The Family Altar

A Guide for Daily Meditation and Prayer in the Christian Home



For your life in Christ the Week of the Sixteenth Sunday after Trinity
September 21–27, 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 #870 "Now That the Daylight Fills the Sky" (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: *Colossians 3:16*

"Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God."

Meditate

Psalm: *60-Day Psalm Schedule*

	Mon.	***Tues.***	***Wed.***	***Thurs.***	***Fri.***	***Sat.***	***Sun.***
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

Day	**Week 4: Old Testament Stories**
Monday	Abram Rescues Lot and Pays a Tithe to Melchizedek – Genesis 14:8–23
Tuesday	God's Covenant with Abram – The Promise of a Son – Genesis 15:1–6
Wednesday	Hagar and Ishmael – Genesis 16:1–16
Thursday	Circumcision and Abram's Name Change as Signs of the Covenant – Genesis 17:1–11 (12–14)
Friday	Sarai's Name Change – Genesis 17:15–27
Saturday	Look Ahead to Sunday's Readings (see last page)
Sunday	Attend Divine Service

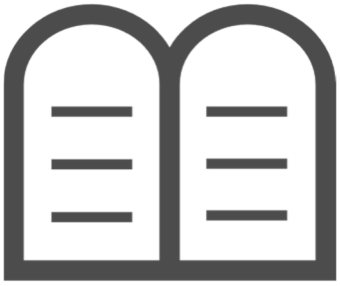
Daily Lectionary Readings

September 21	Neh 5:1-16; 6:1-9, 15-16, 1 Tim 4:1-16
September 22	Neh 7:1–4; 8:1–18, 1 Tim 5:1–16 *Ezra 1:1—10:19*
September 23	Neh 9:1–21, 1 Tim 5:17—6:2
September 24	Neh 9:22–38, 1 Tim 6:3–21 *Neh 10:1—13:31*
September 25	Mal 1:1–14, Matt 3:1–17
September 26	Mal 2:1—3:5, Matt 4:1–11
September 27	Mal 3:6—4:6, Matt 4:12–25

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.



The 3rd Commandment

See p. 5 of the Learn by Heart Catechism

Catechism In-Depth

1991 Catechism: Questions #35–47

2017 Catechism: Questions #48–53

Pray

Kyrie

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

Lord's Prayer

Collect for the Week:

O Lord, we pray that Your grace may always go before and follow after us, that we may continually be given to all good works; 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**: Green; Red*

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"

September 21 – St. Matthew the Apostle and Evangelist (**R**) (TDP p. 743; CS p. 172)
September 22 – Jonah (TDP p. 747; CS p. 174)

Looking Forward to Sunday

Seventeenth Sunday after Trinity
Readings: Proverbs 25:6–14; Ephesians 4:1–6; Luke 14:1–11

Whoever Humbles Himself Will Be Exalted

"Do not put yourself forward in the king's presence" (Prov. 25:6–14). Rather, take the lowest position at the table. Humble yourself before Him. For your place is not for you to take but for Him to give. Conduct yourself with all lowliness and gentleness, bearing with one another in love (Eph. 4:1–6), that the King may give you glory in the presence of those at the table with you. "For everyone who exalts himself will be humbled, and he who humbles himself will be exalted" (Luke 14:1–11). Is this not the way of Christ? He is the one who took the lowest place, who humbled Himself even to the point of death for us. He is now exalted to the highest place at the right hand of the Father that penitent believers may be exalted together with Him in the resurrection. To the humble at His Supper He says, "Friend, move up higher," giving you His very body and blood for your forgiveness, that you may ascend to take part in the great wedding feast which has no end.