



For your life in Christ the Week of the Third Sunday in Lent (Oculi)

March 9-15, 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” (vv. 1-3)

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: Ephesians 5:1-2

“Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to 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	92	95, 96	98, 100	101	103	105	107
Evening	94	97	99	102	104	106	108

Daily Bible Stories

<i>Day</i>	Week 28: The Passion According to St. Mark
Monday	Jesus Celebrates the Passover - Mark 14:12-31
Tuesday	Jesus Prays in the Garden of Gethsemane - Mark 14:32-52
Wednesday	Jesus Faces the Sanhedrin - Mark 14:53-72
Thursday	Jesus Faces Pontius Pilate - Mark 15:1-15
Friday	The King of the Jews Is Mocked - Mark 15:16-32
Saturday	Look Ahead to Sunday's Readings (see last page)
Sunday	Attend Divine Service

Daily Lectionary Readings

Monday	Gen 29:1-30, Mark 9:14-32 <i>Gen 29:31-34:31</i>
Tuesday	Gen 35:1-29, Mark 9:33-50
Wednesday	Gen 37:1-36, Mark 10:1-12
Thursday	Gen 39:1-23, Mark 10:13-31
Friday	Gen 40:1-23, Mark 10:32-52
Saturday	Gen 41:1-27, Mark 11:1-19
4th Sunday in Lent	Gen 41:28-57, Mark 11:20-33

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 3rd Article of the Creed

See p. 9 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 God, whose glory it is always to have mercy, be gracious to all who have gone astray from Your ways and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of Your Word; 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

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.

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"

None.

Looking Forward to Sunday

Fourth Sunday in Lent (Laetare)

Readings: Exodus 16:2-21 or Isaiah 49:8-13; Galatians 4:21-31 or Acts 2:41-47; John 6:1-15

The Lord Feeds His People

The Lord provided bread from heaven for His people in the wilderness (Ex. 16:2-21). Now He who is Himself the living bread from heaven miraculously provides bread for the five thousand (John 6:1-15). This takes place near the time of the Passover, after a great multitude had followed Jesus across the sea, and when He went up on a mountain. Seen in this way, Jesus is our new and greater Moses, who releases us from the bondage of Mount Sinai and makes us free children of the promise (Gal. 4:21-31). Five loaves become twelve baskets—that is, the five books of Moses find their goal and fulfillment in Christ, whose people continue steadfastly in the doctrine and fellowship of the twelve apostles, and in the breaking and receiving of the bread of life, which is the body of Christ, together with His precious blood, and in the prayers (Acts 2:41-47). So it is that God's people "shall not hunger or thirst" (Is. 49:8-13). For He abundantly provides for us in both body and soul.