



THE CONGREGATION AT PRAYER

A Guide for Daily Meditation & Prayer
Sexagesima | February 8-14, 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—Acts 2:41a, 42

Then those who gladly received his word were baptized;...And they continued steadfastly in the apostles' doctrine and fellowship, in the breaking of the bread, and in prayers.

CATECHESIS NOTES FOR THE WEEK

"Whoso eateth My flesh and drinketh My blood hath eternal life" (John 6:54), says our Lord Jesus Christ. Marvelous is the goodness of our Saviour, that He not only assumed our human nature in His incarnation, and carried it with Him to His throne of heavenly glory, but that He also gives us His own body and blood to nourish our souls unto eternal life. O the delightful blessings which He here offers to my soul! O the glorious repast for which I so ardently long! O the heavenly and angelic food of this holy supper of our Lord! Though the angels desired to look into this great mystery (1 Pet. 1:12), yet Christ took not on Him the nature of angels, but the seed of Abraham (Heb. 2:16). Our Saviour is more nearly allied to us than to the angels themselves; and by this we know that He loveth us, because He hath given us of His Spirit (1 John 4:13), and not of His Spirit only but of of His body and blood as well. For so Christ, Himself the Truth, speaks of the Eucharistic bread and wine, "This is my body: this is my blood" (Matt. 26:26-28), How can the Lord ever forget those whom He hath redeemed, those whom He hath nourished, with His own body and blood? He that eateth My flesh and drinketh My blood, dwelleth in me and in him John 6:56). (*Johann Gerhard*)

CATECHISM: Sacrament of the Altar

What is the Sacrament of the Altar?

It is the true body and blood of our Lord Jesus Christ
under the bread and wine,
instituted by Christ Himself
for us Christians to eat and to drink.

Where is this written?

The holy Evangelists Matthew, Mark, Luke, and St. Paul write:

**Our Lord Jesus Christ,
on the night when He was betrayed,
took bread,
and when He had given thanks,
He broke it and gave it to the disciples and said:
"Take, eat; this is My body, which is given for you.
This do in remembrance of Me."**

**In the same way also He took the cup after supper,
and when He had given thanks,
He gave it to them, saying,
"Drink of it, all of you;
this cup is the new testament in My blood,
which is shed for you for the forgiveness of sins.
This do, as often as you drink it, in remembrance of Me."**

First Grade +

Second Grade +

Kindergarten +

SCRIPTURE READINGS FOR THE WEEK OF SEXAGESIMA

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

Day	Feast/Saint/Commemoration	Daily Lectionary
Sunday	Sexagesima: Is 55:10–13 / 2 Cor 11:19—12:9 / Luke 8:4–15	
Monday	<i>Feria</i>	Mark 10:1-31 / Ex 14:1-31
Tuesday	St. Scholastica: 1 Cor 7:25–34a / Matthew 25:1–13	Mark 10:32-52 / Ex 15:1-21
Wednesday	Wed. in Sexagesima: Heb 12:3–9 / Matt 12:30–37	Mark 11:1-33 / Ex 15:22-16:36
Thursday	<i>Feria</i>	Mark 12:13-44 / Ex 17:1-16
Friday	Fri. in Sexagesima: Heb 12:3–9 / Matt 12:30–37	Luke 4:14-44 / Ex 19:1-25
Saturday	St. Valentine: Proverbs 3:13–20 / Luke 9:23–27 <i>Looking forward to Sunday: 1 Sam 16:1–13 / 1 Cor 13:1–13 / Lk 18:31–43</i>	Luke 5:12-39 / Ex 20:1-23

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: Iowa East District

Partner Church: International Lutheran Council (ILC)

LCMS Missionaries: The Trump Family (Kenya); Peter Williams (Germany)

LCMS Education: Concordia University - St. Paul

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

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PRAY THE **PSALM** OF THE WEEK— Psalm 80

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 God, who seest that we put not our trust in anything that we do, mercifully grant that by Thy kindness we may be defended against all adversity; through Jesus Christ, our Lord.

9

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

10

SAY OR SING THE **HYMN** OF THE WEEK (LSB 627; Paul Gerhardt, 1607-76)

“Jesus Christ, Our Blessed Savior”

1. Jesus Christ, our blessed Savior,
Turned away God's wrath forever;
By His bitter grief and woe
He saved us from the evil foe.
2. As His pledge of love undying,
He, this precious food supplying,
Gives His body with the bread,
And with the wine the blood He shed.
3. Jesus here Himself is sharing;
Heed then how you are preparing,
For if you do not believe,
His judgment then you shall receive.
4. Praise the Father, who from heaven
To His own this food has given,
Who, to mend what we have done,
Gave into death His only Son.

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