



“Resisting the Flesh Led by the Devil”

5 PRAY THE PSALM OF THE WEEK Psalm 34:3b; 34:17; 48:14a; 78:1-3, 4b

Say to my soul, “I am your sal- / vation.”*
 The righteous cry out, and the / Lord hears.
 He delivers them out of all their / troubles.*
 For this is God, our God forever and / ever.
 Give ear, O my people, / to my law;*
 incline your ears to the words / of my mouth.
 I will open my mouth in a / parable;*
 I will utter dark say- / ings of old,
 which we have / heard and known,*
 and our fathers have / told us.
 We will tell the generation to come the praises / of the Lord,*
 and His strength and His wonderful works that / He has done.

6 SAY TOGETHER THE VERSE OF THE WEEK Ephesians 4:24

“...put on the new self, created after the likeness of God in true righteousness and holiness.”

7 READ THE SCRIPTURE AND DEVOTION (OTHER SIDE OF THE PAGE)

8 PRAY THE PRAYER OF THE WEEK

O almighty and most merciful God, of Your bountiful goodness keep us, we implore You, from all things that may hurt us, that we, being ready, both in body and soul, may cheerfully accomplish those things that You would have done; through Jesus Christ, Your Son, our Lord who lives and reigns with You and the Holy Ghost, ever one God, world without end. Amen.

9 PRAYER FOR OURSELVES AND OTHERS

10 SING OR SAY THE HYMN OF THE WEEK
Yea, As I Live, Jehovah Saith

TLH 331, LSB 614
 Nikolaus Herman



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| <p>1. Yea, as I live, Jehovah saith,
 I would not have the sinner's death,
 But that he turn from error's ways,
 Repent, and live through endless days.</p> <p>2. To us therefore Christ gave command:
 "Go forth and preach in every land;
 Bestow on all My pardoning grace
 Who will repent and mend their ways.</p> <p>3. "All those whose sins ye thus remit
 I truly pardon and acquit,
 And those whose sins ye do retain
 Condemned and guilty shall remain.</p> | <p>4. "What ye shall bind, that bound shall be;
 What ye shall loose, that shall be free;
 Unto My Church the keys are giv'n
 To ope and close the gates of heav'n."</p> <p>7. All praise, eternal Son, to Thee
 For absolution full and free,
 In which Thou showest forth Thy grace;
 From false indulgence guard our race.</p> <p>8. Praise God the Father and the Son
 And Holy Spirit, Three in One,
 As 'twas, is now, and so shall be
 World without end, eternally!</p> |
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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
 Christian church, the communion of
 saints, the forgiveness of sins, the
 resurrection of the body, and the life
 everlasting. Amen.

3 PRAY 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 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.

THEME OF THE WEEK: **Resisting the Flesh Led by the Devil**

It might seem like disregard for the body is at fever pitch, but history has no shortage of periods of depraved deviance. Satan doesn't care what philosophy or movement is popular. He'll work with whatever angle he can to prey upon flesh compromised by sin. In Christ, our redeemed flesh has been made holy. By the Spirit's working, Christian prayer and discipline becomes outward physical training and discipline of the flesh to guard and steel it against the devil's disgusting wiles. God would have the flesh battle against every enticement, for whatever scars inflicted in this life, the glorified flesh in the new creation is already assured.

SUN

SCRIPTURE: **Matthew 9:1-8 Forgiveness is more than mental exercise**

The flesh, even the mind, is trapped by the natural law: paralytics do not walk because their sins are forgiven. If they do, paralytics walk again because of medicine. Restored flesh coming by means of the forgiveness of sins is a medical and theological impossibility for the scribes, and for most people. The forgiveness of sins received by faith in the Absolution is healing for the guilty conscience, but it also promises the restoration of our flesh in the new creation. Even as the consequences of sin mean our flesh breaks down in time, we never cease giving praise and glory to God, who has restored our flesh in His fleshly Christ for all eternity. *Lord, let my mind and body be conformed to the authority of forgiveness. Amen.*

MON

SCRIPTURE: **Psalm 119:145-152 Now I lay me down to sleep...or not**

If you've ever gone to bed dreading what the next day has in store, the Psalmist redirects our sinful dread to the Word of God. If worry becomes restlessness, call upon the commandments and promises of God because in steadfast love He hears your cries—even through the night. The enemies of the Christian lay in wait both night and day and this is our cause for ceaseless prayer and study. Apprehension and fear quickly upset the soul and seize upon such weakness to easily lead the flesh astray. The enemies of God are always close—we cannot escape the temptations of the flesh in this life—yet God in His Christ is even nearer with his help. *Yea, the darkness hideth not from thee; but the night shineth as the day: the darkness and the light are both alike to Thee. Amen.*

TUE

SCRIPTURE: **Ephesians 4:22-28 Water water everywhere.**

Paul pulls no punches: the flesh of the old Adam is sinful, and Satan realizes how tender, docile, and sympathetic to sin he is. A lie is effective bait to revive the old Adam from his watery grave. That's the Christian's lifelong struggle: the old Adam is a better swimmer than Mark Spitz and is always in need of a good daily drowning. God in His grace desires a daily renewal, also by a daily resurrection in Christ's righteousness that trains flesh and spirit. This daily drowning and rising is how God re-creates His Christians in holiness. The new creation is already at work! *Send us Thy Spirit, teach us truth; Thou Son, O Set Us free, from fancied wisdom, self-sought ways, To make us one in Thee. Amen.*

WED

SCRIPTURE: **Luke 10:1-9 An Icy Reception**

The Christian's enemies are the devil, the world, and the sinful flesh. Here, Jesus warns His disciples and believers of the world's opposition to the flesh of the Christian and the message of Christ he bears. The gospel will not be received in all places—think of all the rocks thrown at St. Paul! For now, God grants His ministers and Christians to witness peaceably, although we are cast verbally in many places as bigots. Never fear, God has promised the vindication of those who remain steadfast when the kingdom comes in holy, full flesh and blood on the Last Day. *And take they our life, goods, fame, child, and wife, Though these all be gone, our victory has been won; The Kingdom ours remaineth. Amen.*

THU

SCRIPTURE: **John 1:35-51 Ears glimpsing heaven**

You probably know someone who has said, "if I had seen Jesus in the flesh, it would be so easy to believe!" Before responding with Luke 16:29, hear with your ears John's preaching: "Behold the Lamb of God!" Andrew and Peter heard the gospel with their ears, "the Lamb who takes the away the sin of the world!" They heard the gospel, and so did Philip and Nathanael, and believed. After hearing Jesus say to them, "Come and see." Our eyes yearn to see the glorified Christ, but it is through our ears that the Spirit calls, gathers, and enlightens through the Word of Christ. We walk by faith, and not by sight, it is true, but we do indeed hear His gracious words, for in them He is near. *Lord, open Your heaven by Your Word that I may see You. Amen.*

FRI

SCRIPTURE: **1 Corinthians 12:12-27 Head, Shoulder, Knees, and Toes; One Body, Many Members**

If I stub my toe, my nose really won't mind (unless of course it becomes a festering, odorous wound). The body of Christ is a different matter. St. Paul says there ought to be no division—all the members should be unified, working together. Our own flesh has been redeemed for Christ's sake, but as members of a greater body, our flesh belongs to other members. In this way, our individual body is called to holiness for the sake of other Christians. Sin never exclusively affects one person only. For the sake of love, we desire to suffer, rejoice and show honor together—for Christ Jesus died for you and for all. *God, grant me the desire to use my abilities and gifts in love for You and for my neighbor's encouragement. Amen.*

SAT

SCRIPTURE: **Psalm 61 Far From Home**

Few of us have ever had to flee homes and livelihoods because of war or politics. King David did, but he sings of God's faithfulness in such times. Natural reason would have slipped into thinking our self-reliance and "pull ourselves up by our bootstraps" is our salvation, maybe even turning us into resourceful mountain men. Yet, the Christian renounces trust in his own power, and instead relies on the rock, the tower of God. The Lord will provide a tent for the flesh, but more importantly the tent of His steadfast presence. David is certain of this for God's vows are attached to his prayers. The Christian, too, knows in Christ he is before the throne of God, the eternal protector and provider of salvation, serving Him day and night—truly at home, come what may in this life. *Lord, in the body I am at home and away from You, but in Christ You are always near to me. Amen.*

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