

Friday September 11, 2020

Opening

Selected verses from Psalm 62

Leader: My soul, rest quietly in God alone,

***Family:* For my hope comes from him.**

He alone is my rock and my salvation, my fortress.

I will not be disturbed.

Pour out your hearts before him.

God is a refuge for us. Alleluia!

Bible Reading - 1 Timothy 4:1-16

The Spirit clearly says that in later times some will abandon the faith and follow deceiving spirits and things taught by demons. ² Such teachings come through hypocritical liars, whose consciences have been seared as with a hot iron. ³ They forbid people to marry and order them to abstain from certain foods, which God created to be received with thanksgiving by those who believe and who know the truth. ⁴ For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, ⁵ because it is consecrated by the word of God and prayer.

⁶ If you point these things out to the brothers and sisters, you will be a good minister of Christ Jesus, nourished on the truths of the faith and of the good teaching that you have followed. ⁷ Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. ⁸ For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. ⁹ This is a trustworthy saying that deserves full acceptance. ¹⁰ That is why we labor and strive, because we have put our hope in the living God, who is the Savior of all people, and especially of those who believe.

¹¹ Command and teach these things. ¹² Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity. ¹³ Until I come, devote yourself to the public reading of Scripture, to preaching and to teaching. ¹⁴ Do not neglect your gift, which was given you through prophecy when the body of elders laid their hands on you.

¹⁵ Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress. ¹⁶ Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.

Questions for Discussion

Take whatever time is necessary or possible to discuss these questions. Discussion does not have to be lengthy.

For the kids: *You know what physical exercise is, but what is spiritual exercise?*

For the grownups: *Why is persevering in true doctrine so vital?*

Prayer

Luther's Morning Prayer:

I thank you, my heavenly Father, through Jesus Christ, your dear Son, that you have kept me this night from all harm and danger. Keep me this day also from sin and every evil, that all my doings and life may please you. Into your hands I commend my body and soul and all things. Let your holy angel be with me, that the wicked foe may have no power over me. Amen.

or

Luther's Evening Prayer:

I thank you, my heavenly Father, through Jesus Christ, your dear Son, that you have graciously kept me this day. Forgive me all my sins, and graciously keep me this night. Into your hands I commend my body and soul and all things. Let your holy angel be with me, that the wicked foe may have no power over me. Amen.

The head of the household may lead other prayers and petitions. The members of the family may also take turns with their own prayers and petitions. The head of the household closes the prayer in Jesus' name.

Blessing

Leader: The almighty and merciful Lord, the Father, the Son, and the Holy Spirit, bless and preserve us.

Amen.

Hymn

Read or sing the hymn verse as a family.

***May the mind of Christ my Savior Live in me from day to day,
By his love and pow'r inspiring All I do or say.***

***May the Word of God dwell richly In my heart from hour to hour,
So that all may see I triumph Only through his pow'r.***

***May I run the race before me, Strong and brave to face the foe,
Looking only unto Jesus As I onward go.
(467:1,2,5)***

*A recording of this hymn tune can be found on [YouTube](#).**
**Note that the words in the video differ slightly from the hymnal.*

Large Catechism Study

Optional: Briefly discuss and apply this portion of Luther's Large Catechism.

THE EIGHTH COMMANDMENT (Continued)

Even nature teaches the same thing in our own bodies, as St. Paul says, 1 Cor. 12:22: Much more, those members of the body which seem to be more feeble are necessary; and those members of the body which we think to be less honorable, upon these we bestow more abundant honor; and our uncomely parts have more abundant comeliness. No one covers his face, eyes, nose, and mouth, for they, being in themselves the most honorable members which we have, do not require it. But the most infirm members, of which we are ashamed, we cover with all diligence; hands, eyes, and the whole body must help to cover and conceal them. Thus also among ourselves should we adorn whatever blemishes and infirmities we find in our neighbor, and serve and help him to promote his honor to the best of our ability, and, on the other hand, prevent whatever may be discreditable to him. And it is especially an excellent and noble virtue for one always to explain advantageously and put the best construction upon all he may hear of his neighbor (if it be not notoriously evil), or at any rate to condone it over and against the poisonous tongues that are busy wherever they can pry out and discover something to blame in a neighbor, and that explain and pervert it in the worst way; as is done now especially with the precious Word of God and its preachers.