

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)

“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*).

Collects

Ember Wednesday.—O Lord, we pray thee, to aid our infirmities with the healing of Thy loving-kindness: that we, which are made weak by the frailty of our nature, may be strengthened by the power of Thy mercy; through Jesus Christ, Thy Son our Lord, who liveth and reigneth with Thee and the Holy Ghost: ever one God, world without end. **AMEN.**

Ember Friday.—Grant we beseech Thee, Almighty God: that we, who put our trust in Thee, may serve Thee acceptably both in body and soul; through Jesus Christ, Thy Son our Lord, who liveth and reigneth with Thee and the Holy Ghost: ever one God, world without end. **AMEN.**

Ember Saturday.—Almighty and everlasting God, who dost command bodily discipline and hast attached promises thereto: grant that we may constantly serve Thee in soul and body, that no temptation may cause us to stumble; through Jesus Christ, Thy Son our Lord, who liveth and reigneth with Thee and the Holy Ghost: ever one God, world without end. **AMEN.**

1 Luther himself wrote six hymns based on the parts of the Catechism.
2 See first Paragraph above.

Small Catechism

“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, ¹ 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

Catechism Schedule

- September 2024 – Apostles’ Creed
- Advent 2024– Lord’s Prayer
- Lenten 2025 – Holy Baptism
- Pentecost 2025 – Confession/Office of the Keys
- September 2025 – Daily Prayers
- Advent 2025 – Table of Duties
- Lenten 2026 – Christian Questions with their Answers
- Pentecost 2026 – Ten Commandments

3 Preface of 1529, Large Catechism, (Tappert, T. G. 2000, c1959. *The Book of Concord : The Confessions of the Evangelical Lutheran Church*. Fortress Press: Philadelphia).

+ Hymn	#213
+ “O Lord, open my lips...	p.208f
+ <u>Ascription of Praise</u>	p.209
“Praise to you, O Christ, Alleluia”	
+ <u>Pentecost Invitatory</u>	p.209
P. “The Lord has sanctified us	
in the true faith.”	
C. Oh, come, let us worship him.	
+ <u>The Venite</u>	p.209f
“Oh, come, let us sing...”	
+ Office HYMN.....	ASBH #54 “Now Lay We Calmly in the Grave”
<u>Psalmody</u>	
Psalm 1	(insert)
Psalm 33	(insert)
Psalm 16	(insert)
<u>Reading</u>	
Wed – Amos 9:13-15, Mark 9:17-29	
Fri – Hosea 14:2-10, Luke 7:36-50	
Sat – Leviticus 23:26-32, Hebrews 9:2-12, Luke 13:6-17	
Common Responsory	p.211
“Forever, O Lord, your Word...”	
<u>Catechism Reading</u>	
Wed – Apostles’ Creed, 1 st Article	
Fri – Apostles’ Creed, 2 nd Article	
Sat – Apostles’ Creed, 3 rd Article	
Sermon	
Offering	
+ Te Deum.....	p.214-217
“Blessed be the Lord God...”	
+ The Prayers.....	p.219
Kyrie (“Lord, have mercy...”)	
Lord’s Prayer	
Salutation	
Collect of the Day	(inside)
Special Prayers	
Collect for Grace	
+ Benedicamus	p.222

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.

Ember Days after Holy Cross



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Pastor Michael D. Henson • Deacon Gary K. Harroun

*Pr. Henson and Dcn. Harroun are members of the
Evangelical Lutheran Diocese of North America (Eldona.org)*

|| 4 Their sorrows shall be multiplied who hasten after an-
o- | ther | god; | - *

Their drink offerings of blood I will not offer, nor take
up | their | names | on | my | lips.

|| 5 O Lord, You are the portion of my inheritance | and | my
| cup; | - *

You | — | main- | tain | my | lot.

|| 6 The lines have fallen to me in | pleas- | ant | pla- | ces; *
Yes, I have a | good | in- | her- | i- | tance.

|| 7 I will bless the Lord who has giv- | en | me | coun- | sel;
*

My heart also instructs me | in | the | night | sea- | sons.

|| 8 I have set the Lord al- | ways | be- | fore | me; *

Because He is at my right hand | I | shall | not | be |
moved.

|| 9 Therefore my heart is glad, and my glo- | ry | re- | joi- |
ces; *

My flesh al- | so | will | rest | in | hope.

|| 10 For You will not leave my | soul | in | She- | ol, *

Nor will You allow Your Holy One | to | see | cor- | rup- |
tion.

|| 11 You will show me the | path | of | life; | - *

In Your presence is fullness of joy; At Your right hand
are plea- | sures | for- | ev- | er- | more.

GLO- RY - || be to the Father, and | to | the | Son: | - *

and | to | the | Ho- | ly | Ghost;

AS IT - || was in the begin -*ning*, (+) is now, and | ev- | er |
shall | be: *

world | with- | out | end. | A- | men.

Antiphon: || Preserve | me, | O | God, | - *

for in | You | I | put | my | trust.

Psalms for Ember Days in September

Psalm 1—*Beatus vir*

Psalm Tone VI



Antiphon: FOR THE - || Lord knows the way of | the | right- | eous, *

But the way of the ungod- | ly | shall - | per- | ish.

|| 1 Blessèd is the man who walks not in the counsel of the | un- | god- | ly, *

Nor stands in the path of sinners, nor sits in the seat | of | the - | scorn- |
ful;

|| 2 But his delight is in the law | of | the | Lord, *

And in His law he medi- | tates | day - | and | night.

|| 3 He shall be like a tree planted by the rivers | of | wat- | er, *

That brings forth its fruit | in | its - | sea- | son,

|| Whose leaf also shall | not | with- | er; *

And whatever he | does | shall - | pros- | per.

|| 4 The ungodly | are | not | so, *

But are like the chaff which the | wind | drives - | a- | way.

|| 5 Therefore the ungodly shall not stand in | the | judg- | ment, *

Nor sinners in the congregation | of | the - | right- | eous.

|| 6 For the Lord knows the way of | the | right- | eous, *

But the way of the ungod- | ly | shall - | per- | ish.

GLO- RY - || be to the Father, and | to | the | Son, *

And to | the | Ho- - | ly | Ghost;

AS IT - || was in the begin -*ning*, (+) is now, and ev- | er | shall | be *

world with- | out | end. - | A- | men.

Antiphon: || For the Lord knows the way of | the | right- | eous, *

But the way of the ungod- | ly | shall - | per- | ish.

Psalm 33—*Exsultate, justi, in Domino*

Psalm Tone IV



Antiphon: THE COUN- - || sel of the Lord | stands | for- | ev- | er, *

The plans of His heart to | all | gen- | er- | a- | tions.

|| 1 Rejoice in the Lord, | O | you | right- | eous! *

For praise from the up- | right | is | beau- | ti- | ful.

|| 2 Praise the Lord | with | the | harp; | - *

Make melody to Him with an in- | stru- | ment | of | ten | strings.

|| 3 Sing to Him | a | new | song; | - *

Play skillfully | with | a | shout | of | joy.

|| 4 For the word of the | Lord | is | right, | - *

And all His | work | is | done | in | truth.

|| 5 He loves righteous- | ness | and | just- | ice; *

The earth is full of the | good- | ness | of | the | Lord.

|| 6 By the word of the Lord the heav- | ens | were | made, | - *

And all the host of them by | the | breath | of | His | mouth.

|| 7 He gathers the waters of the sea together | as | a | heap; | - *

He lays up the | deep | in | store- | hous- | es.

|| 8 Let all the earth | fear | the | Lord; | - *

Let all the inhabitants of the world | stand | in | awe | of | Him.

|| 9 For He spoke, and | it | was | done; | - *

He command- | ed, | and | it | stood | fast.

|| 10 The Lord brings the counsel of the na- | tions | to | no- | thing; *

He makes the plans of the peo- | ples | of | no | ef- | fect.

|| 11 The counsel of the Lord | stands | for- | ev- | er, *

The plans of His heart to | all | gen- | er- | a- | tions.

|| 12 Blessèd is the nation whose God | is | the | Lord, | - *

The people He has chosen as His | own | in- | her- | i- | tance.

|| 13 The Lord | looks | from | heav- | en; *

He sees | all | the | sons | of | men.

|| 14 From the place of His dwell- | ing | He | looks | - *

On all the inhab- | i- | tants | of | the | earth;

|| 15 He fashions their hearts | in- | di- | vi-*du-al*- | ly; *

He con- | si- | ders | all | their | works.

|| 16 No king is saved by the multitude | of | an | arm- | y; *

A mighty man is not de- | li- | vered | by | great | strength.

|| 17 A horse is a vain | hope | for | safe- | ty; *

Neither shall it deliver an- | y | by | its | great | strength.

|| 18 Behold, the eye of the Lord is on | those | who | fear | Him, *

On those who | hope | in | His | mer- | cy,

|| 19 To deliver their | soul | from | death, | - *

And to keep them | a- | live | in | fa- | mine.

|| 20 Our soul waits | for | the | Lord; | - *

He is | our | help | and | our | shield.

|| 21 For our heart shall re- | joice | in | Him, | - *

Because we have trusted | in | His | ho- | ly | name.

|| 22 Let Your mercy, O Lord, | be | up- | on | us, *

Just | as | we | hope | in | You.

GLO-**RY** - || be to the Father, and | to | the | Son: | - *

and | to | the | Ho- | ly | Ghost;

AS **IT** - || was in the begin -*ning*, (+) is now, and | ev- | er | shall | be: *

world | with- | out | end. | A- | men.

Antiphon: || The counsel of the Lord | stands | for- | ev- | er, *

The plans of His heart to | all | gen- | er- | a- | tions.

Psalm 16—*Conserva me, Domine*

Psalm Tone IV



Antiphon: PRE-**SERVE** - || - | me, | O | God, | - *

for in | You | I | put | my | trust.

|| 1 Preserve | me, | O | God, | - *

for in | You | I | put | my | trust.

|| 2 O my soul, you have said to the Lord, —You | are | my |
Lord, | - *

My goodness is noth- | ing | a- | part | from | You.||

|| 3 As for the saints who are on the earth, —They are the
ex- | cel- | lent | ones, | - *

in whom | is | all | my | de- | light.||

PROPERS FOR EMBERS DAYS IN SEPTEMBER (20TH–23RD)

Amos 9:13-15

13 “Behold, the days are coming,” says the Lord, “When the plowman shall overtake the reaper, And the treader of grapes him who sows seed; The mountains shall drip with sweet wine, And all the hills shall flow with it. 14 I will bring back the captives of My people Israel; They shall build the waste cities and inhabit them; They shall plant vineyards and drink wine from them; They shall also make gardens and eat fruit from them. 15 I will plant them in their land, And no longer shall they be pulled up From the land I have given them,” Says the Lord your God.

St. Mark 9:16-28

16 And He asked the scribes, “What are you discussing with them?”
17 Then one of the crowd answered and said, “Teacher, I brought You my son, who has a mute spirit. 18 “And wherever it seizes him, it throws him down; he foams at the mouth, gnashes his teeth, and becomes rigid. So I spoke to Your disciples, that they should cast it out, but they could not.” 19 He answered him and said, “O faithless generation, how long shall I be with you? How long shall I bear with you? Bring him to Me.”
20 Then they brought him to Him. And when he saw Him, immediately the spirit convulsed him, and he fell on the ground and wallowed, foaming at the mouth. 21 So He asked his father, “How long has this been happening to him?” And he said, “From childhood. 22 “And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us.”
23 Jesus said to him, “If you can believe, all things are possible to him who believes.” 24 Immediately the father of the child cried out and said with tears, “Lord, I believe; help my unbelief!” 25 When Jesus saw that the people came running together, He rebuked the unclean spirit, saying to it, “Deaf and dumb spirit, I command you, come out of him and enter him no more!” 26 Then the spirit cried out, convulsed him greatly, and came out of him. And he became as one dead, so that many said, “He is dead.” 27 But Jesus took him by the hand and lifted him up, and he arose. 28 And when He had come into the house, His disciples asked Him privately, “Why could we not cast it out?”

Wednesday:



Introit.

Ant. SING A- || loud to God | our | strength;

Make a joyful shout to the | God | of | Ja - | cob.

|| Raise a song and strike the | tim- | brel ;

The pleasant | harp | with | the | lute.

Psalms. || This he ordained in Joseph for a testimony, when he went out through the land of | Egypt | -:

where I heard a language which I | un- | der | stood | not.

GLO-RY || be to the Father and to the | Son | - :

and to | the | Ho- | ly | Ghost.

AS IT || was in the beginning, is now, and ever | shall | be:

world with- | out | end. | A- | men. (*Ant. Repeated.*)

Collect.

We beseech Thee, O Lord, that our weakness may be upheld by Thy healing mercy, so that what of itself is falling into ruin may be restored by Thy clemency. Through Jesus Christ, Thy Son, our Lord... Amen.

Lesson. Amos 9:13–15.

Gradual.

|| Blessed is the nation whose God is the | Lord | -:

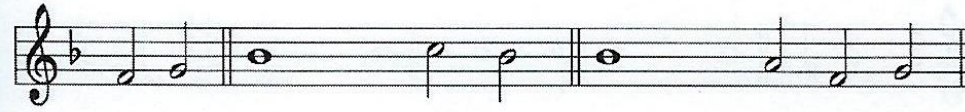
the people whom the Lord hath chosen for His | in- | her- | i- | tance.

|| By the word of the Lord the heavens were es- | tab- | lished;

and all the power of them by the | spirit | of | His | mouth.

Gospel. St. Mark 9:16–28.

PROPERS FOR EMBERS DAYS IN SEPTEMBER (20TH-23RD)



Hosea 14:1-9

O Israel, return to the Lord your God, For you have stumbled because of your iniquity; 2 Take words with you, And return to the Lord. Say to Him, "Take away all iniquity; Receive us graciously, For we will offer the sacrifices of our lips. 3 Assyria shall not save us, We will not ride on horses, Nor will we say anymore to the work of our hands, 'You are our gods.' For in You the fatherless finds mercy." 4 "I will heal their backsliding, I will love them freely, For My anger has turned away from him. 5 I will be like the dew to Israel; He shall grow like the lily, And lengthen his roots like Lebanon. 6 His branches shall spread; His beauty shall be like an olive tree, And his fragrance like Lebanon. 7 Those who dwell under his shadow shall return; They shall be revived like grain, And grow like a vine. Their scent shall be like the wine of Lebanon. 8 "Ephraim shall say, 'What have I to do anymore with idols?' I have heard and observed him. I am like a green cypress tree; Your fruit is found in Me." 9 Who is wise? Let him understand these things. Who is prudent? Let him know them. For the ways of the Lord are right; The righteous walk in them, But transgressors stumble in them.

St. Luke 7:38-50

and stood at His feet behind Him weeping; and she began to wash His feet with her tears, and wiped them with the hair of her head; and she kissed His feet and anointed them with the fragrant oil. 39 Now when the Pharisee who had invited Him saw this, he spoke to himself, saying, "This man, if He were a prophet, would know who and what manner of woman this is who is touching Him, for she is a sinner." 40 And Jesus answered and said to him, "Simon, I have something to say to you." So he said, "Teacher, say it." 41 "There was a certain creditor who had two debtors. One owed five hundred denarii, and the other fifty. 42 "And when they had nothing with which to repay, he freely forgave them both. Tell Me, therefore, which of them will love him more?" 43 Simon answered and said, "I suppose the one whom he forgave more." And He said to him, "You have rightly judged." 44 Then He turned to the woman and said to Simon, "Do you see this woman? I entered your house; you gave Me no water for My feet, but she has washed My feet with her tears and wiped them with the hair of her head. 45 "You gave Me no kiss, but this woman has not ceased to kiss My feet since the time I came in. 46 "You did not anoint My head with oil, but this woman has anointed My feet with fragrant oil. 47 "Therefore I say to you, her sins, which are many, are forgiven, for she loved much. But to whom little is forgiven, the same loves little." 48 Then He said to her, "Your sins are forgiven." 49 And those who sat at the table with Him began to say to themselves, "Who is this who even forgives sins?" 50 Then He said to the woman, "Your faith has saved you. Go in peace."

Introit.

Ant. RE- JOICE, || ye with Jerusalem, and be glad with | her | - :
all ye | that | love | her.

|| Rejoice for joy with | her | - :
all ye that | mourn | for | her.

Psalm. I was glad when they said unto | me | - :
Let us go into the house | of | the | LORD.

GLO-RY || be to the Father and to the | Son | - :
and to the | Ho- | ly | Ghost.

AS IT || was in the beginning, is now, and ever | shall | be:
world without | end. | A- | men. (*Ant. Repeated.*)

Collect.

Grant, we beseech Thee, Almighty God, that we, who for our evil deeds do worthily deserve to be punished, by the comfort of Thy grace may mercifully be relieved; through Jesus Christ, Thy Son, our Lord, Who liveth and reigneth with Thee and the Holy Ghost, ever One God, world without end. *Amen.*

Friday: Hosea 14:1-9, St. Luke 7:38-50

Gradual.

|| I was glad when they said unto | me | - :
Let us go into the house | of | the | Lord.

|| Peace be within | thy | walls:
and prosperity within thy | pa- | lac- | es.

Tract. || They that trust in the Lord shall be as Mount | Zi- | on:
which cannot be removed, but abideth | for- | ev- | er.