The Congregation at Prayer

*A Guide for Daily Meditation and Prayer*

*for Septuagesima Sunday*

*February 5, 2023*

*Pray and confess aloud 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.*

Catechesis Notes for the week – *Psalm 31 –* “Let us consider why these words have been placed here which the Gospel text quotes…Certainly so that you may recognize that here too he spoke who so many centuries later would speak the same words when fixed on the cross. “Into your hands” means “Into your truth” by which you always perform what is kind and just. In this way, he commends to the Father the inestimable treasure, namely, that soul that regularly carried out the Fathers desires in complete compliance with the Father’s intention. It was therefore fitting that such a spirit be commended to such a great guardian. Next he testifies that he was redeemed. But let us examine at what price; it was the price which the Apostle indicates: “He emptied himself, taking on the form of a servant.” (Phil. 2:7) You see how great the price was that he brought his majesty as low as human flesh, and he emptied himself in order that he might fill human things with heavenly things.” Cassiodorus (485-580) *Explanation of the Psalms* 31.6

***Invocation*** -In the name of the Father and of the T Son and of the Holy Spirit. Amen.

***Apostle’s Creed***

**Verse:** Acts 2:42 – And they devoted themselves to the apostles’ teaching and the fellowship, to the breaking of bread and the prayers.

**Psalm of the Week: Psalm 31**

**Year I – Old Testament Stories Continued**

**Bible Readings for the Week**

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| Sunday | Septuagesima Sunday – Matthew 20:1-16 |
| Monday | The Death of the Firstborn – Exodus 12:21-30 |
| Tuesday | The Exodus – Exodus 12:31-42 |
| Wednesday | Israel Journeys to the Red Sea – Exodus 13:17 – 14:9 |
| Thursday | The Lord Fights for Israel – Exodus 14:10-31 |
| Friday | The Song of Moses – Exodus 15:1-19 |
| Saturday | Sexagesima Old Testament – Isaiah 55:10-13 |

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| **Catechism: Sacrament of the Altar** | **Grades** |
| *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 drink. | 1st+ |
| *Where is this written?*  The holy Evangelists Matthew, Mark, Luke and St. Paul write | 2nd+ |
| *Words of Institution:*  **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.”** | K+ |