

STEP BY STEP GUIDE

Stations 1 and 2: Invocation, Daily Prayer and the Person and Work of Jesus

In the Morning

Upon Rising from Sleep: In the morning, when you rise, you shall bless yourself with the holy cross and say:

In the name of God the Father, Son, and Holy Spirit. Amen.

Pray Luther's Morning Prayer

I thank Thee, my Heavenly Father, through Jesus Christ, Thy dear Son, that Thou hast kept me this night from all harm and danger; and I pray Thee to keep me this day also from sin and all evil, that all my doings and life may please Thee. For into Thy hands I commend myself, my body and soul, and all things. Let Thy holy angel be with me, that the Wicked Foe may have no power over me. Amen.

Holding on to the Cross ... Meditate Upon the Person and Work of Jesus Christ:

The Person of Jesus Christ:

The Son of God

The Son of Man

His Humiliation and His Exaltation

The Work of Jesus Christ:

Christ FOR us (Romans 8)

Christ IN and THROUGH us (Gal. 2:20-21; Eph. 2:1-10)

Christ WITH us (Matthew 28:16-20; Mark 16:15-20)

In the Evening

Upon Going to Sleep: In the evening, when you go to bed, you shall bless yourself with the holy cross and say:

In the name of God the Father, Son, and Holy Spirit. Amen.

Pray Luther's Evening Prayer

I thank Thee, my Heavenly Father, through Jesus Christ, Thy dear Son, that Thou hast graciously kept me this day, and I pray Thee to forgive me all my sins, where I have done wrong, and graciously keep me this night. For into Thy hands I commend myself, my body and soul, and all things. Let Thy holy angel be with me, that the Wicked Foe may have no power over me. Amen.

Holding on to the Cross ... Meditate Upon the Person and Work of Jesus Christ:

The Person of Jesus Christ:

The Son of God

The Son of Man

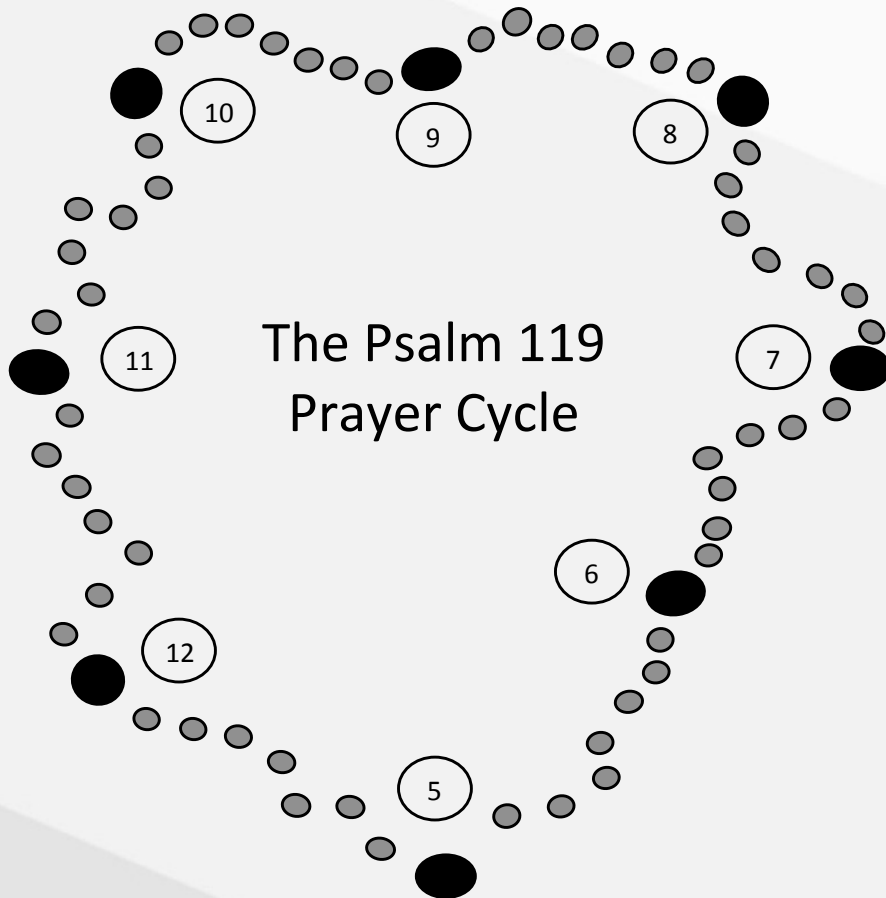
His Humiliation and His Exaltation

The Work of Jesus Christ:

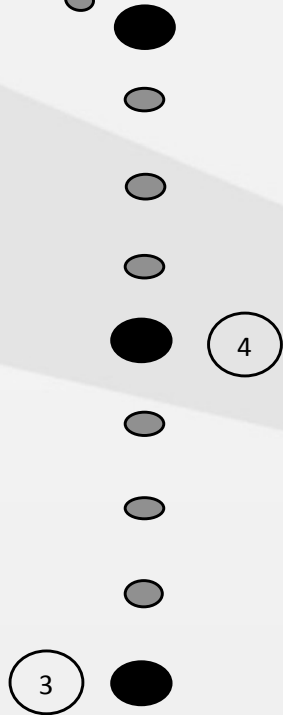
Christ FOR us (Romans 8)

Christ IN and THROUGH us (Gal. 2:20-21; Eph. 2:1-10)

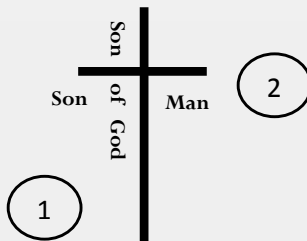
Christ WITH us (Matthew 28:16-20; Mark 16:15-20)



The Psalm 119 Prayer Cycle



Invocation and Evening and Morning Prayer



Meditation on the Person and Work of Jesus

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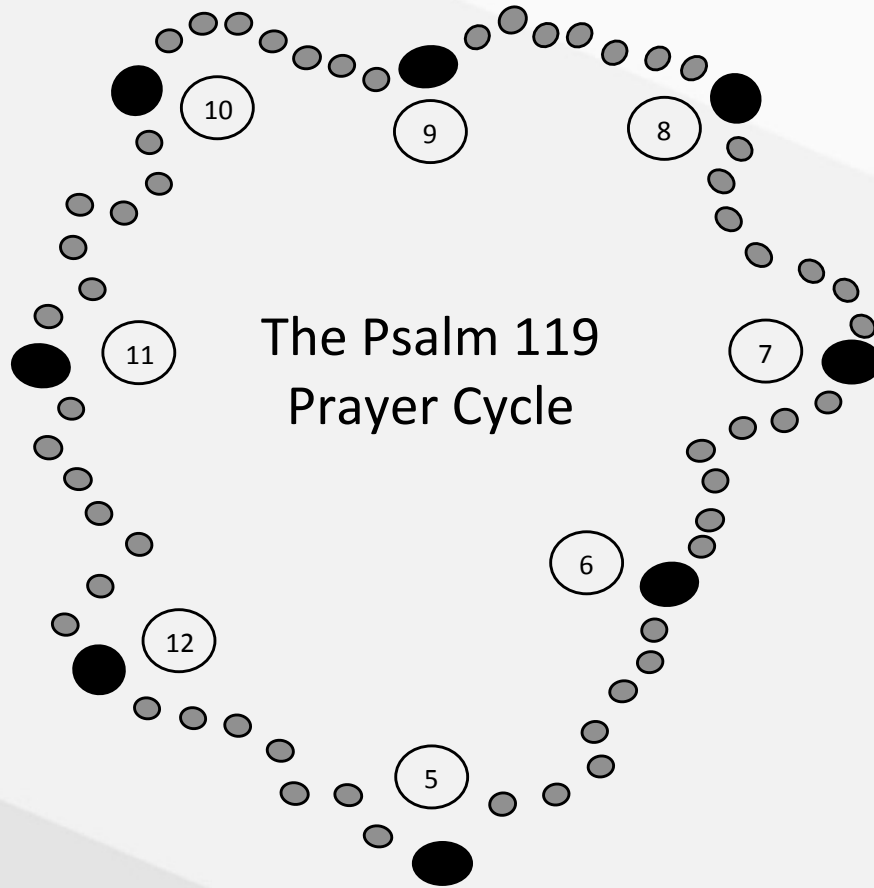
Station 3: (Oratio, Meditatio, Tentatio)

As you leave Stations 1 and 2 , pray the following Psalm 119 verses:

Oratio: “Open my eyes that I may see
wonderful things in your law.” (Ps. 119:18)

Meditatio: “Oh, how I love your law,
I meditate on it all day long.” (Ps. 119:97)

Tentatio: “I am laid low in the dust,
preserve my life according to your word.” (Ps. 119:25)



The Psalm 119 Prayer Cycle

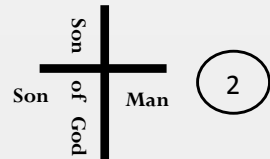
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← "I am laid low in the dust, preserve my life according to your word." (Ps. 119:25)

← "Oh, how I love your law, I meditate on it all day long." (Ps. 119:97)

← "Open my eyes that I may see wonderful things in your law." (Ps. 119:18)

3



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1

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the SPIRITUAL PRACTICE, TRAINING and FORMATION of faith (oratio, meditatio, tentatio)

Station 4: Daily Confession

Examine your life.

Consider your thoughts, words and actions according to the Ten Commandments.

Make Confession of your sins by saying:

“Lord Jesus Christ, Son of God, have mercy on me a sinner
(or you can say THE sinner).”

OR

“O almighty God, merciful Father, I, a poor, miserable sinner, confess unto Thee all my sins and iniquities with which I have ever offended Thee and justly deserved Thy temporal and eternal punishment. But I am heartily sorry for them and sincerely repent of them, and I pray Thee of Thy boundless mercy and for the sake of the holy, innocent, bitter sufferings and death of Thy beloved Son, Jesus Christ, to be gracious and merciful to me, a poor, sinful being.”

From The Lutheran Hymnal

Let go of your own works and cling to the sacrificial work of Jesus.

Hold onto the cross.

Claim the forgiveness of sins.

Remember your baptism.

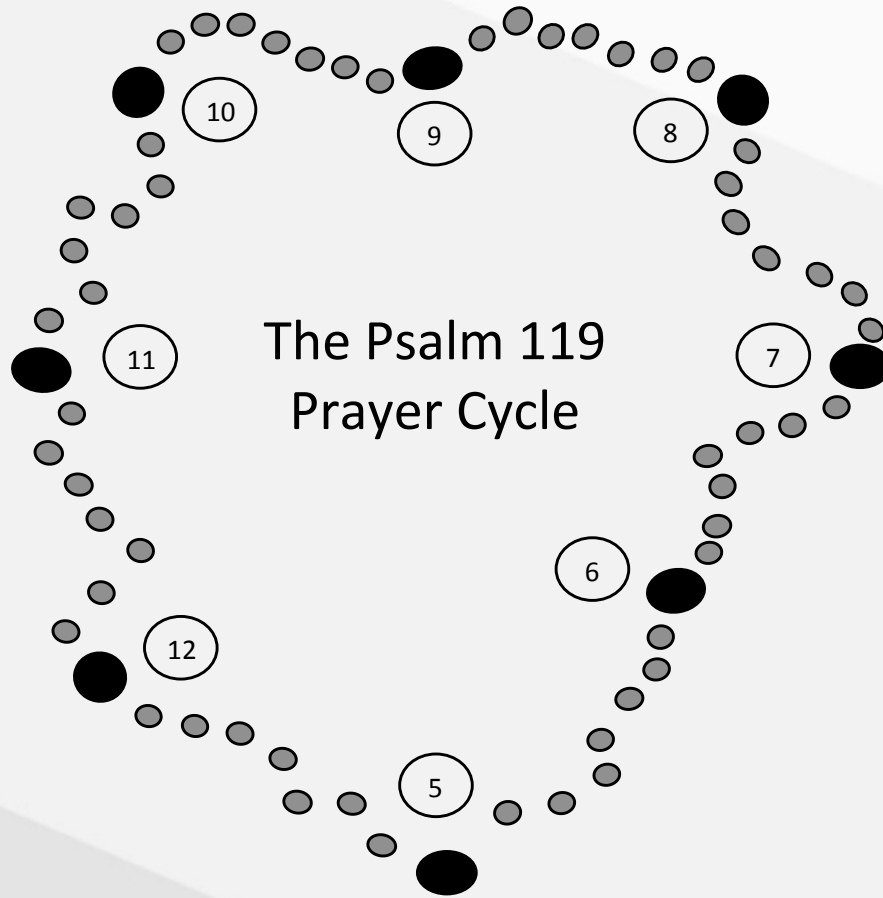
As you prepare to leave Station 4, **pray the following** three portions of Psalm 119.

Speak them directly to Jesus. Trust that He will lead and guide you into paths of righteousness, giving you abundant grace-gifts along the way.

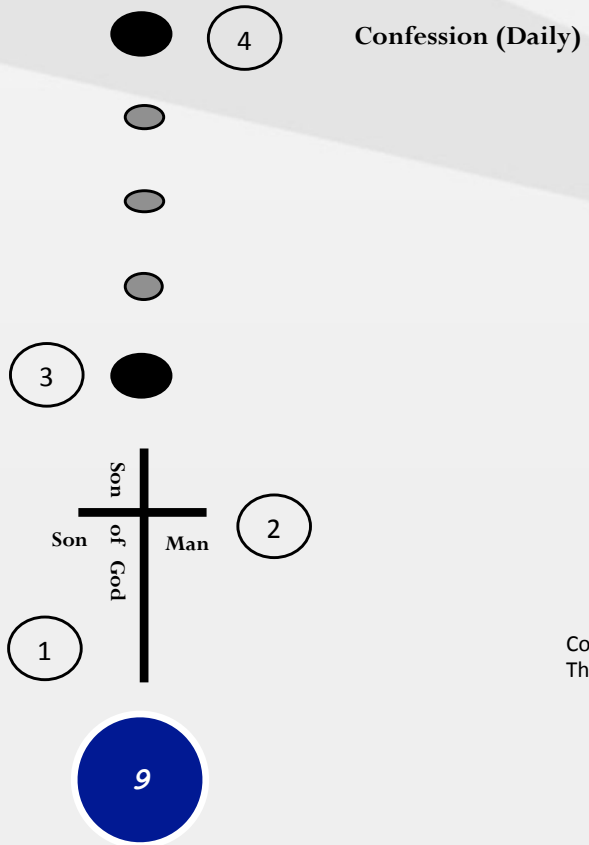
“I have considered my ways and have turned my steps to your statutes.
I will hasten and not delay to obey your commands. (Ps. 119:59-60)

“How can a young man keep his way pure?
By living according to your word. I seek you with all my heart;
do not let me stray from your commands” (Ps. 119:9-10)

“Direct my footsteps according to your word;
let no sin rule over me.” (Ps. 119:133)



- "Direct my footsteps according to your word; let no sin rule over me." (Ps. 119:133)
- "I seek you with all my heart; do not let me stray from your commands" (Ps. 119:10)
- "I have considered my ways and have turned my steps to your statutes. (Ps. 119:59)



Station 5: The Word of God

Give yourself to the daily hearing, reading, studying, memorizing and meditating on the Scriptures.

Hear and Read the Scriptures in times of ...

- Daily Prayer and
- Sunday Worship

Read and Study the Scriptures:

- Read through the Bible in a year
- Read through the Psalms in a month
- Read a book of the Bible
- Treasury of Daily Prayer

Memorize and Meditate on the Scriptures:

Picture the portions of Scripture that you want to hide in your heart as "friends" and "daggers".

Envision them as someone who will comfort and encourage you in the daily troubles of life. Also, use them as weapons to fight against your great enemies: the world, the Devil and your own sinful flesh.

There are only three keys to success:

repetition,

repetition,

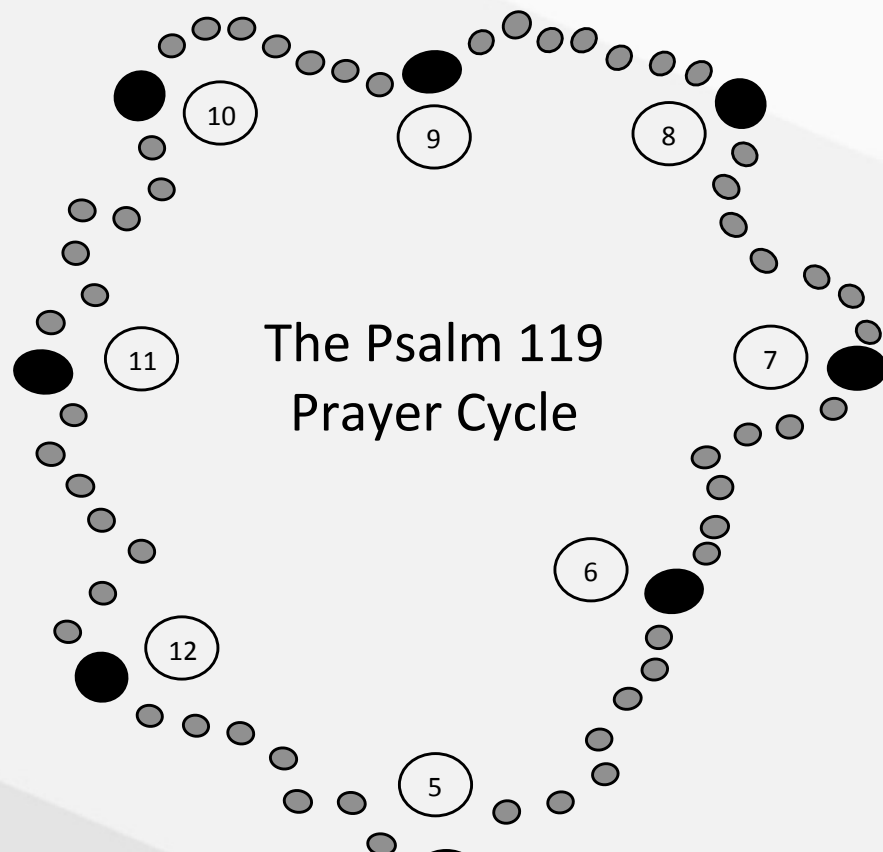
repetition.

You may also **pray the following** three portions of Psalm 119 ...

“Your Word, O Lord, is eternal;
it stands firm in the heavens.” (Ps. 119:89)

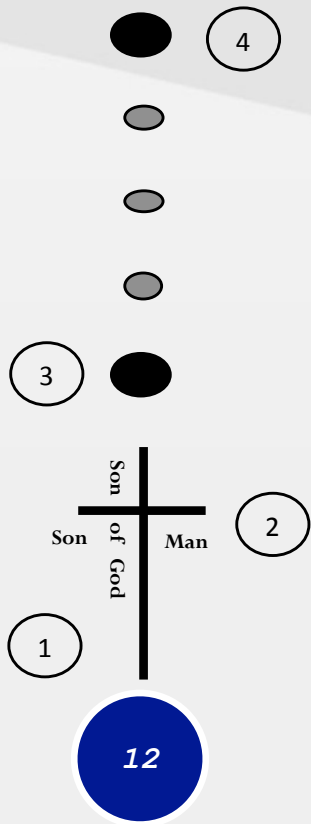
“I have hidden your word in my heart
that I might not sin against you.” (Ps. 119:11)

“Oh, how I love your law!
I meditate on it all day long.” (Ps. 119:97)



The Psalm 119 Prayer Cycle

The Word of God (Daily)
Hear, Read, Study, Memorize and Meditate
on the Scriptures



Station 6: The Ten Commandments - Monday

Prepare to meditate on the Ten Commandments by saying and meditating on Psalm 119:32.

(say 7x) "I run in the path of your commands
for you have set my heart free." (Ps. 119:32)

Pause at this Station and spend time meditating upon the Ten Commandments.

Go beyond categorizing the Ten Commandments as a list of "dos" and "don'ts".

See them as Jesus portrays them ... a picture of love.

Thou shalt have no other gods before me.

Thou shalt not take the name of the Lord Thy God in vain.

Remember the Sabbath Day to keep it holy.

Honor thy father and thy mother.

Thou shalt not kill.

Thou shalt not commit adultery.

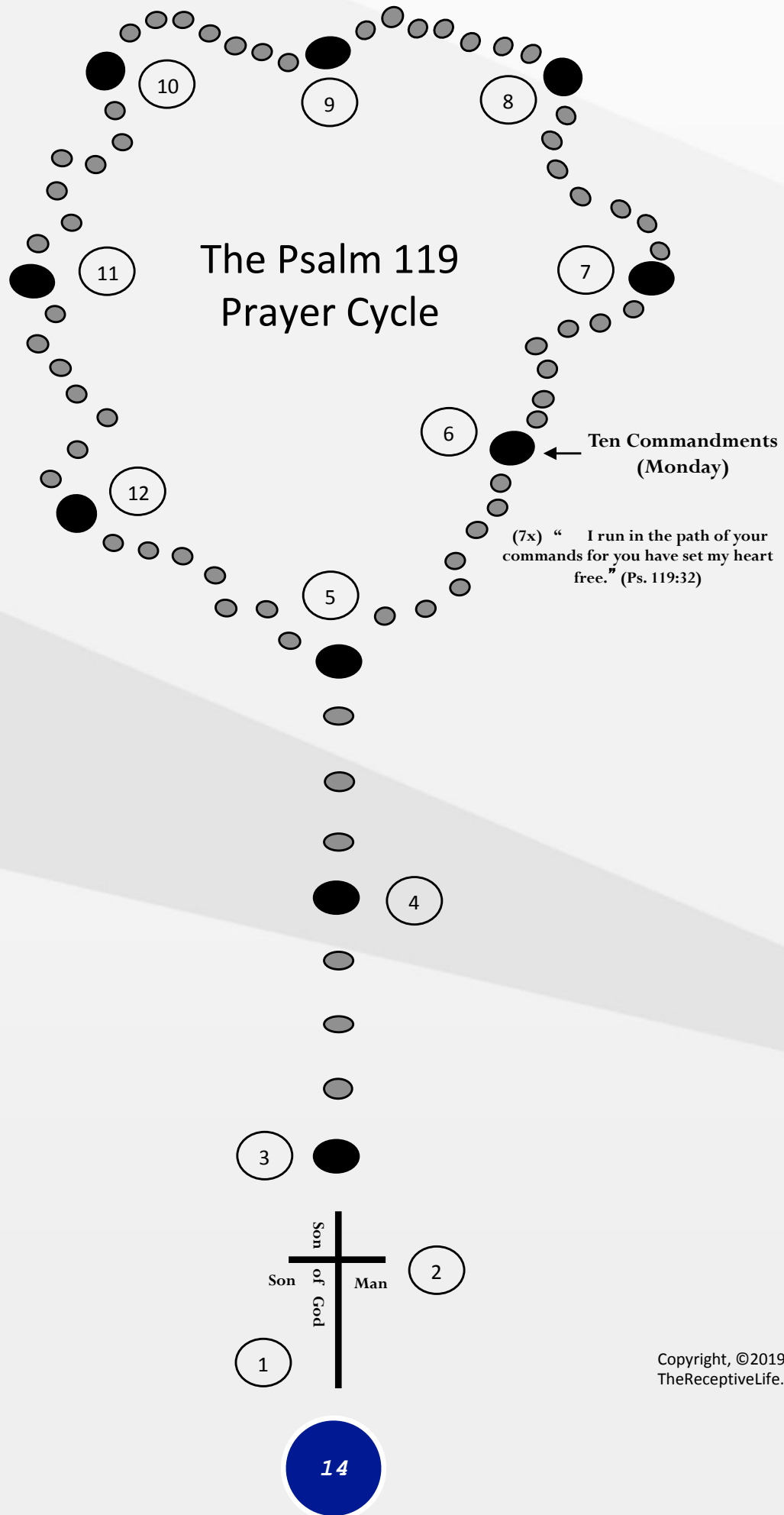
Thou shalt not steal.

Thou shalt not bear false witness against thy neighbor.

Thou shalt not covet thy neighbor's house.

Thou shalt not covet thy neighbor's wife nor his manservant, nor his maidservant, nor his cattle, nor anything that is thy neighbors.

If time allows and for further meditation, one can use Luther's Meaning to the Commandments in the *Small Catechism*



Station 7: The Creed - Tuesday

Prepare to meditate on the Creed by saying and meditating on Psalm 119:73.

(say 7x) “Your hands made me and formed me;
give me understanding according to your word.” (Ps. 119:73)

Pause at this Station and spend time meditating upon the Apostle's Creed.

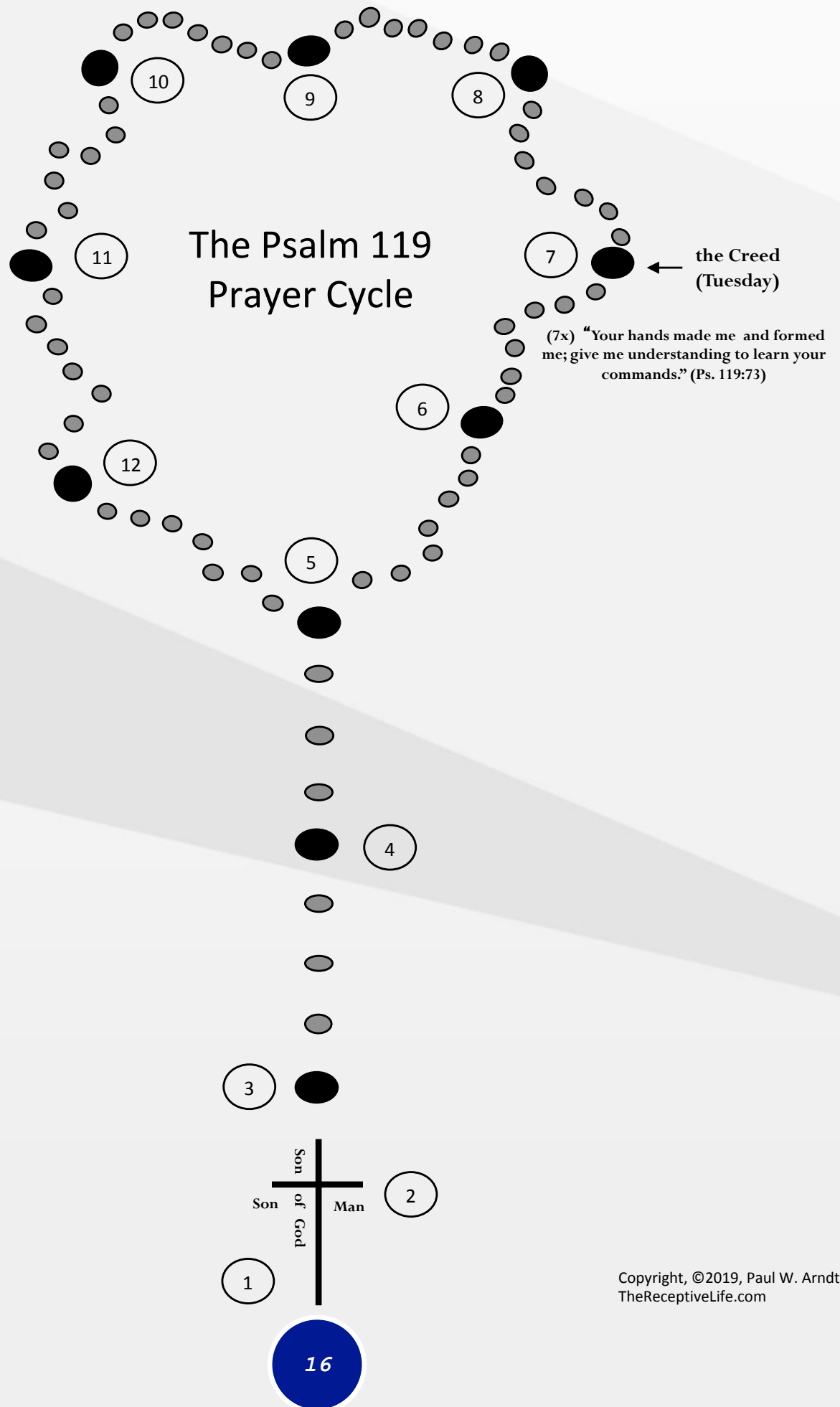
Use the Creed to focus your thoughts on the nature, the character and the work of the Triune God.

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 Holy Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead, and buried; He descended into hell; the third day he rose again from the dead; He ascended into heaven and sitteth on the right hand of God the Father Almighty, from thence He shall come to judge the quick and the dead.

I believe in the Holy Ghost; the holy Christian Church, the communion of saints; the forgiveness of sins; the resurrections of the body; and the life everlasting. Amen.

If time allows and for further meditation, one can use Luther's Meaning to the Creed in the *Small Catechism*



Station 8: The Lord's Prayer - Wednesday

Prepare to meditate on the petitions of the Lord's Prayer by saying and meditating on Psalm 119:145.

(say 7x) "I call with all my heart; answer me O Lord,
and I will obey your decrees." (Ps. 119:145)

Pause at this Station and spend time meditating upon the Lord's Prayer.

Use the petitions of the Lord's Prayer to express all of the needs, desires, sighs, groans and hopes of your life.

Be assured that these petitions are heard by the Father because he has commanded us so to pray and has promised to hear us.

Our Father who art in heaven.

Hallowed be Thy name.

Thy kingdom come.

Thy will be done on earth as it is in heaven.

Give us this day our daily bread.

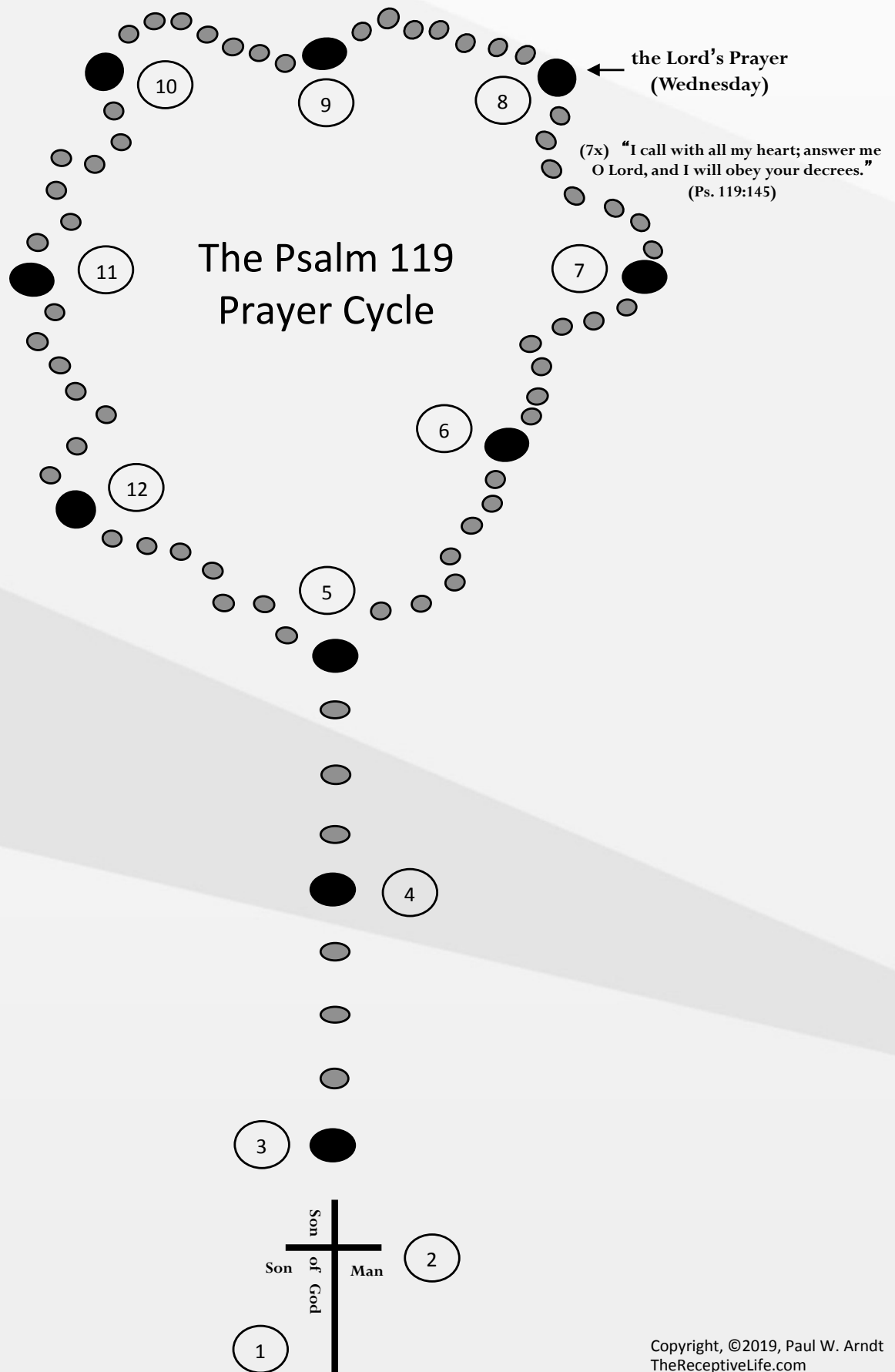
And forgive us our trespasses as we forgive those who trespass against us.

And lead us not into temptation.

But deliver us from evil.

For Thine is the kingdom and the power and the glory forever and ever. Amen.

If time allows and for further meditation, one can use Luther's Meaning to the Lord's Prayer in the *Small Catechism*



Station 9: Baptism - Thursday

Prepare to meditate on the forgiveness of sins that comes to us through the Sacrament of Baptism by saying and meditating on Psalm 119:41.

(say 7x) "May your unfailing love come to me, O Lord, your salvation according to your promise." (Ps. 119: 41)

Pause at this Station and spend time meditating on the forgiveness of sins that comes through the sacrifice of Jesus and the work of the Holy Spirit through the means of grace.

Say and pray "the Jesus Prayer".

"Lord Jesus Christ, Son of God,
have mercy on me a sinner (THE sinner)."

Remember your Baptism.

Drown the Old Man in Confession. Rejoice in the New Man coming forth.

Meditate on the following Scriptures:

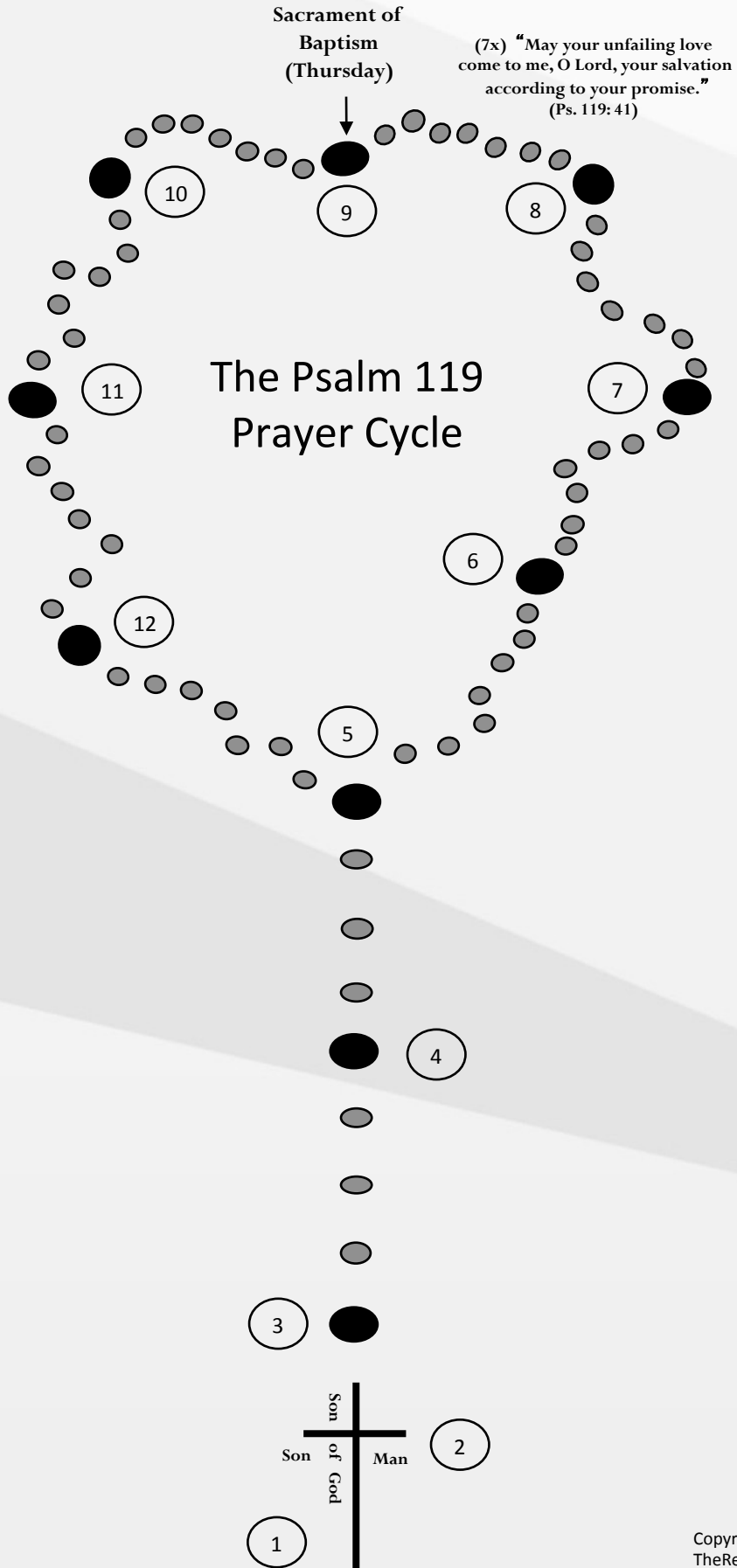
Romans 6:1-4

Titus 3:3-7

Matthew 28:18-20

Mark 16:15-16

If time allows and for further meditation, one can use Luther's Meaning to the Sacrament of Baptism in the *Small Catechism*



Station 10: The Office of the Keys - Friday

Prepare to meditate on the forgiveness of sins that comes to us through Confession and Absolution by saying and meditating on Psalm 119:176.

(say 7x) "I have strayed like a lost sheep. Seek your servant for I have not forgotten your laws." (Ps. 119:176)

Pause at this Station and spend time meditating on the forgiveness of sins that comes through the sacrifice of Jesus and the work of the Holy Spirit through the means of grace.

Say and pray "the Jesus Prayer" and remember the promise of Jesus in the Office of the Keys.

"Lord Jesus Christ, Son of God,
have mercy on me a sinner (THE sinner)."

Meditate on the following Scriptures:

1 John 1:8—2:2

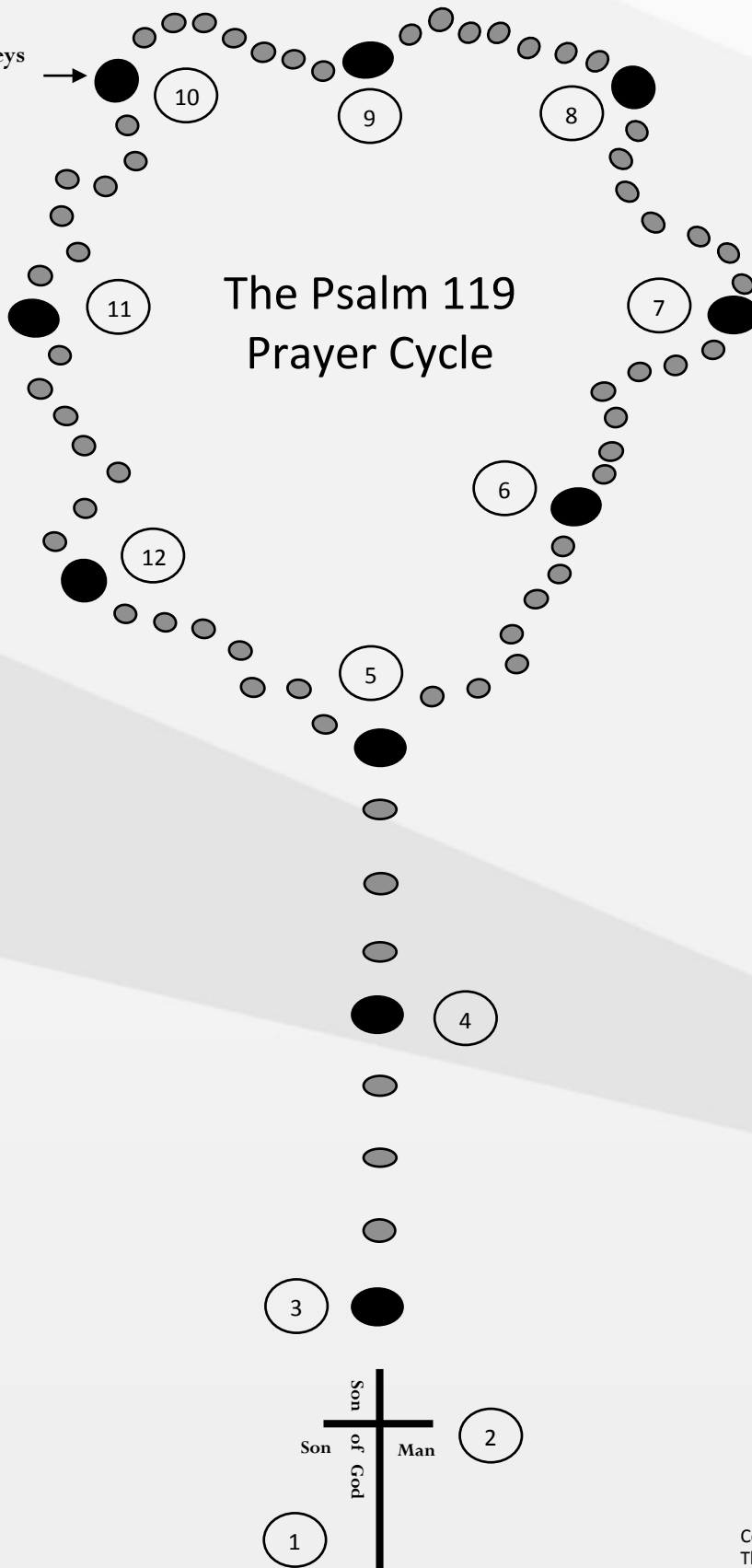
John 20:19-23

If time allows one can use and meditate on Luther's Meaning to Confession and the Office of the Keys in the *Small Catechism*.

Also, comfort and console your conscience with the gift of private confession before the pastor.

(7x) "I have strayed like a lost sheep.
Seek your servant for I have not
forgotten your laws." (Ps. 119:176)

Office of the Keys
(Friday) →



Station II: The Sacrament of the Altar - Saturday

Prepare to meditate on the forgiveness of sins that comes to us through the Sacrament of the Altar by saying and meditating on Psalm 119:175.

(say 7x) "Let me live that I may praise you,
and may your laws sustain me." (Ps. 119:175)

Pause at this Station and spend time meditating on the forgiveness of sins that comes through the sacrifice of Jesus and the work of the Holy Spirit through the means of grace.

Say and pray "the Jesus Prayer" and remember the promise of forgiveness that Jesus gives in the Sacrament of the Altar.

"Lord Jesus Christ, Son of God,
have mercy on me a sinner (THE sinner)."

Meditate on the following Scriptures:

Matthew 26:26-29

1 Corinthians 11:23-32

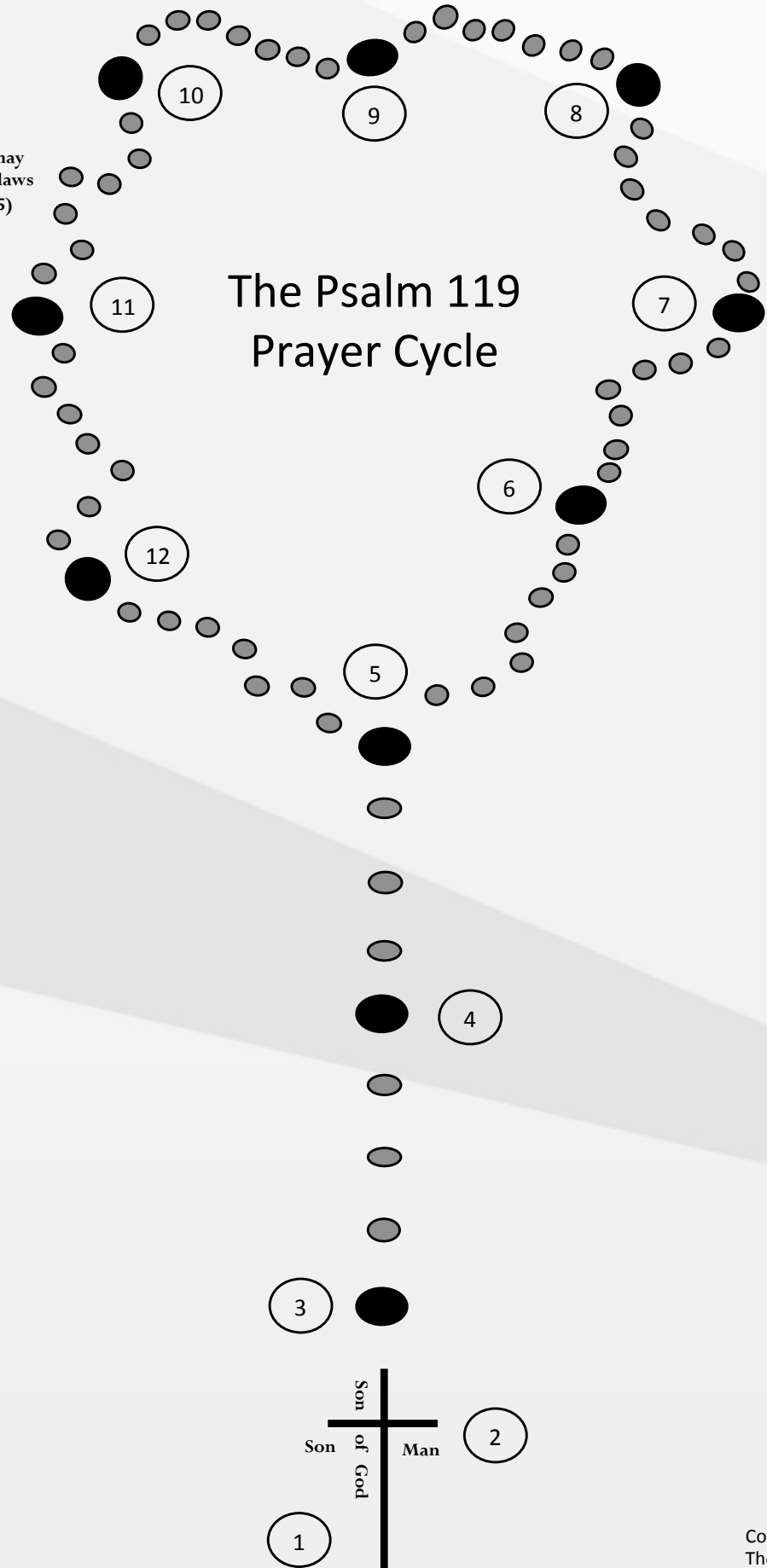
If time allows one can use and meditate on Luther's Meaning to the Sacrament of the Altar in the *Small Catechism*.

Finally, in preparation to receive the Sacrament of the Altar in the Divine Service on the Lord's Day, examine yourself by using Martin Luther's *Christian Questions with Their Answers* as printed in the *Small Catechism*.

(7x) "Let me live that I may praise you, and may your laws sustain me." (Ps. 119:175)

Sacrament of the Altar (Saturday) →

The Psalm 119 Prayer Cycle



Station 12: Christian Vocation - Sunday

Prepare to meditate on your the vocation (the “calling of God” on your life) by saying and meditating on Psalm 119:35.

(say 7x) “Direct me in the path of your commands,
for there I find delight” (Ps. 119:35)

Meditate on how God works in his world through means:

The Triune God provides, saves, sanctifies, encourages, loves, feeds, teaches, creates, guides, protects, rules, heals, comforts, rebukes, punishes, dispenses justice, keeps social order, etc ... through means.

Pause at this Station and spend time identifying and meditating upon all of the vocations ("callings") that God has given to you. Reflect and focus on the truth that in and through these "callings" we love God and serve our neighbor (as well as Jesus).

Spouse/Parent/Child

(say 7x) “Your word is a lamp to my feet
and a light for my path.”(Ps.119:105)

Friends/Neighbors/Geographic Locations/Tribes

(say 7x) “Your word is a lamp to my feet
and a light for my path.”(Ps.119:105)

station in life + location = vocation

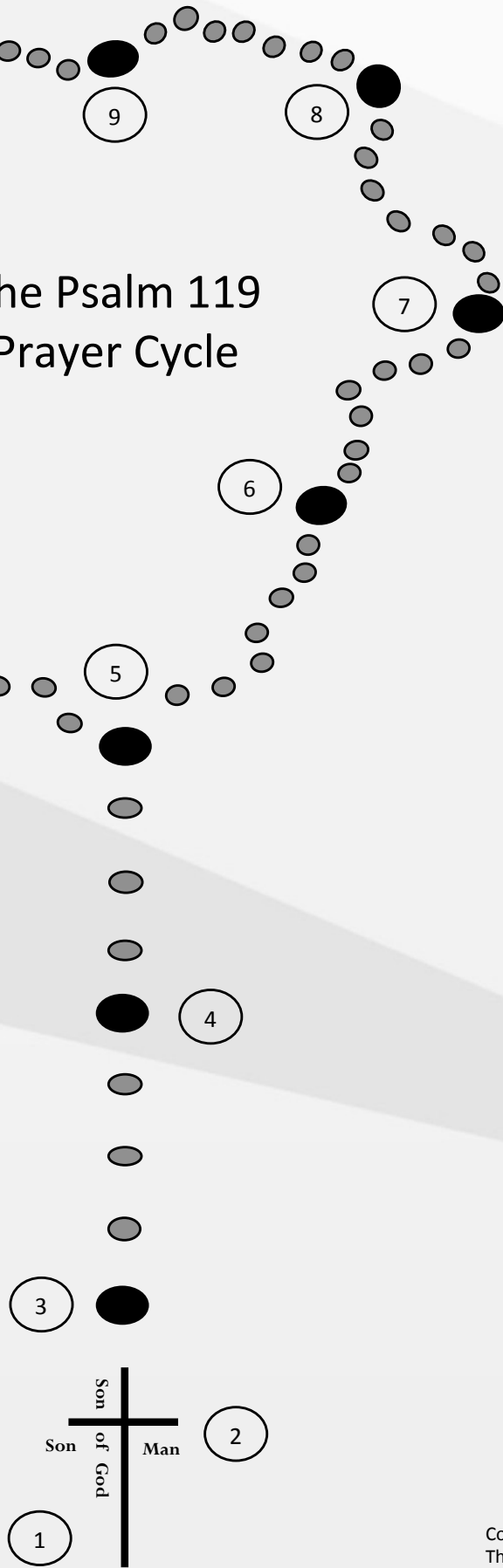
If time allows one can use and meditate on Luther’s Table of Duties in the *Small Catechism*.

The Psalm 119 Prayer Cycle

(7x) "Direct me in the path of your commands, for there I find delight" (Ps. 119:35)

Vocation (Sunday) →

(7x) "Your word is a lamp to my feet and a light for my path." (Ps. 119:105)



Vocation/Calling

“For we are God’s workmanship, created in Christ Jesus to do good works which God prepared in advance for us to do.” (Eph. 2:10)

“I am a ...”

“This week, I think God wants to use me to ...”