

The Receptive Life Daily Practice

Station 1: Make the Sign of the Cross and Say the Trinitarian Invocation

In the name of the Father and of the Son and of the Holy Spirit.

Station 2: Pray the Morning and/or Evening Prayer

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.

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.

(Luther's Evening and Morning Prayers are taken from
The Book of Concord, Triglotta, Small Catechism)

Station 3: Confession

As you prepare to examine your life, say ...

Psalm 119:1 Blessed are those whose ways are blameless,
who walk according to the Lord's law. (WEB-BE)

Psalm 119:133 Establish my footsteps in your word.
Don't let any iniquity have dominion over me. (WEB-BE)

Psalm 119:176 I have gone astray like a lost sheep.
Seek your servant, for I don't forget your commandments. (WEB-BE)

Examine your life according to the 10 Commandments.

You shall have no other gods.

You shall not misuse the name of the Lord your God.

Remember the Sabbath day by keeping it holy.

Honor your father and your mother.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not give false testimony against your neighbor.

You shall not covet your neighbor's house.

You shall not covet your neighbor's wife, or his manservant or maidservant, his ox or donkey, or anything that belongs to your neighbor.

And then say one or all of the following ...

“Lord Jesus Christ, Son of God, have mercy on me a sinner”

AND/OR

1 John 1:8-10: If we say that we have no sin, we deceive ourselves, and the truth is not in us. 9If we confess our sins, he is faithful and righteous to forgive us the sins and to cleanse us from all unrighteousness. 10If we say that we haven't sinned, we make him a liar, and his word is not in us. (WEB-BE)

AND/OR

The General Confession from *The Lutheran Hymnal, 1941*

“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.”

After making confession, comfort yourselves with the forgiveness of sins that comes through the death and resurrection of Jesus.

- remember your Baptism,
- make use of the Office of the Keys
- attend the Lord's Supper in the Divine Service on the Lord's Day

Station 4: The Reading and Study of Scripture

As you prepare to read the Scriptures say ...

Psalm 119:8: Open my eyes, that I may see wondrous things
out of your law. (WEB-BE)

Psalm 119:97 How I love your law!
It is my meditation all day. (WEB-BE)

Psalm 119:25 My soul is laid low in the dust.
Revive me according to your word! (WEB-BE)

And then read or study the Scriptures ...

(a method or plan of your choosing)

- Read through the Bible in a year
- Read through the Psalms in a month
- Read a book of the Bible
- [Treasury of Daily Prayer](#)

Station 5: Proclaiming the Lord's Love in the Morning and His Faithfulness at Night (The Practice of “Commending”)

Ps. 92:1-2: It is a good thing to give thanks to the Lord, to sing praises to your name, Most High, to proclaim your loving kindness in the morning, and your faithfulness every night. (WEB-BE)

- Morning Commendation (see resource)
- Evening Commendation (see resource)

Station 6: Say (Sing) the Doxology and the Aaronic Blessing

the "Doxology" (Thomas Ken, 1674)

Praise God, from whom all blessings flow;
Praise Him, all creatures here below;
Praise Him above, ye heav'nly host;
Praise Father, Son, and Holy Ghost!

the Aaronic Blessing

"The Lord bless you, and keep you.
The Lord make his face to shine on you, and be gracious to you.
The Lord lift up his face towards you, and give you peace."
Numbers 6:24-26 (WEB-BE)

Morning Commendation

Psalm 5:1-3: Give ear to my words, Lord. Consider my meditation. Listen to the voice of my cry, my King and my God, for I pray to you. Lord, in the morning you will hear my voice. In the morning I will lay my requests before you, and will watch expectantly. (WEB-BE)

Say the Apostle's 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.

Morning Practice

I believe that the Triune God gives Himself wholly to me and is abundant in the giving of His gifts. The Father gives all of creation. The Son all of His work. And the Holy Spirit all of His gifts. (Paraphrase from *Large Catechism*, II, 67-70)

This morning I ask for and wait in expectation for the following gifts from the Triune God ...

From the Father ...

1. _____
2. _____
3. _____

From the Son ...

1. _____
2. _____
3. _____

From the Holy Spirit ...

1. _____
2. _____
3. _____

I commend and entrust all of the activities of this day into the hands of the Triune God. The Holy Angel is with me so that the Evil Foe may have no power over me. Amen. (From Luther's *Evening and Morning Prayer*)

Say Luther's Morning Prayer and the Lord's Prayer

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.

(Luther's Evening and Morning Prayers are taken from
The Book of Concord, Triglotta, Small Catechism)

The Lord's Prayer

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.

Station 6: Say (Sing) the Doxology and the Aaronic Blessing

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Evening Commendation

Psalm 4:8: In peace I will both lay myself down and sleep,
for you alone, Lord, make me live in safety. (WEB-BE)

Say the Apostle's 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.

Evening Practice

As I end this day, I thank the Triune God for his faithfulness.

Throughout this day, He has ...

1. _____
2. _____
3. _____

As I sleep and rest from the activities of this day, I release and commend the following into the hands of the Triune God ...

1. _____
2. _____
3. _____

I commend all into the hands of the Triune God and, in Jesus, lie myself down and rest in peace. The Holy Angel is with me so that the Evil Foe may have no power over me. Amen. (From *Luther's Evening and Morning Prayer*)

Say Luther's Evening Prayer and the Lord's Prayer

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.

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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.

Proceed to Station 6: Say (Sing) the Doxology and the Aaronic Blessing

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