



THE CONGREGATION AT PRAYER

A Guide for Daily Meditation & Prayer
Septuagesima | February 1-7, 2026

*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.
Learn by heart the verse, catechism, and hymn of the week.*

1 BLESS YOURSELF WITH THE HOLY CROSS AND SAY:

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

2 SAY THE 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 catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life + everlasting. Amen.

3 PRAY THE OUR FATHER

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.

4 PRAY THE MORNING OR EVENING PRAYER

Morning: I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that you would keep me this day also from sin and every evil, that all my doings and life may please You. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the + evil foe may have no power over me. Amen.

Evening: I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day; and I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the + evil foe may have no power over me. Amen.

5 SAY TOGETHER THE VERSE OF THE WEEK—Psalm 51:17

The sacrifices of God are a broken spirit, A broken and contrite heart — These, O God, You will not despise.

CATECHESIS NOTES FOR THE WEEK

Confession is a return to God, a return to baptismal grace. The first part of confession is that I come into judgment with myself honestly and sincerely. I examine my life and must be able to say “yes” to the question: “Do you confess that you have sinned, and do you repent of your sins?” The second part of confession is that, as far as I am able, I try to set right what I have committed or omitted against my fellow man: I cannot ask God for forgiveness if I have not done this to my fellow man. The third part of confession is that I place my trust on the fact that Christ on the cross has paid also for my debt, for my guilt; I am asked: “Do you desire the forgiveness of your sins in the name of Jesus Christ?” and I must be able to speak my “yes” to this question. The fourth part of confession is that I resolve “in the power of the Holy Spirit to avoid the sins committed and to live in a Christian way.” This I cannot do from my own ability, but only as far as the Spirit of God assists me. The fifth part of confession is that I confess my sins and accept the holy absolution as sure and certain before God in heaven. I must be able to say “yes” when I am asked whether I also believe “that the forgiveness which the father confessor speaks to me in the name of God is God’s forgiveness.” The last part of confession, finally, is that I thank God. “For He has done great things for me” in the forgiveness of my guilt. (*Beichtspiegel*, A Confession Mirror)

CATECHISM: Confession

What is the Office of the Keys?

The Office of the Keys is that special authority which Christ has given to His church on earth to forgive the sins of repentant sinners, but to withhold forgiveness from the unrepentant as long as they do not repent.

Where is this written?

This is what St. John the Evangelist writes in chapter twenty:

**The Lord Jesus breathed on His disciples and said,
“Receive the Holy Spirit.
If you forgive anyone his sins, they are forgiven;
if you do not forgive them, they are not forgiven.”** *John 20:22-23*

What do you believe according to these words?

I believe that when the called ministers of Christ deal with us by His divine command, in particular when they exclude openly unrepentant sinners from the Christian congregation and absolve those who repent of their sins and want to do better, this is just as valid and certain, even in heaven, as if Christ our dear Lord dealt with us Himself.

First Grade +

Second Grade +

Third Grade +

SCRIPTURE READINGS FOR THE WEEK OF SEPTUAGESIMA

Read the Feast/Saint/Commemoration reading first. As time permits, continue with the Daily Lectionary.

Day	Feast/Saint/Commemoration	Daily Lectionary
Sunday	Septuagesima: Dan 9:2-10 / 1 Cor 9:24–10:4 / Matt 20:1-16	
Monday	Purification BVM: Mal 3:1-4 / Luke 2:22-32	Mark 5:21-43 / Ex 5:1-23
Tuesday	St. Ansgar: Sirach 50:1b-8 / Matthew 25:14-23	Mark 6:1-29 / Ex 6:1-13
Wednesday	Wed. Of Septuagesima: Heb 4:11–16 / Mark 9:30–37	Mark 6:30-56 / Ex 11:1-10
Thursday	St. Agatha: Sirach 51:1–8 / Matthew 25:1–13	Mark 7:1-30 / Ex 12:1-28
Friday	St. Dorothy: Sirach 51:1–8 / Matthew 13:44-52	Mark 8:10-9:1 / Ex 12:29-42
Saturday	<i>Feria</i> <i>Looking forward to Sunday: Is 55:10–13 / 2 Cor 11:19—12:9 / Lk 8:4–15</i>	Mark 9:2-32 / Ex 13:1-22

PRAYER FOR OURSELVES AND OTHERS

Sunday: Pray for the joy of the resurrection among us; for the fruit of faith nourished by the Word and Sacraments.

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.

In our prayers this week:

LCMS District: Minnesota South District

Partner Church: The American Association of Lutheran Churches (AALC)

LCMS Missionaries: Rev. Jonathan Andersen (Panama); Makia Adler (Belize)

LCMS Education: Concordia University - Ann Arbor

Sick & Recovering: Randy Hunt (Z), Marge Utley (F)

6

PRAY THE **PSALM** OF THE WEEK— Psalm 79

Throughout this year of Congregation at Prayer, we will be praying the Psalms in canonical order (i.e., the order in which they're found in the canon of Scripture). Each Sunday's bulletin will include a helpful handout for the Psalm of the week. Please locate the Psalm in either your hymnal or bible and join in praying these ancient hymn-prayers of the Church. If the Psalm is a particularly long one, you might consider splitting it up and praying it over multiple days.

7

READ THE **CATECHISM AND SCRIPTURE** READINGS (INSIDE COVER)

Read the Feast/Saint/ Commemoration reading first. As time permits, continue with the Daily Lectionary.

8

PRAY THE **COLLECT** (PRAYER) OF THE WEEK

O LORD, we beseech Thee favorably to hear the prayers of Thy people, that we, who are justly punished for our offenses, may be mercifully delivered for the glory of Thy name; through Jesus Christ, our Lord.

9

PRAYER FOR **OURSELVES AND OTHERS** (INSIDE COVER)

10

SAY OR SING THE **HYMN** OF THE WEEK (LSB 724; Paul Gerhardt, 1607-76)**"If God Himself Be For Me"**

1. If God Himself be for me,
I may a host defy;
For when I pray, before me
My foes, confounded, fly.
If Christ, my head and master,
Befriend me from above,
What foe or what disaster
Can drive me from His love?
2. I build on this foundation,
That Jesus and His blood
Alone are my salvation,
My true, eternal good.
Without Him all that pleases
Is valueless on earth;
The gifts I have from Jesus
Alone have priceless worth.
3. Christ Jesus is my splendor,
My sun, my light, alone;
Were He not my defender
Before God's judgment throne,
I never should find favor
And mercy in His sight,
But be destroyed forever
As darkness by the light.
4. He canceled my offenses,
Delivered me from death;
He is the Lord who cleanses
My soul from sin through faith.
In Him I can be cheerful,
Courageous on my way;
In Him I am not fearful
Of God's great Judgment Day.