



A Guide for your Christian Life between Sundays

*The Fourth Sunday after Epiphany
January 28 through February 3, 2024*

In ancient times, God raised up Moses to deliver His people from their oppressors. Now again, God has incarnated Himself in Christ to be our Redeemer, to once and for all liberate us from our oppressors. And who are these oppressors? Not flesh and blood, nor friend nor kin, but the devil and all his angels. Against Satan, and all of his works, and all of his ways has Our Lord come.

AN ORDER FOR DAILY MEDITATION AND PRAYER

Read the Scriptures appointed for the day, review the readings from Sunday, and learn by heart the appointed verse and portion of the Small Catechism. Conclude with the Psalms, the Collect, and the prayers, using the guidelines as you see appropriate.

DAILY READINGS FOR THE WEEK

Jan. 28	Psalm 12	Zech. 6:1—7:14	Rom 16:17-27
Jan. 29	Psalm 107:1-9	Zech. 8:1-23	2 Tim. 1:1-18
Jan. 30	Psalm 33:18-22	Zech. 9:1-17	2 Tim. 2:1-26
Jan. 31	Psalm 135:1-7, 13-14	Zech. 10:1—11:3	2 Tim. 3:1-17
Feb. 1	Psalm 28	Zech. 11:4-17	2 Tim. 4:1-18
Feb. 2	Psalm 75	Zech. 12:1—13:9	Titus 1:1—2:6
Feb. 3	Psalm 47	Zech. 14:1-21	Titus 2:7—3:15

A LOOK BACK TO THE LITURGY – JANUARY 28, 2024

Theme: The Lord Jesus comes to liberate us from the oppression of Satan.

Hymn: 659, “Lord of Our Life”

Summary of Readings:

Deuteronomy 18:15-20: Moses promises to Israel a prophet ‘like unto him.’ Israel is commanded to listen to that prophet, and to cast out any prophet who comes on behalf of a foreign idol.

1 Corinthians 8:1-13: St. Paul speaks concerning whether meat sacrificed to idols, should be eaten, and asks the Corinthians to do all that they do in love and deference to their neighbor, so as not to cause offense unnecessarily.

Mark 1:21-28: Our Lord casts out the demon from a man in the Synagogue, rebuking him, even though the demon recognizes Him as the Christ. The people are astonished by His authority.

MEMORY VERSE TO LEARN BY HEART:

Psalm 73:26: “My flesh and my heart fail; But God is the strength of my heart and my portion forever.”

THE CATECHISM: THE FIRST AND SECOND COMMANDMENTS

(Important! If you have memorized a different translation in confirmation, it is best to pull out your old catechism and refresh your memory from those texts.)

*What is the First Commandment? **You shall have no other gods.***

What does this mean? We should fear, love, and trust in God above all things.

*What is the Second Commandment? **You shall not misuse the name of the Lord your God.***

What does this mean? We should fear and love God so that we do not curse, swear, use satanic arts, lie, or deceive by His name, but call upon it in every trouble, pray, praise, and give thanks.

PSALM OF THE WEEK: PSALM 111 (ESV)

Meditate on this Psalm every day when you pray, and use it as the starting place for your own prayer:

¹Praise the LORD! I will give thanks to the LORD with my whole heart, in the company of the upright, in the congregation. ²Great are the works of the LORD, studied by all who delight in them. ³Full of splendor and majesty is his work, and his righteousness endures forever. ⁴He has caused his wondrous works to be remembered; the LORD is gracious and merciful. ⁵He provides food for those who fear him; he remembers his covenant forever. ⁶He has shown his people the power of his works, in giving them the inheritance of the nations. ⁷The works of his hands are faithful and just; all his precepts are trustworthy; ⁸they are established forever and ever, to be performed with faithfulness and uprightness. ⁹He sent redemption to his people; he has commanded his covenant forever. Holy and awesome is his name! ¹⁰The fear of the LORD is the beginning of wisdom; all those who practice it have a good understanding. His praise endures forever!

LUTHER'S PRAYER ON PSALM 111¹:

Praise belongs to You, our God, because You have fulfilled Your promises to Your people Israel in the incarnation of Your Son, and sent the light of Your truth to our fathers when they were walking in ignorance of You. Grant us steadfastly to trust Your covenant of grace that we may live therein. Make Your works of mercy and truth known to our children, that they may praise Your name in generations to come. Amen.

COLLECT FOR THE FOURTH SUNDAY AFTER EPIPHANY:

Almighty God, You know we live in the midst of so many dangers that in our frailty we cannot stand upright. Grant strength and protection to support us in all dangers and carry us through all temptations; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever. Amen.

¹ Reading the Psalms with Luther, CPH, 2007

DAILY THEMES FOR PRAYER – (From LSB page 294)

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

Monday: Pray 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: Pray for deliverance against temptation and evil; for the addicted and despairing, the tortured and oppressed; for those struggling with besetting sins.

Wednesday: Pray 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: Pray for the Church and her pastors; for teachers, deacons, 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: Pray 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: Pray 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.

IN OUR PRAYERS AT CHRIST:

Prayer Family: *Bailey Martin* and her loved ones

Barbara Glenn, who is recovering from pneumonia

Faye Hartman, Nancy Teal's sister-in-law, who is recovering from RSV

Vance Klager, friend of the Haynes, who is recovering from surgery

THE LORD'S PRAYER

LUTHER'S MORNING OR EVENING PRAYER

Luther's Morning 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.