



For your life in Christ the Week of the Fourth Sunday in Lent (Laetare)

March 16-22, 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 #755 “In the Very Midst of Life” (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: Galatians 5:1

“For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.” (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 29: The Passion According to St. Mark and St. John
Monday	Jesus Death and Burial - Mark 15:33-47
Tuesday	Jesus Is Anointed at Bethany - John 12:1-11
Wednesday	Palm Sunday - John 12:12-26
Thursday	Jesus Washes the Disciples' Feet - John 13:1-20
Friday	A New Commandment Is Given - John 13:21-38
Saturday	Look Ahead to Sunday's Readings (see last page)
Sunday	Attend Divine Service

Daily Lectionary Readings

Monday	Gen 42:1-34, 38, Mark 12:1-12
Tuesday	Gen 43:1-28, Mark 12:13-27
Wednesday	Gen 44:1-18, 32-34, Mark 12:28-44
Thursday	Gen 45:1-20, 24-28, Mark 13:1-23
Friday	Gen 47:1-31, Mark 13:24-37 <i>Gen 48:1-49:28</i>
Saturday	Gen 49:29-50:7, 14-26, Mark 14:1-11
5th Sunday in Lent	Ex 1:1-22, Mark 14:12-31

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 Introduction to the Lord's Prayer

See p. 10 of the Learn by Heart Catechism

Pray

Kyrie

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

Lord's Prayer

Collect for the Week:

Almighty God, our heavenly Father, Your mercies are new every morning; and though we deserve only punishment, You receive us as Your children and provide for all our needs of body and soul. Grant that we may heartily acknowledge Your merciful goodness, give thanks for all Your benefits, and serve You in willing obedience; 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; White

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.

White - The color of the pure glory of Christ and the angels. Jesus comes at the fullness of time as the complete fulfillment of God's promises. Jesus' resurrection is the cause for our rejoicing. His purity before the Father becomes our purity.

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"

March 17 - St. Patrick, Missionary to Ireland (V) (TDP p. 1284; CS p. 52)

March 19 - St. Joseph, Guardian of Jesus (W) (TDP p. 1286; CS p. 54)

Looking Forward to Sunday

Fifth Sunday in Lent (Judica)

Readings: Genesis 22:1-14; Hebrews 9:11-15; John 8:(42-45) 46-59

Jesus Is Our Redemption

In the temple Jesus said, "If anyone keeps my word, he will never see death" (John 8:51). For Jesus came to taste death for us—to drink the cup of suffering to the dregs in order that we might be released from its power. Clinging to His life-giving words, we are delivered from death's sting and its eternal judgment. Christ is our High Priest, who entered the Most Holy Place and with His own blood obtained everlasting redemption for His people (Heb. 9:11-15). He is the One who was before Abraham was, and yet is his descendant. He is the promised Son who carries the wood up the mountain for the sacrifice, who is bound and laid upon the altar of the cross. He is the ram who is offered in our place, who is willingly caught in the thicket of our sin, and who wears the crown of thorns upon His head (Gen. 22:1-14). Though Jesus is dishonored by the sons of the devil, He is vindicated by the Father through the cross.