



For your life in Christ the Week of the First Sunday in Lent (Invocabit)

February 23–March 1, 2026

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 #668 “Rise! To Arms! With Prayer Employ You” (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: 2 Corinthians 1:3-4

“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.” (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	60, 61	65	66	68	71	73	75, 76
Evening	62	63, 64	67, 70	69	72	74	77

Daily Bible Stories

<i>Day</i>	Week 26: 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

Monday	Gen 6:1-7:5, Mark 3:1-19
Tuesday	Gen 7:11-8:12, Mark 3:20-35
Wednesday	Gen 8:13-9:17, Mark 4:1-20 <i>Gen 9:18-11:26</i>
Thursday	Gen 11:27-12:20, Mark 4:21-41
Friday	Gen 13:1-18, Mark 5:1-20 <i>Gen 14:1-24</i>
Saturday	Gen 15:1-21, Mark 5:21-43
2nd Sunday in Lent	Gen 16:1-9, 15-17:22, Mark 6:1-13

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 1st Article of the Creed

See p. 8 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 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.

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; 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.

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

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

Looking Forward to Sunday

Second Sunday in Lent (Reminiscere)

Readings: Genesis 32:22-32; 1 Thessalonians 4:1-7 or Romans 5:1-5; Matthew 15:21-28

Holding God to His Word

Jacob wrestled with God; he would not let Him go until he received a blessing from Him (Gen. 32:22-32). So it was with the Canaanite woman. Though Jesus seemed to ignore and reject her, she continued to call upon His name and look to Him for help (Mt. 15:21-28). Even when the Lord called her a little dog, she held on to Him in faith and would not let Him wriggle out of His words: "Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table."

This Gentile woman shows herself to be a true Israelite, who struggles with God and man in Christ and prevails. "O woman, great is your faith! Be it done for you as you desire" (Mt. 15:27-28). This is the sanctifying will of God (1 Thess. 4:1-7)—to test your faith in order that it may be refined and strengthened. For tribulation produces perseverance; perseverance, character; character, hope. And hope in Christ does not disappoint (Rom. 5:1-5).