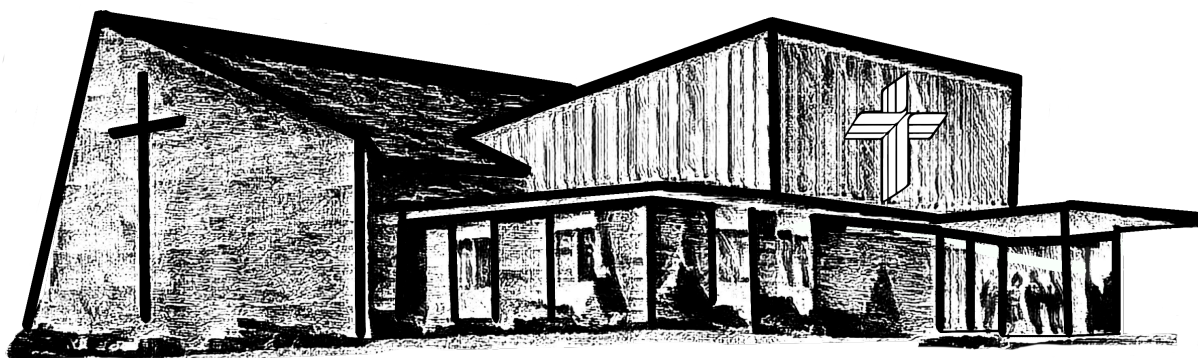


Trinity Evangelical Lutheran Church

Summer Prayer Challenge: Prayer as a Discipline



Trinity Evangelical Lutheran Church

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Through out the history of the church prayer has been taught as an important part of the life of the Christian. One specific teaching and practice of praying was taken to heart by Monks and Religious Orders.

Here is an example of a monastic prayer schedule for monks in the order of St. Benedict from the modern American monastery, “Conception Abbey” (named after the Immaculate Conception of Jesus):

Vigils	6:00 a.m.
<i>Lectio Divina</i>	6:40-7:10 a.m.
Lauds	7:15 a.m.
Breakfast	7:45 a.m. (night silence ends after breakfast)
Morning Work	8:30-11:15 a.m.
Eucharist	11:45 a.m.
Lunch	12:30 p.m.
Daytime Prayer	1:05 p.m.
Afternoon Work	1:30-4:30 p.m.
Vespers	5:15 p.m.
<i>Lectio Divina</i>	5:45-6:15 p.m.
Supper	6:15 p.m.
Communal Recreation	6:45-7:10 p.m.
Compline	7:15 p.m.
Night Silence	10:00 p.m.

As we go through this summer together we are going to continue our lesson on prayer and the life of the Christian. Before we learned about prayer through devotional reading of God's Word and prayer for each day with the "21 Days of Prayer Challenge". This summer we will look at prayer through reading God's Word in the heritage of the faithful Patriarchs and Matriarchs of the church, with a discipline of the hours of the day, with readings/prayers for each part of the day.

These selected daily readings come from a Pastor in our Synod named Jonathan Fisk. He has put together two disciplines of Prayer. 1. The Sons of Solomon, and 2. The Daughters of Wisdom. The daily readings are excerpts from his PDFs found at his website:

<https://www.sonsofsolomon.net>

Where he strives to teach people to pray like those who have gone before us in the faith.

The goal here is to get in a regular habit of prayer and learn from God's Word to pray. He splits these habits between male and female so that we may learn to pray like those of our gender who came before us and how to faithfully pray as Godly men and woman.

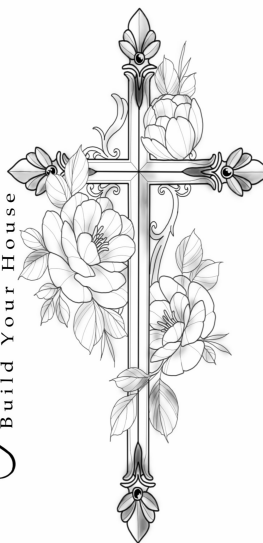
SONS OF SOLOMON

THERE ARE NOT ENOUGH GOOD MEN... BECOME ONE.



Daughters of Wisdom

Build Your House



So as you participate this summer you may wonder what if I miss a time of day or my job doesn't give enough time for this. This discipline is not a law, and also isn't something to work to makeup. They are the same verses day to day. This discipline is to benefit you like any other good habit that you have developed over your life. Do what you are able and don't sweat what you are unable. Build discipline where you are able with these prayer disciplines.

Men (men, young men, and boys) use Sons of Solomon's order.

Woman (women, young women, and girls) use Daughters of Wisdom's order.

[Father's guide your young children through these orders. Mother's help your husband guide your children through these orders. Spouses encourage one-another in these disciplines.]

These disciplines are not specifically based on any previous monastic rite or order of the day, but the general order of the day from what I am able to tell. The Benedictine order above is just an example of what it looks like for those in such an order in our day. You will notice that some of the names are familiar as we have order of service for those times of day in our hymnal.

At the end of this packet you will find other good and helpful prayers for Morning, Meals, and bedtimes as found in Martin Luther's Catechism, along with a suggestion from Rev. Fisk about reading a Proverb a day.

Adapted from Fisk's "Sons of Solomon PDF:



DISCIPLINE



PRAY THE PSALMS OF THE DIASPORA *

MORNING: 123, 125, 127

MID-DAY: 124, 129

VESPERS: 126, 128

EVENING: 130, 131

Why these psalms?

All the psalms are God's divine proximity. He wrote them for you to pray and to know that in Jesus the answer will always be "Yes". These are the prayers of pilgrims journeying home to the city of God. Pray them every day for a year and you will see the impact of the Gospel of Jesus Christ in your life, church, and community.

*"Psalms of the Diaspora" are psalms that were written during the dispersion of the people of Israel to other lands such as Babylon.

Adapted from Fisk's "Daughters of Wisdom PDF":

PRAY THE SCRIPTURES

MORNING

1 Samuel 2: 1-10, Psalm 133

MID-DAY

Proverbs 31

VESPERS

Psalm 135

COMPLINE

Psalm 134, Luke 1: 46-55

Why these words?

The Words of the Bible are the Holy Spirit's presence. His recording of the prayers of faithful women are a divine witness. They are designed to lift you up in the true teaching of what is good. These words are meaningful in a way you won't read about in a modern devotional. Pray them every day for a year. You will see the impact of the Gospel of Jesus Christ in your life, your family, and your church.



Adapted from Fisk's "Sons of Solomon PDF":



DISCIPLINE



JESUS IS LORD

PHILIPPIANS 2:11

"...and that every tongue should confess that Jesus Christ is LORD to the glory of God the Father."

ROMANS 10:9

"...that if you confess with your mouth that Jesus is LORD and believe in your heart that God has raised him from the dead, you will be saved."

1 CORINTHIANS 12:3B

"No one can say that 'Jesus is LORD' except by the Holy Spirit."

1 JOHN 2:23

"Whoever denies the Son does not have the Father either. He who acknowledges the Son has the Father also."

Adapted from Fisk's "Sons of Solomon PDF":



DISCIPLINE



PONDER A PROVERB DAILY

God wrote a book about wisdom. It says those who read it will be wise. Those who would rather listen to folly, not so much...

How could I start?

Starting in Chapter 10, read one verse a day:

- Translate the proverb into your own words.
- Carry that thought with you on a piece of paper for a day.
- Pray that you might use the thought in a conversation.
- Leave the note alone for a week, then read it again and repeat the process.

Whether you consider a chapter, a verse, or a single Hebrew word...**GET WISDOM.**

Adapted from Fisk's "Sons of Solomon PDF":



DISCIPLINE



STRUCTURE OF PROVERBS

BOOK 1: GET WISDOM

Proverbs 1–9

Solomon's key words and concepts

BOOK 2: THE PROVERBS OF SOLOMON

Proverbs 10-24

"So that your trust may be in Jesus Christ"

BOOK 3: THE BOOK OF HEZEKIAH

Proverbs 25-29

Proverbs of Solomon that Hezekiah's men copied

BOOK 4: THE RIDDLES OF AGUR

Proverbs 30

"What is His Son's name, if you know?"

BOOK 5: A VIRTUOUS WIFE

Proverbs 31

"Her worth is far above rubies"

Daily Prayers: Morning and Evening (bedtime)

HOW THE HEAD OF THE FAMILY SHOULD TEACH HIS
HOUSEHOLD TO PRAY MORNING AND EVENING

Morning Prayer.

In the morning, when you rise, you shall bless yourself with the holy cross and say:

In the name of God the Father, Son, and Holy Ghost. Amen.

Then, kneeling or standing, repeat the Creed and the Lord's Prayer. If you choose, you may, in addition, say this little prayer:

I thank Thee, my Heavenly Father, through Jesus Christ, Thy dear Son, that Thou hast kept me this night from all harm and danger; and I pray Thee to keep me this day also from sin and all evil, that all my doings and life may please Thee. For into Thy hands I commend myself, my body and soul, and all things. Let Thy holy angel be with me, that the Wicked Foe may have no power over me. Amen.

Then go to your work with joy, singing a hymn, as the Ten Commandments, or what your devotion may suggest.

Evening Prayer.

In the evening, when you go to bed, you shall bless yourself with the holy cross and say:

In the name of God the Father, Son, and Holy Ghost. Amen.

Then, kneeling or standing, repeat the Creed and the Lord's Prayer. If you choose, you may, in addition, say this little prayer:

I thank Thee, my Heavenly Father, through Jesus Christ, Thy dear Son, that Thou hast graciously kept me this day, and I pray Thee to forgive me all my sins, where I have done wrong, and graciously keep me this night. For into Thy hands I commend myself, my body and soul, and all things. Let Thy holy angel be with me, that the Wicked Foe may have no power over me. Amen.

Daily Prayers: Before and After Meals

HOW THE HEAD OF THE FAMILY SHOULD TEACH HIS
HOUSEHOLD TO ASK A BLESSING AND RETURN THANKS.

Asking a Blessing

The children and servants shall go to the table with folded hands and reverently, and say:

The eyes of all wait upon Thee, O Lord; and Thou givest them their meat in due season; Thou openest Thine hand, and satisfiest the desire of every living thing.

Note: To satisfy the desire means that all animals receive so much to eat that they are on this account joyful and of good cheer; for care and avarice hinder such satisfaction.

Then the Lord's Prayer, and the prayer here following:

Lord God, Heavenly Father, bless us and these Thy gifts, which we take from Thy bountiful goodness, through Jesus Christ, our Lord. Amen.

Returning Thanks.

Likewise also after the meal they shall reverently and with folded hands say:

O give thanks unto the Lord, for He is good; for His mercy endureth forever. He giveth food to all flesh; He giveth to the beast his food, and to the young ravens which cry. He delighteth not in the strength of the horse; He taketh not pleasure in the legs of a man. The Lord taketh pleasure in them that fear Him, in those that hope in His mercy.

Then the Lord's Prayer and the prayer here following:

We thank Thee, Lord God, Father, through Jesus Christ, our Lord, for all Thy benefits, who livest and reignest forever and ever. Amen.

The Ecumenical Creed

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 Ghost,
born of the Virgin Mary; suffered under Pontius Pilate, was crucified, dead, and
buried; He descended into hell; the third day He rose again from the dead; He
ascended into heaven, and sitteth on the right hand of God the Father Almighty; from
thence He shall come to judge the quick and the dead.

I believe in the Holy Ghost; the holy catholic* Church, the communion of saints; the
forgiveness of sins; the resurrection of the body; and the life everlasting. Amen.

* catholic means “universal” and is not a reference to the Roman Catholic Church.

THE NICENE CREED

I believe in one God, the Father Almighty, Maker of heaven and earth, and of all
things visible and invisible.

And in one Lord Jesus Christ, the only-begotten Son of God, begotten of the Father
before all worlds, God of God, Light of Light, very God of very God, begotten, not
made, being of one substance with the Father; by whom all things were made; who
for us men, and for our salvation, came down from heaven, and was incarnate by the
Holy Ghost of the Virgin Mary, and was made man, and was crucified also for us
under Pontius Pilate; He suffered and was buried; and the third day He rose again
according to the Scriptures; and ascended into heaven, and sitteth on the right hand
of the Father; and He shall come again with glory to judge the quick and the dead;
whose kingdom shall have no end.

And I believe in the Holy Ghost, the Lord and Giver of life, who proceedeth from the
Father and the Son; who with the Father and the Son together is worshiped and
glorified; who spake by the Prophets. And I believe in one holy catholic and apostolic
Church. I acknowledge one Baptism for the remission of sins; and I look for the
resurrection of the dead, and the life of the world to come. Amen.

THE ATHANASIAN CREED

Whosoever will be saved, before all things it is necessary that he hold the catholic faith. Which faith except every one do keep whole and undefiled, without doubt he shall perish everlastingly.

And the catholic faith is this, that we worship one God in Trinity, and Trinity in Unity; Neither confounding the Persons, nor dividing the Substance. For there is one Person of the Father, another of the Son, and another of the Holy Ghost. But the Godhead of the Father, of the Son, and of the Holy Ghost is all one: the glory equal, the majesty coeternal. Such as the Father is, such is the Son, and such is the Holy Ghost. The Father uncreated, the Son uncreated, and the Holy Ghost uncreated. The Father incomprehensible, the Son incomprehensible, and the Holy Ghost incomprehensible. The Father eternal, the Son eternal, and the Holy Ghost eternal. And yet they are not three Eternals, but one Eternal. As there are not three Uncreated nor three Incomprehensibles, but one Uncreated and one Incomprehensible. So likewise the Father is almighty, the Son almighty, and the Holy Ghost almighty. And yet they are not three Almighty, but one Almighty. So the Father is God, the Son is God, and the Holy Ghost is God. And yet they are not three Gods, but one God. So likewise the Father is Lord, the Son Lord, and the Holy Ghost Lord. And yet not three Lords, but one Lord. For like as we are compelled by the Christian verity to acknowledge every Person by Himself to be God and Lord, So are we forbidden by the catholic religion to say, There be three Gods, or three Lords.

The Father is made of none: neither created nor begotten. The Son is of the Father alone; not made, nor created, but begotten. The Holy Ghost is of the Father and of the Son: neither made, nor created, nor begotten, but proceeding. So there is one Father, not three Fathers; one Son, not three Sons; one Holy Ghost, not three Holy Ghosts. And in this Trinity none is before or after other; none is greater or less than another; But the whole three Persons are coeternal together, and coequal: so that in all things, as is aforesaid, the Unity in Trinity and the Trinity in Unity is to be worshiped. He, therefore, that will be saved must thus think of the Trinity.

Furthermore, it is necessary to everlasting salvation that he also believe faithfully the incarnation of our Lord Jesus Christ. For the right faith is, that we believe and confess that our Lord Jesus Christ, the Son of God, is God and Man; God of the Substance of the Father, begotten before the worlds; and Man of the substance of His mother, born in the world; Perfect God and perfect Man, of a reasonable soul and human flesh subsisting. Equal to the Father as touching His Godhead, and inferior to the Father as touching His manhood; Who, although He be God and Man, yet He is not two, but one Christ: One, not by conversion of the Godhead into flesh, but by taking the manhood into God; One altogether; not by confusion of Substance, but by unity of Person. For as the reasonable soul and flesh is one man, so God and Man is one Christ; Who suffered for our salvation; descended into hell, rose again the third day from the dead; He ascended into heaven; He sitteth on the right hand of the Father, God Almighty; from whence He shall come to judge the quick and the dead. At whose coming all men shall rise again with their bodies, and shall give an account of their own works. And they that have done good shall go into life everlasting; and they that have done evil, into everlasting fire.

This is the catholic faith; which except a man believe faithfully and firmly, he cannot be saved.

Table of Duties

CERTAIN PASSAGES OF SCRIPTURE FOR VARIOUS HOLY ORDERS AND POSITIONS, ADMONISHING THEM ABOUT THEIR DUTIES AND RESPONSIBILITIES

For Bishops, Pastors, and Preachers.

A bishop must be blameless, the husband of one wife, vigilant, sober, of good behavior, given to hospitality, apt to teach; not given to wine, no striker, not greedy of filthy lucre; but patient, not a brawler, not covetous; one that ruleth well his own house, having his children in subjection with all gravity; not a novice; holding fast the faithful Word as he hath been taught, that he may be able by sound doctrine both to exhort and to convince the gainsayers. 1 Tim. 3:2ff ; Titus 1:6.

What the Hearers Owe to Their Pastors.

Even so hath the Lord ordained that they which preach the Gospel should live of the Gospel. 1 Cor. 9:14. Let him that is taught in the Word communicate unto him that teacheth in all good things. Gal. 6:6. Let the elders that rule well be counted worthy of double honor, especially they who labor in the Word and doctrine. For the Scripture saith, Thou shalt not muzzle the ox that treadeth out the corn; and the laborer is worthy of his reward. 1 Tim. 5:17-18. Obey them that have the rule over you, and submit yourselves; for they watch for your souls as they that must give account, that they may do it with joy and not with grief; for that is unprofitable for you. Heb. 13:17.]

Concerning Civil Government.

Let every soul be subject unto the higher powers. For the power which exists anywhere is ordained of God. Whosoever resisteth the power resisteth the ordinance of God; and they that resist shall receive to themselves damnation. For he beareth not the sword in vain; for he is the minister of God, a revenger to execute wrath upon him that doeth evil. Rom. 13:1-4.

What Subjects Owe to the Magistrates.

Render unto Caesar the things which are Caesar's. Matt. 22:21. Let every soul be subject unto the higher powers, etc. Wherefore ye must needs be subject, not only for wrath, but also for conscience' sake. For, for this cause pay ye tribute also; for they are God's ministers, attending continually upon this very thing. Render therefore to all their dues: tribute to whom tribute is due; custom, to whom custom; fear, to whom fear; honor, to whom honor. Rom. 13:1,5ff. I exhort, therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks be made for all men; for kings and for all that are in authority, that we may lead a quiet and peaceable life in all godliness and honesty. 1 Tim. 2:1f Put them in mind to be subject to principalities and powers, etc. Titus 3:1. Submit yourselves to every ordinance of man for the Lord's sake, whether it be to the king as supreme, or unto governors as unto them that are sent by him, etc. 1 Pet. 2:13f]

For Husbands.

Ye husbands, dwell with your wives according to knowledge, giving honor unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life, that your prayers be not hindered. 1 Pet. 3:7. And be not bitter against them. Col. 3:9.

For Wives.

Wives, submit yourselves unto your own husbands, as unto the Lord, even as Sarah obeyed Abraham, calling him lord; whose daughters ye are, as long as ye do well, and are not afraid with any amazement. 1 Pet. 3:6; Eph. 5:22.

For Parents.

Ye fathers, provoke not your children to wrath, but bring them up in the nurture and admonition of the Lord. Eph. 6:4.

For Children.

Children, obey your parents in the Lord; for this is right. Honor thy father and mother; which is the first commandment with promise: that it may be well with thee, and thou mayest live long on the earth. Eph. 6:1-3.

For Male and Female Servants, Hired Men, and Laborers.

Servants, be obedient to them that are your masters according to the flesh, with fear and trembling, in singleness of your heart, as unto Christ; not with eye-service, as men-pleasers, but as the servants of Christ, doing the will of God from the heart; with good will doing service as to the Lord, and not to men; knowing that whatsoever good thing any man doeth, the same shall he receive of the Lord, whether he be bond or free. Eph. 6:5ff ; Col. 3:22.

For Masters and Mistresses.

Ye masters, do the same things unto them, forbearing threatening, knowing that your Master also is in heaven; neither is there respect of persons with Him. Eph. 6:9; Col. 4:1.

For Young Persons in General.

Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility; for God resisteth the proud, and giveth grace to the humble. Humble yourselves, therefore, under the mighty hand of God that He may exalt you in due time. 1 Pet. 5:5-6.

For Widows.

She that is a widow indeed, and desolate, trusteth in God, and continueth in supplications and prayers night and day. But she that liveth in pleasure is dead while she liveth. 1 Tim. 5:5-6.

For All in Common.

Thou shalt love thy neighbor as thyself. Herein are comprehended all the commandments. Rom. 13:8ff And persevere in prayer for all men. 1 Tim. 2:1-2.

Let each his lesson learn with care,

And all the household well shall fare.

The Lord's Prayer

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 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.

Credits

The Daily Prayers, The Ecumenical Creeds, and The Table of Duties are used from the public domain resource “<https://bookofconcord.org>”

The Lord's Prayer was typed from memory by me.