



Living from the Liturgy

A Guide for your Christian Life between Sundays

The First Sunday in Lent
February 22 – March 1, 2026

The devil's temptation to Adam and Eve was not to have them doubt God, but to doubt that God was good, and that He wanted what was best for them. Our First Parents knew that they were to grow up into all godliness, but Satan offered an easier path to that end, through the eating of the Tree of Knowledge. Christ is tempted in the wilderness in the same way, but instead of listening to the Devil's offer to taking an easier path in His mission to gain the whole world, He instead follows the will of the Father, even if the Father's will leads to suffering and death.

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

Sunday, Feb. 22	Psalm 79:5-9	Gen. 4:1-26	Mark 2:18-28
Monday, Feb. 23	Psalm 2	Gen. 6:1—7:5	Mark 3:1-19
Tuesday, Feb. 24	Psalm 104:1-9	Gen. 7:11—8:12	Mark 3:20-35
Wednesday, Feb. 25	Psalm 74:10-17	Gen. 8:13—9:17	Mark 4:1-20
Thursday, Feb. 26	Psalm 107:23-32	Gen. 11:27— 12:20	Mark 4:21-41
Friday, Feb. 27	Psalm 73:25-28	Gen. 13:1-18	Mark 5:1-20
Saturday, Feb. 28	Psalm 32:1-5	Gen. 15:1-21	Mark 5:21-43

A LOOK BACK TO THE LITURGY – FEBRUARY 22, 2026

Theme: Christ is obedient unto the Father, even unto death on the cross.

Hymn: 424, “O Christ, You Walked the Road”

Summary of Readings:

Genesis 3:1–21: Adam and Eve are tempted in the Garden of Eden by the serpent and fall into sin against God.

Romans 5:12–19: St. Paul teaches about Christ being the Second Adam, who shall accomplish what the first Adam failed to do: that is, be obedient unto God, and so rule over the world in humbleness.

Matthew 4:1–11: Our Lord is tempted in the wilderness with three trials by the devil.

THE CATECHISM

THE LORD’S PRAYER: THIRD PETITION (PART 1)

(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.)

Thy will be done on earth as it is in heaven.

What does this mean? The good and gracious will of God is done even without our prayer, but we pray in this petition that it may be done among us also.

MEMORY VERSE TO LEARN BY HEART:

John 6:40: “For this is the will of My Father, that everyone who looks on the Son and believes in Him should have eternal life, and I will raise him up at the last day.”

PSALM OF THE WEEK: PSALM 32:1-7 (ESV)

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

¹Blessed is the one whose transgression is forgiven, whose sin is covered. ²Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit. ³For when I kept silent, my bones wasted away through my groaning all day long. ⁴For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. ⁵I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the LORD," and you forgave the iniquity of my sin. ⁶Therefore let everyone who is godly offer prayer to you at a time when you may be found; surely in the rush of great waters, they shall not reach him. ⁷You are a hiding place for me; you preserve me from trouble; you surround me with shouts of deliverance.

LUTHER’S PRAYER ON PSALM 32¹:

O God, our heavenly Father, with whom is grace and much forgiveness, be merciful to us who were born in sin and cannot but sin and fall short every day. Forgive us our many transgressions and account them against us no more, but make us Your heirs through Jesus Christ, Your beloved Son, who was delivered into death for our offenses, and was raised again for our justification. Amen.

COLLECT FOR THE FIRST SUNDAY IN LENT:

O Lord God, You led Your ancient people through the wilderness and brought them to the promised land. Guide the people of Your Church that following our Savior we may walk through the wilderness of this world toward the glory of the world to come; 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: *The Hansford Family* and their loved ones

Marshall Entrekin, friend of Mark Ochs, who is suffering from pleurisy

Margaret Haynes, who is recovering from a fractured arm and pelvis

Joseph Holleman, the Weidners' nephew, who is chronically ill

THE LORD'S PRAYER

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.