

Blessings and Prayers for Men



A DEVOTIONAL COMPANION

Blessings and Prayers for

MEN

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PREFACE

Prayer is a natural and common part of the Christian's conversation with God; a conversation He initiates in Word and Sacrament. The prayer of a Christian flows from the relationship forged by the Savior who, by His sacrifice on the cross, has given you access to the heart of God. Prayer is not merely a pious act, but a way to bring glory to God and tend to your and your neighbor's bodily and spiritual welfare.

The familiar words and rhythms selected for this devotional are drawn from the words often heard in worship as we gather in community. The goal of this little book is to be a convenient resource to inform and encourage you in your prayer life. Through regular use it can assist you in making your whole life one of communion with your gracious heavenly Father.

Scot A. Kinnaman

Editor

*Let the words of my mouth and
the meditation of my heart
be acceptable in Your sight,
O LORD, my Rock and my Redeemer.*

Psalm 19:14



DAILY PRAYER FOR INDIVIDUALS AND SMALL GROUPS

These brief services are intended as a simple form of daily prayer for individuals, families, small groups, and other settings.

When more than one person is present, the versicles and responses may be spoken responsively, with one person reading the words in regular type and the others responding with the words in **bold type**. Prayers may be prayed in the same fashion, although those in bold type are to be prayed by all.

For the readings, several verses have been recommended for each particular time of day. These may be used on a rotating basis. The value in using these few texts lies in the opportunity to learn them well. For those desiring a more complete selection of readings, daily lectionaries, such as those found in a hymnal may be used. Meditations as well as readings from Luther's Small and Large Catechisms may be included.

In the "prayers for others and ourselves," the following suggestions are intended to establish a pattern of daily and weekly prayer.

Sunday: For the joy of the resurrection among us;
for the fruit of faith nourished by the Word and
the Sacraments.

Monday: For faith to live in the promises of Holy Baptism; for one's calling and daily work; for the unemployed; for the salvation and well-being of our neighbors; for schools, colleges, and seminaries; for good government and for peace.

Tuesday: For deliverance against temptation and evil; for the addicted and despairing, the tortured and oppressed; for those struggling with sin.

Wednesday: For marriage and family, that husbands and wives, parents and children live in ordered harmony according to the Word of God; for parents who must raise children alone; for those looking for a faithful spouse; for our communities and neighborhoods.

Thursday: For the Church and her pastors; for teachers, deacons and deaconesses, for missionaries, and for all who serve the Church; for fruitful and salutary use of the blessed Sacrament of Christ's body and blood.

Friday: For the preaching of the holy cross of our Lord Jesus Christ and for the spread of His knowledge throughout the whole world; for the persecuted and oppressed; for the sick and dying.

Saturday: For faithfulness to the end; for the renewal of those who are withering in the faith or have fallen away; for receptive hearts and

minds to God's Word on the Lord's Day; for pastors and people as they prepare to administer and receive Christ's holy gifts.

Morning

The sign of the cross may be made by all in remembrance of their Baptism.

In the name of the Father and of the ☩ Son and of the Holy Spirit.

Amen.

O LORD, in the morning You hear my voice;

in the morning I prepare a sacrifice for You and watch. *Psalm 5:3*

My mouth is filled with Your praise,

and with Your glory all the day. *Psalm 71:8*

O Lord, open my lips,

and my mouth will declare Your praise.

Psalm 51:15

Glory be to the Father and to the Son and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen.

A hymn, canticle, or psalm may be sung or spoken.

An appointed reading or one of the following is read: Colossians 3:1–4; Exodus 15:1–11; Isaiah 12:1–6; Matthew 20:1–16; Mark 13:32–36; Luke 24:1–8; John 21:4–14; Ephesians 4:17–24; Romans 6:1–4.

A meditation or selection from the catechism may be read.

The Apostles' Creed is confessed.

Lord's Prayer

Prayers for others and ourselves

Concluding prayers:

Almighty God, merciful Father, who created and completed all things, on this day when the work of our calling begins anew, we implore You to create its beginning, direct its continuance, and bless its end, that our doings may be preserved from sin, our life sanctified, and our work this day be well pleasing to You; through Jesus Christ, our Lord. Amen.

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. *(Luther's Morning Prayer, Small Catechism)*

Let us bless the Lord.

Thanks be to God.

Then go joyfully to your work.

Noon

The sign of the cross may be made by all in remembrance of their Baptism.

In the name of the Father and of the ✠ Son and of the Holy Spirit.

Amen.

Listen to my prayer, O God, do not ignore my plea;

hear my prayer and answer me.

Evening, morning, and noon

I cry out in distress and He hears my voice.

Cast your cares on the Lord and He will sustain you;

He will never let the righteous fall.

Psalm 55:1, 16–17, 22

Glory be to the Father and to the Son and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen.

A hymn, canticle, or psalm may be sung or said.

*An appointed reading or one of the following is read:
1 Corinthians 7:17a, 23–24; Luke 23:44–46; Matthew 5:13–16; Matthew 13:1–9, 18–23; Mark 13:23–27; John 15:1–9; Romans 7:18–25; Romans 12:1–2; 1 Peter 1:3–9.*

O Lord,
have mercy upon us.

O Christ,
have mercy upon us.

O Lord,
have mercy upon us.

Lord's Prayer

Prayers for others and ourselves

Concluding prayer:

Blessed Lord Jesus Christ, at this hour You hung upon the cross, stretching out Your loving arms to embrace the world in Your death. Grant that all people of the earth may look to You and see their salvation; for your mercy's sake we pray. **Amen.**

(OR)

Heavenly Father, send Your Holy Spirit into our hearts, to direct and rule us according to Your will, to comfort us in all our afflictions, to defend us from all error, and to lead us into all truth; through Jesus Christ, our Lord. **Amen.**

Let us bless the Lord.

Thanks be to God.

Early Evening



The sign of the cross may be made by all in remembrance of their Baptism.

In the name of the Father and of the ✠ Son and of the Holy Spirit.

Amen.

A candle may be lighted.

Let my prayer rise before You as incense;

the lifting up of my hands as the evening sacrifice.

Psalm 141:2

Joyous light of glory of the immortal Father; heavenly, holy, blessed Jesus Christ. We have come to the setting of the sun, and we look to the evening light. We sing to God, the Father, Son, and Holy Spirit: You are worthy of being praised with pure voices forever. O Son of God, O giver of life: the universe proclaims Your glory.

A hymn, canticle, or psalm may be sung or said.

An appointed reading or one of the following is read: Luke 24:28–31; Exodus 16:11–21, 31; Isaiah 25:6–9; Matthew 14:15–21; Matthew 27:57–60; Luke 14:15–24; John 6:25–35; John 10:7–18; Ephesians 6:10–18.

A meditation or selection from the catechism may be read.

Lord's Prayer

Prayers for others and ourselves

Concluding prayer:

Lord Jesus, stay with us, for the evening is at hand and the day is past. Be our constant companion on the way, kindle our hearts, and awaken hope among us, that we may recognize You as You are revealed in the Scriptures and in the Breaking of the Bread. Grant this for Your name's sake.
Amen.

Let us bless the Lord.

Thanks be to God.

Mealtime Prayers:

Asking a blessing before the meal

**Lord God, heavenly Father, bless us and these Your gifts which we receive from Your bountiful goodness, through Jesus Christ, our Lord.
Amen.**

Returning thanks after the meal

We thank You, Lord God, heavenly Father, through Jesus Christ, our Lord, for all Your benefits, who lives and reigns with You forever and ever. Amen.

Close of the Day



The sign of the cross may be made by all in remembrance of their Baptism.

In the name of the Father and of the ✠ Son and of the Holy Spirit.

Amen.

The Lord Almighty grant us a quiet night and peace at the last.

Amen.

It is good to give thanks to the Lord,
to sing praise to Your name, O Most High;
To herald Your love in the morning,
Your truth at the close of the day.

*An appointed reading or one of the following is read:
Matthew 11:28–30; Micah 7:18–20; Matthew 18:15–35;
Matthew 25:1–13; Luke 11:1–13; Luke 12:13–34; Romans
8:31–39; 2 Corinthians 4:16–18; Revelation 21:22–22:5.*

The Apostles' Creed is confessed.

**Lord, now You let Your servant go in peace;
Your word has been fulfilled.**

**My own eyes have seen the salvation which
You have prepared in the sight of every people:**

**a light to lighten the nations and the glory of
Your people Israel.**

Luke 2:29–32

**Glory be to the Father and to the Son and to
the Holy Spirit;**

**as it was in the beginning, is now, and will be
forever. Amen.**

Lord's Prayer

Prayers for others and ourselves

Concluding prayers:

Visit our dwellings, O Lord, and in Your great mercy defend us from all perils and dangers of this night; for the love of Your only Son, our Savior Jesus Christ. Amen.


**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.** (*Luther's Evening
Prayer, Small Catechism*)

Let us bless the Lord.

Thanks be to God.

Then be at peace and rest in God's care.

Selection of Hymns



A Mighty Fortress Is Our God	22
Abide with Me	23
All Praise to Thee, My God, This Night	24
All Christians Who Have Been Baptized	25
Be Still, My Soul	27
Chief of Sinners Though I Be	28
For All the Saints Who from Their Labors Rest	29
Glory Be to Jesus	31
Holy, Holy, Holy	32
If God Had Not Been on Our Side	32
Jesus Christ Is Risen Today	33
Joy to the World	34
O God, Thou Faithful God	35
Praise God, from Whom All Blessings Flow	37
Savior of the Nations, Come	38

Silent Night	39
Songs of Thankfulness and Praise	39
The Lord's My Shepherd, I'll Not Want	41
The Man Is Ever Blest	42
Thy Strong Word	43
We All Believe in One True God, Father	45
With the Lord Begin Your Task	46

The following selected hymns are appropriate for the festivals and times of the church:

Morning	
With the Lord Begin Your Task	46
Evening	
All Praise to Thee, My God, This Night	24
Advent	
Savior of the Nations, Come	38
Christmas	
Joy to the World	34

Silent Night	39
Epiphany	
Songs of Thankfulness and Praise	
39	
Lent	
Glory Be to Jesus	31
Easter	
Jesus Christ Is Risen Today	33
Trinity/Pentecost	
Holy, Holy, Holy	32
Reformation	
A Mighty Fortress Is Our God	22
All Saints' Day	
For All the Saints	29

A Mighty Fortress Is Our God

1. A mighty fortress is our God,
A trusty shield and weapon;
He helps us free from ev'ry need
That hath us now o'ertaken.
The old evil foe
Now means deadly woe;
Deep guile and great might
Are his dread arms in fight;
On earth is not his equal.
2. With might of ours can naught be done,
Soon were our loss effected;
But for us fights the valiant One,
Whom God Himself elected.
Ask ye, Who is this?
Jesus Christ it is.
Of Sabaoth Lord,
And there's none other God;
He holds the field forever.
3. Though devils all the world should fill,
All eager to devour us,
We tremble not, we fear no ill,
They shall not overpower us.
This world's prince may still
Scowl fierce as he will,
He can harm us none,
He's judged; the deed is done;
One little word can fell him.

4. The Word they still shall let remain
Nor any thanks have for it;
He's by our side upon the plain
With his good gifts and Spirit.
And take they our life,
Goods, fame, child, and wife,
Let these all be gone,
They yet have nothing won;
The Kingdom ours remaineth. (LW 298)

Text: Martin Luther

Abide with Me



1. Abide with me, fast falls the eventide.
The darkness deepens; Lord with me abide.
When other helpers fail and comforts flee,
Help of the helpless, oh, abide with me.
2. I need thy presence every passing hour;
What but thy grace can foil the tempter's power?
Who like thyself my guide and stay can be?
Through cloud and sunshine, oh, abide with
me.
3. Come not in terrors, as the King of Kings,
But kind and good, with healing in thy wings
Tears for all woes, a heart for every plea.
Come, Friend of sinners, thus abide with me.
4. Swift to its close ebbs out life's little day;
Earth's joys grow dim, its glories pass away;