

LENTEN SERIES BASED ON LUTHER'S SMALL CATECHISM

Holy Week—Confession and Prayer

As we enter Holy Week, we remember the passion narrative of Jesus' suffering, death, and burial for our sake.

OPENING DIALOGUE

Have mercy on me, O Lord, for I am in trouble;

my eye is consumed with sorrow, and also my throat and my belly.

For my life is wasted with grief, and my years with sighing;

my strength fails me because of affliction, and my bones are consumed.

I am the scorn of my enemies, a disgrace to my neighbors, a dismay to my acquaintances;

when they see me in the street they avoid me.

Like the dead I am forgotten, out of mind;

I am as useless as a broken pot.

For I have heard the whispering of the crowd; fear is all around;

they put their heads together against me; they plot to take my life.

But as for me, I have trusted in you, O Lord.

I have said, "You are my God.

My times are in your hand;

rescue me from the hand of my enemies, and from those who persecute me.

Let your face shine up on your servant;

save me in your steadfast love."

REFLECTION

Sunday, April 9

What is confession?

Confession consists of two parts. One is that we confess our sins. The other is that we receive the absolution, that is, forgiveness, from the pastor as from God himself and by no means doubt but firmly believe that our sins are thereby forgiven before God in heaven.

Monday, April 10

Which sins is a person to confess?

Before God one is to acknowledge the guilt for all sins, even those of which we are not aware, as we do in the Lord's Prayer. However, before the pastor we are to confess only those sins of which we are aware and which trouble us.

Tuesday, April 11

What are the benefit of such eating and drinking?

The words "given for you" and "shed for you for the forgiveness of sin" show us that forgiveness of sin, life, and salvation are given to us in the sacrament through these words, because where there is forgiveness of sin, there is also life and salvation.

Wednesday, April 12

Which sins are these?

Here reflect on your walk of life in light of the Ten Commandments: whether you are father, mother, son, daughter, master, mistress, servant; whether you have been disobedient, unfaithful,

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lazy, whether you have harmed anyone by word or deed; whether you have stolen, neglected, wasted, or injured anything.

Thursday, April 13

Who, then, receives this sacrament worthily?

Fasting and bodily preparation are in fact a fine external discipline, but a person who has faith in these words, “given for you” and “shed for you for the forgiveness of sin,” is really worthy and well prepared. However, a person who does not believe these words or doubts them is unworthy and unprepared, because the words “for you” require truly believing hearts.

Friday, April 14

The Morning Blessing

In the morning, as soon as you get out of bed, you are to make the sign of the holy cross and say: “God the Father, Son, and Holy Spirit watch over me. Amen.”

Then, kneeling or standing, say the Apostles’ Creed and the Lord’s Prayer. If you wish, you may in addition recite this little prayer as well: “I give thanks to you, heavenly Father, through Jesus Christ your dear Son, that you have protected me through the night from all harm and danger. I ask that you would also protect me today from sin and all evil, so that my life and actions may please you. Into your hands I commend myself: my body, my soul, and all that is mine. Let your holy angel be with me, so that the wicked foe may have no power over me. Amen.”

After singing a hymn perhaps (for example, one on the Ten Commandments) or whatever else may serve your devotion, you are to go to your work joyfully.

Saturday, April 15

The Evening Blessing

In the evening, when you go to bed, you are to make the sign of the holy cross and say: “God the Father, Son, and Holy Spirit watch over me. Amen.”

Then, kneeling or standing, say the Apostles’ Creed and the Lord’s Prayer. If you wish, you may in addition recite this little prayer as well: “I give thanks to you, heavenly Father, through Jesus Christ your dear Son, that you have graciously protected me today. I ask you to forgive me all my sins, where I have done wrong, and graciously to protect me tonight. Into your hands I commend myself: my body, my soul, and all that is mine. Let your holy angel be with me, so that the wicked foe may have no power over me. Amen.”

Then you are to go to sleep quickly and cheerfully.

PRAYER

Go forth into the world to serve God with gladness; be of good courage; hold fast to that which is good; render to no one evil for evil; strengthen the fainthearted; support the weak; help the afflicted; honor all people; love and serve God, rejoicing in the power of the Holy Spirit. **Thanks be to God.**

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