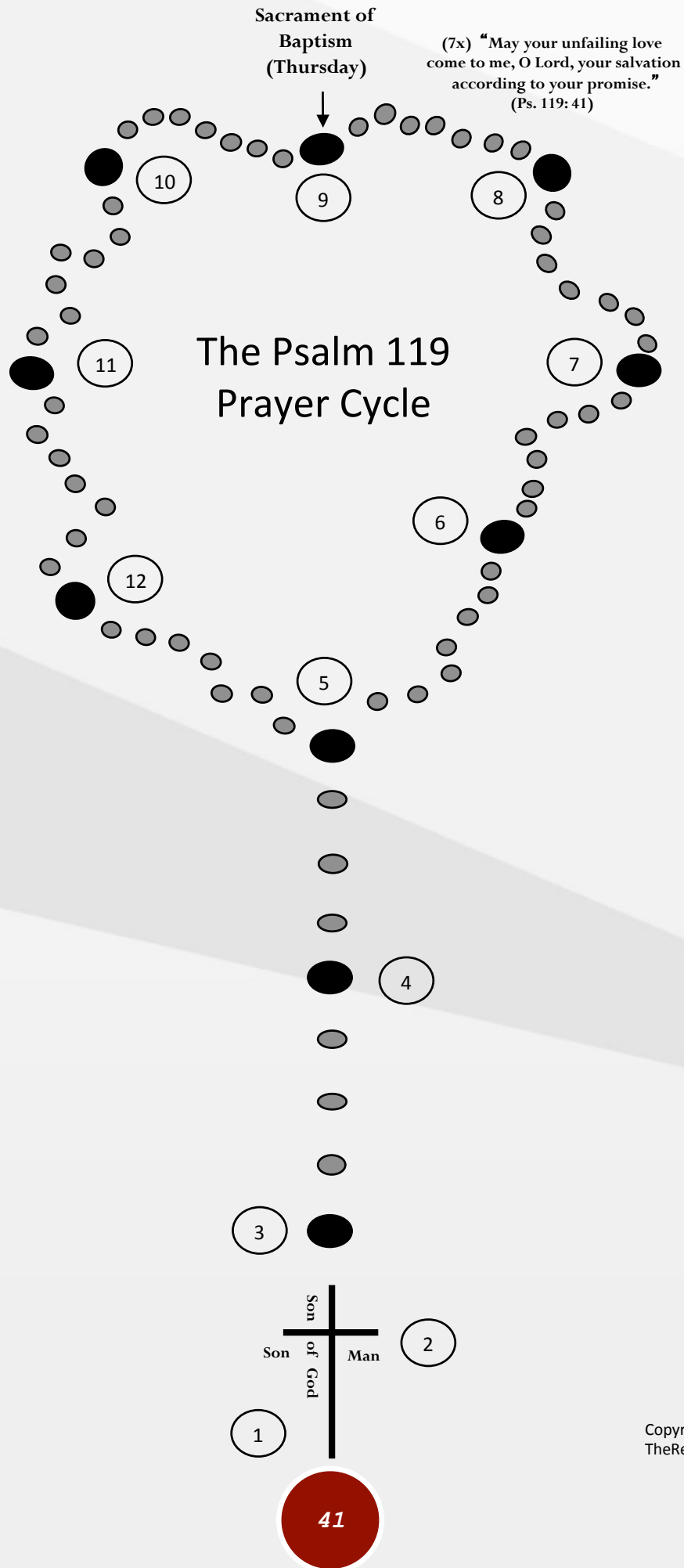
Romans 6:1-4

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*



Station 10:

(The Office of the Keys - Friday)

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

(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:

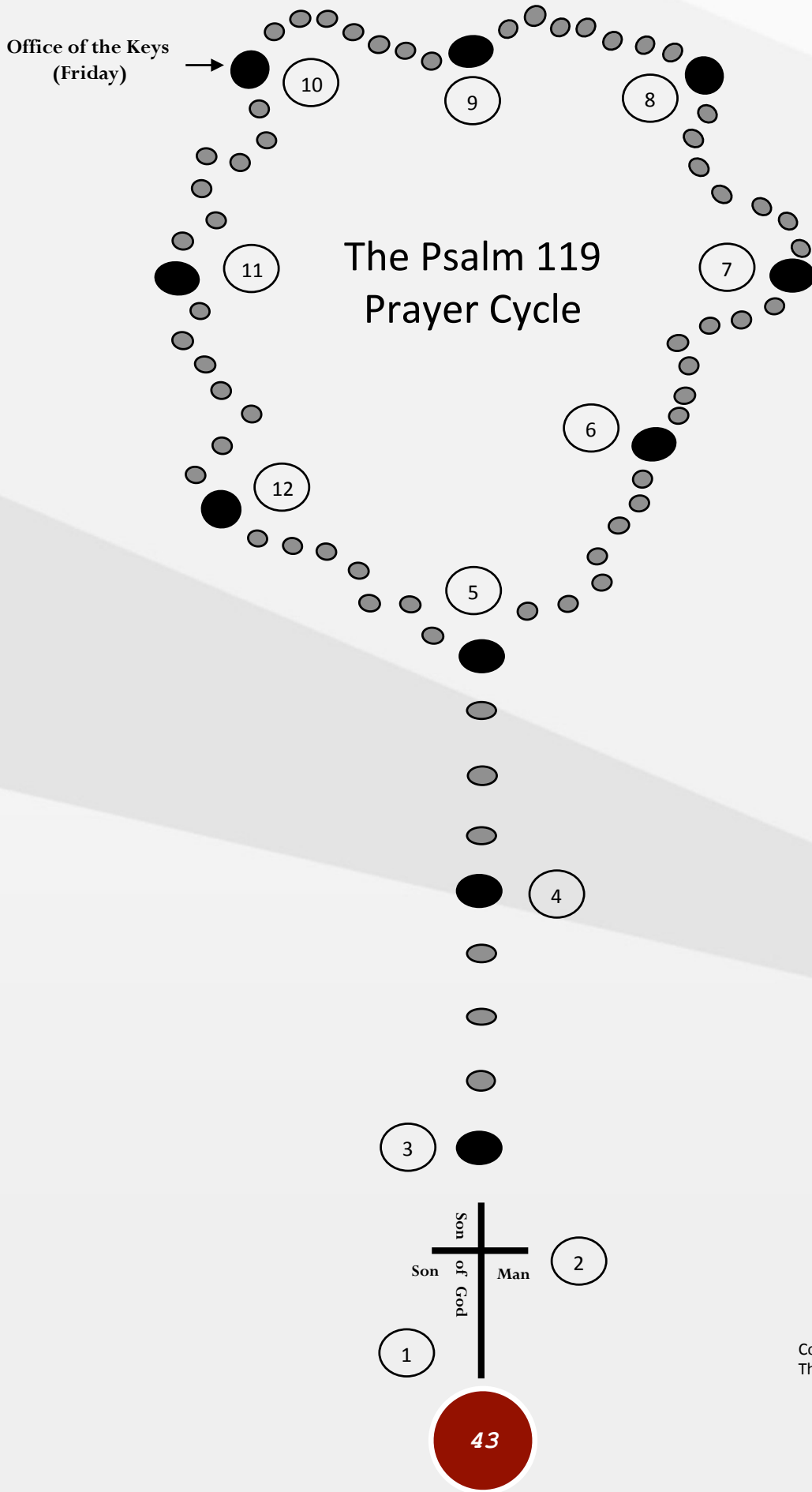
1 John 1:8—2:2

John 20:19-23

If time allows one can use and meditate on 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) "I have strayed like a lost sheep.
Seek your servant for I have not
forgotten your laws." (Ps. 119:176)



Station II:

(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 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

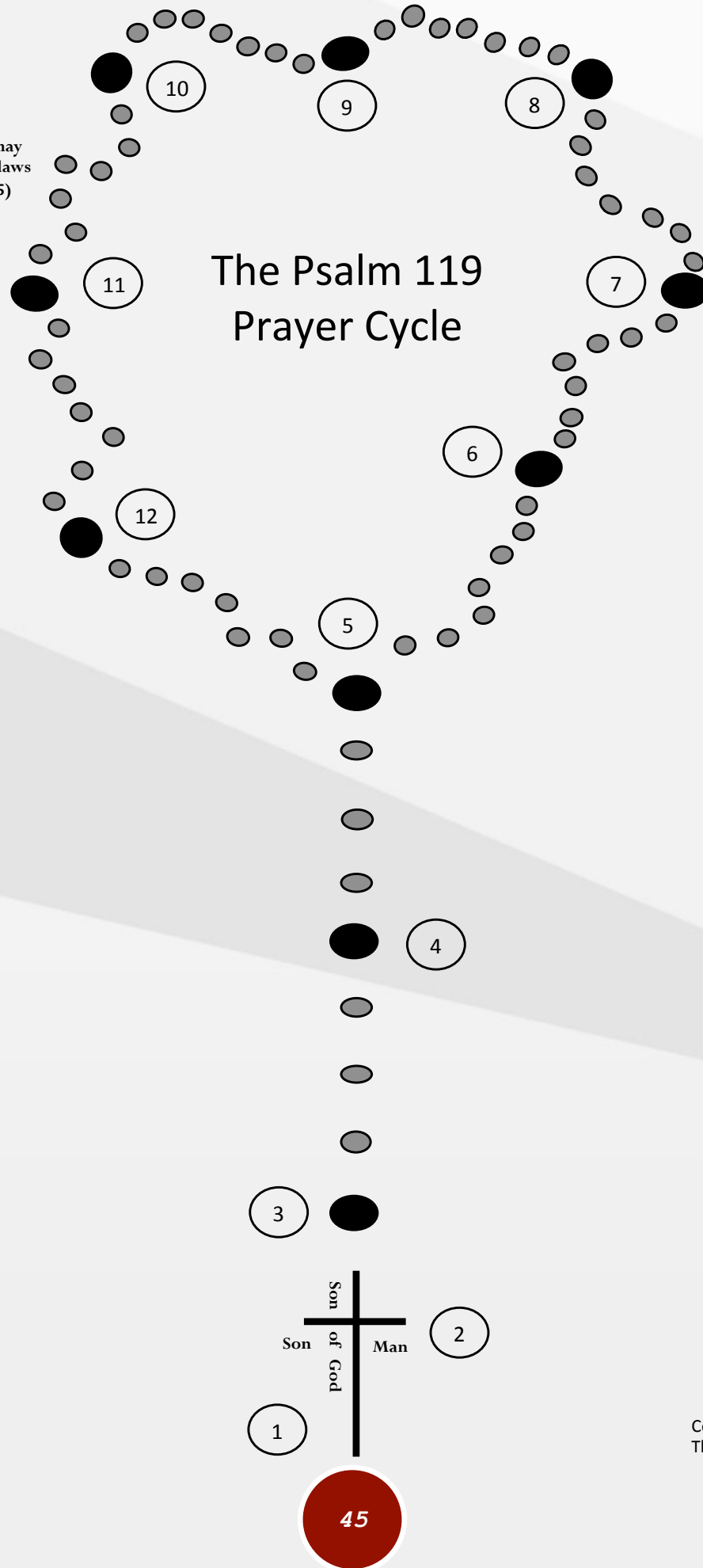
If time allows one can use and meditate on Luther's Meaning to the Sacrament of the Altar in the *Small Catechism*.

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*.

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

Sacrament of the Altar (Saturday)

The Psalm 119 Prayer Cycle



Station 12:

(Christian Vocation - Sunday)

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

(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 one can use and meditate on Luther’s Table of Duties in the *Small Catechism*

Vocation/Calling

“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)

“I am a ...”

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

