

Ember Days

“The material in the Large Catechism originated as sermons by Martin Luther on the basic texts of Christian teaching. Already in the Middle Ages, some regional synods in Germany had called for regular preaching on the “catechism” (usually defined as the Ten Commandment, Apostles’ Creed, Lord’s Prayer and, sometimes, the Ave Maria). The Ember Days, four time of fasting spread throughout the church year {*The Wednesday, Friday and Saturday after 1st Sunday in Lent, Pentecost, Holy Cross Day(Sep 14), and St. Lucia’s Day(Dec 13)*}, were often designated for this purpose. Even before the Reformation, Wittenberg’s city church, St. Mary’s also seems to have followed this practice. Luther himself preached on various portions of the catechism as early as 1518” (*The Book of Concord*, Kolb, preface to Large Catechism, p.377)

“Thus we have, in all, five parts covering the whole of Christian doctrine, which we should constantly teach and require young people to recite word for word. Do not assume that they will learn and retain this teaching from sermons alone. ²⁵When these parts have been well learned, you may assign them also some Psalms and some hymns, based on these subjects, to supplement and confirm their knowledge. Thus our youth will be led into the Scriptures so they make progress daily.

²⁶However, it is not enough for them simply to learn and repeat these parts verbatim. The young people should also attend preaching, especially at the time designated for the Catechism, ² so that they may hear it explained and may learn the meaning of every part. Then they will also be able to repeat what they have heard and give a good, correct answer when they are questioned, and thus the preaching will not be without benefit and fruit. ²⁷The reason we take such care to preach on the Catechism frequently is to impress it upon our youth, not in a lofty and learned manner but briefly and very simply, so that it may penetrate deeply into their minds and remain fixed in their memories.³

Assistants

Elder – Dan Byrne (922-3556); Organist – LeeAnn Byrne
Altar Guild – Claire Stretch and Kim Miller
Church Cleaning – Mar 6/13 Taul, Mar 20/27 Stretch

+ HYMN	#99
+ “O Lord, open my lips...	p.208f
+ Ascription of Praise for Lent (“...Lamb of Our Salvation.”)	p.209
+ Lenten Invitatory (“The Lord has redeemed his people.”)	p.209
+ The Venite “Oh, come, let us sing...”	p.209f
+ Office HYMN	#212
Psalmody	
Psalm 25	(printed)
Psalm 6	(printed)
Psalm 91	(printed)
Reading	
Wed – St. Mathew 12:38-50	
Fri – St. John 5:1-15	
Sat – St. Matthew 17:1-9	
Responsory for Lent	p.212
“We have an Advocate...”	
Catechism Reading	
Wed – Apostles’ Creed, art. 1 (p.301)	
Fri – Apostles’ Creed, art. 2 (p.301)	
Sat – Apostles’ Creed, art. 3 (p.301-302)	
Sermon	
Offering	
+ Benedictus.....	p.217-219
“Blessed be the Lord God...”	
+ The Prayers.....	p.219
Kyrie (“Lord, have mercy...”)	
Lord’s Prayer	
Salutation	
Collect of the Day	
Special Prayers	
Collect for Grace	
+ Benedicamus	p.222

Trinity Lutheran Church & Early Childhood Learning Center

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Pastor Michael D. Henson · Deacon Gary K. Harroun

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Collect

Ember Wednesday.—Be pleased, O Lord, to enlighten our souls with the light of Your glory. Then we shall be able to see what we should do and shall find the strength to do it well. This we ask of You through our Lord Jesus Christ, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **AMEN.**

Ember Friday.—Be Kind to Your people, Lord. You are inspiring a sincere devotion in them; be so good as to help them in their wretchedness. This we ask of You through our Lord Jesus Christ, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **AMEN.**

Ember Saturday.—Look down benevolently on Your people, Lord; show us clemency, and withhold the scourge of Your wrath. This we ask of You through our Lord Jesus, who lives and reigns with the Father and the Holy Spirit, one God, now and forever. **AMEN.**

History

“Up to the eleventh century the Ember days of spring were kept in the first week of March; and those of summer, in the second week of June. It was St. Gregory VII. Who fixed them as we now have them; that is, the Ember days of spring in the first week of Lent, and those of Summer in Whitsunday week.” (*The Liturgical Year, Vol 5, p.156*).

Catechism Schedule

Lenten 2022– Apostles’ Creed
Pentecost 2022 – Lord’s Prayer
September 2022– Holy Baptism
Advent 2022 – Confession/Office of the Keys

Lenten 2023 – Lord’s Supper
Pentecost 2023 – Daily Prayers
September 2023 – Table of Duties
Advent 2023 – Christian Questions with their Answers
Lenten 2024 – Ten Commandments



THE LARGE CATECHISM

By Dr. Martin Luther

Part Second.

OF THE CREED.

1] Thus far we have heard the first part of Christian doctrine, in which we have seen all that God wishes us to do or to leave undone. Now, there properly follows **the Creed, which sets forth to us everything that we must expect and receive from God**, and, to state it quite briefly, teaches us to know Him fully. 2] And this is intended to help us do that which according to the Ten Commandments we ought to do. For (as said above) they are set so high that all human ability is far too feeble and weak to [attain to or] keep them. Therefore it is as necessary to learn this part as the former in order **that we may know how to attain thereto, whence and whereby to obtain such power.** 3] For if we could by our own powers keep the Ten Commandments as they are to be kept, we would need

nothing further, neither the Creed nor the Lord's Prayer. **4]** But before we explain this advantage and necessity of the Creed, it is sufficient at first for the simple-minded that they learn to comprehend and understand the Creed itself.

5] In the first place, the Creed has hitherto been divided into twelve articles, although, if all points which are written in the Scriptures and which belong to the Creed were to be distinctly set forth, there would be far more articles, nor could they all be clearly expressed in so few words. **6]** But that it may be most easily and clearly understood as it is to be taught to children, **we shall briefly sum up the entire Creed in three chief articles, according to the three persons in the Godhead, to whom everything that we believe is related, so that the First Article, of God the Father, explains Creation, the Second Article, of the Son, Redemption, and the Third, of the Holy Ghost, Sanctification.** **7]** Just as though the Creed were briefly comprehended in so many words: I believe in God the Father, who has created me; I believe in God the Son, who has redeemed me; I believe in the Holy Ghost, who sanctifies me. One God and one faith, but three persons, therefore also three articles or confessions. **8]** Let us briefly run over the words.

Psalms for Ember Days in Lent



Psalm 25



Antiphon:

So rend your heart, and not your garments; Return to the Lord your God,

For He is gracious and merciful, Slow to anger, and of great kindness;

Let the wicked forsake his way, And the un-righteous man his thoughts;

Let him return to the Lord, And He will have mercy on him; (Joel 2:13, Isaiah 55:7)

1 To you, O Lord, I lift up my soul.

2 O my God, I trust in You;

Let me not be ashamed;

Let not my enemies triumph over me.

3 Indeed, let no one who waits on You be ashamed;

Let those be ashamed who deal treacherously without cause.

4 Show me Your ways, O Lord;

Teach me Your paths.

5 Lead me in Your truth and teach me,

For You are the God of my salvation; On You I wait all the day.

6 Remember, O Lord, Your tender mercies and Your loving-kindnesses,

For they are from of old.

7 Do not remember the sins of my youth, nor my transgressions;

According to Your mercy remember me, For Your goodness' sake, O Lord.

8 Good and up-right is the Lord;

Therefore He teaches sinners in the way.

9 The humble He guides in justice,

And the humble He teaches His way.

10 All the paths of the Lord are mercy and truth,

To such as keep His covenant and His testimonies.

11 For Your name's sake, O Lord,

Pardon my iniquity, for it is great.

12 Who is the man that fears the Lord?

Him shall He teach in the way He chooses.

13 He himself shall dwell in prosperity,

And his descendants shall inherit the earth.

14 The secret of the Lord is with those who fear Him,

And He will show them His covenant.

15 My eyes are ever toward the Lord,

For He shall pluck my feet out of the net.

16 Turn Yourself to me, and have mercy on me,

For I am desolate and afflicted.

17 The troubles of my heart have enlarged;

Bring me out of my distresses!

18 Look on my affliction and my pain,

And forgive all my sins.

19 Consider my enemies, for they are many;

And they hate me with cruel hatred.

20 Keep my soul, and deliver me;

Let me not be ashamed, for I put my trust in You.

21 Let integrity and uprightness preserve me, For I wait for You.

22 Redeem Israel, O God, Out of all their troubles!

**Glory be to the Fa-ther and to the Son,
And to the Ho-ly Spir-it.
As it was in the be-gin-ning,
Is now, and will be for-ev-er. A-men.**

Antiphon Repeated

Psalm 6



Antiphon:

Share your bread with the hun-gry.
Bring to your house the poor who are cast out;
When you see the na-ked, cover him,
Do not hide yourself from your own flesh.
Then your light shall break forth like the morn-ing,
Your healing shall spring forth speedi-ly,
And your righteousness shall go be-fore you;
The glory of the Lord shall be your rear guard.
(Isaiah 58:7-8)

1 O Lord, do not rebuke me in Your an-ger,
Nor chasten me in Your hot dis-pleas-ure.
2 Have mercy on me, O Lord, for I am weak;
O Lord, heal me, for my bones are trou-bled.
3 My soul also is great-ly trou-bled;
But You, O Lord—how long?
4 Return, O Lord, de-liver me!
Oh, save me for Your mercies' sake!
5 For in death there is no re-mem-brance of You;
In the grave who will give You thanks?
6 I am weary with my groan-ing;
All night I make my bed swim; I drench my couch
with my tears.

7 My eye wastes a-way be-cause of grief;
It grows old because of all my ene-mies.
8 Depart from me, all you workers of in-iqui-ty;
For the Lord has heard the voice of my weep-ing.
9 The Lord has heard my sup-pli-ca-tion;
The Lord will re-ceive my prayer.
10 Let all my enemies be ashamed and great-ly trou-bled;
Let them turn back and be a-shamed sudden-ly.

**Glory be to the Fa-ther and to the Son,
And to the Ho-ly Spir-it.
As it was in the be-gin-ning,
Is now, and will be for-ev-er. A-men.**
Antiphon Repeated

Psalm 91



Antiphon:

But rather give alms of such things as you have;
then indeed all things are clean to you.
Sell what you have and give alms;
provide yourselves money bags which do not grow
old,
a treasure in the heav-ens that does not fail,
where no thief approaches nor moth de-roys.
For where your treasure is,
there your heart will be al-so.
(Luke 11:41, 12:33-34)

1 He who dwells in the secret place of the Most High
Shall abide under the shadow of the Al-might-y.



2 I will say of the Lord, “He is my refuge and my for-tress;
 My God, in Him I will trust.”

3 Surely He shall deliver you from the snare of the fowl-er
 And from the per-il-ous pesti-lence.

4 He shall cover you with His feathers,
 And under His wings you shall take ref-
uge;
 His truth shall be your shield and buck-ler.

5 You shall not be afraid of the ter-ror by night,
 Nor of the ar-row that flies by day,

6 Nor of the pestilence that walks in dark-ness,
 Nor of the destruction that lays waste at noon-day.

7 A thousand may fall at your side,
 And ten thousand at your right hand;
 But it shall not come near you.

8 Only with your eyes shall you look,
 And see the reward of the wick-ed.

9 Because you have made the Lord, who is my ref-uge,
 Even the Most High, your dwelling place,

10 No evil shall be-fall you,
 Nor shall any plague come near your dwell-ing;

11 For He shall give His an-gels charge over you,
 To keep you in all your ways.

12 In their hands they shall bear you up,
 Lest you dash your foot a-gainst a stone.

13 You shall tread upon the lion and the co-bra,
 The young lion and the serpent you shall tram-ple
under-foot.

14 “Because he has set his love upon Me, therefore I will
de-liver him;
 I will set him on high, because he has known My
name.

15 He shall call upon Me, and I will answer him; I will be
 with him in trou-ble;
 I will deliver him and honor him.

16 With long life I will sat-is-fy him,
 And show him My sal-va-tion.”

Glory be to the Fa-ther and to the Son,
And to the Ho-ly Spir-it.
As it was in the be-gin-ning,
Is now, and will be for-ev-er. A-men.
Antiphon Repeated