



For your life in Christ the Week of
Quinquagesima
February 20–26, 2023

How to use this resource: Pray and confess out loud as much from the order of meditation and prayer as you are able or as your family size and ages dictate. You will need your Bible, a Catechism, and an LSB Hymnal. Other resources named within may enrich your meditation.

Begin

Invocation

The sign of the cross + may be made by all in remembrance of their baptism.

In the name of the Father and of the + Son and of the Holy Spirit.

Amen.

Hymn of the Week

LSB #419 “Savior, When in Dust to Thee” (v. 1)

Recite

Apostles’ Creed

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 the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. The third day He rose again from the dead. He ascended into heaven and sits at the right hand of God the Father Almighty. From thence He will come to judge the living and the dead.

I believe in the Holy Spirit, the holy Christian Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life + everlasting. Amen.

Verse of the Week: Psalm 79:8–9

“Do not remember against us our former iniquities; let your compassion come speedily to meet us, for we are brought very low. Help us, O God of our salvation, for the glory of your name; deliver us, and atone for our sins, for your name’s sake.” (ESV)

The Family Altar

A Guide for Daily Meditation and
Prayer in the Christian Home

Meditate

Psalm: 60-Day Psalm Schedule

	<i>Mon.</i>	<i>Tues.</i>	<i>Wed.</i>	<i>Thurs.</i>	<i>Fri.</i>	<i>Sat.</i>	<i>Sun.</i>
Morning	109	112, 113	115	117, 118	119:1-24	119:49-72	119:89-112
Evening	110, 111	114	116	120, 121	119:25-48	119:73-88	119:113-136

Daily Bible Stories

<i>Day</i>	Week 25: Lent Stories - The Passion According to St. Matthew
Monday	Palm Sunday - Matthew 21:1-17
Tuesday	Jesus Is Anointed at Bethany - Matthew 26:2-16
Wednesday	Jesus Celebrates the Passover - Matthew 26:17-35
Thursday	Jesus Prays in the Garden of Gethsemane - Matthew 26:36-56
Friday	Jesus Faces the Sanhedrin - Matthew 26:57-75
Saturday	Look Ahead to Sunday's Readings (see last page)
Sunday	Attend Divine Service

Daily Lectionary Readings

February 20	Job 15:1-23, 30-35, John 6:60-71
February 21	Job 16:1-21, John 7:1-13
Ash Wednesday	Gen 1:1-19, Mark 1:1-13
Thursday	Gen 1:20-2:3, Mark 1:14-28
Friday	Gen 2:4-25, Mark 1:29-45
Saturday	Gen 3:1-24, Mark 2:1-17
1st Sunday in Lent	Gen 4:1-26, Mark 2:18-28

Study

The Catechism

Participants may choose to study the catechism at their own pace or follow along with the selected portion of the catechism for the week.

Review the Ten Commandments

See pp. 5-7 of the Learn by Heart Catechism



Pray

Kyrie

Lord, have mercy. Christ, have mercy. Lord, have mercy.

Lord's Prayer

Collect for the Week:

O Lord, mercifully hear our prayers and having set us free from the bonds of our sins deliver us from every evil; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever. Amen.

Daily Themes for Prayer

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

Morning or Evening Prayer from the Catechism

Close

Blessing

Let us bless the Lord.

Thanks be to God.

The almighty and merciful Lord, the Father, the + Son,
and the Holy Spirit, bless and preserve us. **Amen.**

Observing the Church Year

Liturgical Color(s) of the Week: Violet; Green; Red

Violet - The color of penitence and self-discipline characteristic of the season. Also a reminder of the mocking royal robe placed on Jesus by the soldiers.

Green - The color of growth. During this season we grow and mature in our understanding of Jesus and His teachings.

Red - The color of fire and blood. Red symbolizes the gift of the Holy Spirit and the blood of the martyrs.

Feasts, Festivals, and Commemorations This Week

NOTE: The following resources contain great summaries of the observances of the church year

1. TDP- "Treasury of Daily Prayer"

2. CS- "Celebrating the Saints"

February 22 - Ash Wednesday (V) (TDP p. 26; CS p. 256)

February 23 - Polycarp of Smyrna, Pastor and Martyr (G) (TDP p. 1282; CS p. 46)

February 24 - St. Matthias, Apostle (R) (TDP p. 1283; CS p. 48)

Looking Forward to Sunday

First Sunday in Lent (Invocabit)

Readings: Genesis 3:1-21 *or* 1 Samuel 17:40-51; 2 Corinthians 6:1-10 *or* Hebrews 4:14-16;
Matthew 4:1-11

Jesus Does Battle in Our Place

In the Garden, man exalts himself to be a god in place of God (Gen. 3:1-21). He succumbs to the temptation of the devil, and eating of the forbidden fruit, he receives death. But in the sin-cursed wilderness, God humbles Himself to become man in place of man (Mt. 4:1-11). He does not eat but fasts and bears the onslaughts of the devil for us that we may be restored to life. Jesus stands as David in our place to do battle against the Goliath, Satan (1 Sam. 17:40-51). Though outwardly Jesus appears weak, yet He comes in the name of the Lord of hosts. He draws from the five smooth stones of the books of Moses and slings the Word of God. The stone sinks into the forehead, and the enemy falls. In Christ we are victorious over the devil. Let us therefore not receive the grace of God in vain (2 Cor. 6:1-10), but seeing that we have a great High Priest, let us come boldly to the throne of grace, that we may obtain help in time of need (Heb. 4:14-16).