

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

- Advent 2026 – Table of Duties
- Lenten 2027 – Christian Questions with their Answers
- Pentecost 2027 – Ten Commandments
- September 2027 – Apostles’ Creed
- Advent 2027– Lord’s Prayer
- Lenten 2028 – Holy Baptism
- Pentecost 2028 – Confession/Office of the Keys
- September 2028 – Lord’s Supper
- Advent 2028 – Daily Prayers

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).

The Order of Matins, p. 7
from ASBH The Psalter

- + Hymn “Prayer Is the Soul’s Sincere Desire” -TLH 454 (insert)
- + “O Lord, open my lips... p.7
- + Invitatory (p.8):
V: O come, let us worship the Lord;
R. For He is our Maker.
- + Venite Exultemus.... p. 10-11
(Invitatory repeated)
- Office Hymn
“Eternal Spirit of the Living Christ” LW #432
- + Psalmody
Psalm 1.... p.87
Psalm 33... p.139-140
Psalm 16... p.106-107
- Lection
Wed – Amos 9:13-15, Mark 9:17-29
Fri – Hosea 14:2-10, Luke 7:36-50
After each lesson
“But, thou, O Lord...” p.11
- The General Responsory p.12
“Forever, O Lord...”
Catechism – Daily Prayers
Sermon
- + The Benedictus p.17
- + The Prayers..... p.24
Kyrie (“Lord, have mercy...”)
Lord's Prayer, Salutation p.25
Collects, Special Prayers
Collect for Grace p.25
- + Benedicamus & Blessing p.26

The Form of the Lutheran Congregation

1. The Divine Service. The order of the Divine Service itself presents the full counsel of God in each and every service. The liturgy (order of divine service) begins with the invocation of God's name followed by the confession of sins and the absolution. The Word of God is received along with the chanting of thanksgiving from the psalms. The Triune God is praised in hymns and confessed with the Nicene Creed. The Lord's Supper is offered. And finally, the members are sent away with a benediction. Each and every baptized member is in attendance. **The one-year Sunday lectionary** presents each of the Scriptural doctrines on a yearly basis, with an accompanying hymn and collect. **Other Festivals and occasions** provide additional opportunities for divine and prayer services.

2. Wednesday Catechesis.--provides opportunity for the continual learning of **Luther's Small Catechism**, which is the layman's Bible, systematically teaching all the doctrines of the faith in the six chief parts. On Wednesday nights we repeat the Catechism's text by heart and also teach the meaning of the words. We also learn a hymn and a Bible verse, including teaching on the theme and Holy Gospel of the upcoming Sunday Service. The youngest members are instructed and questioned and the older members review the basics of Scriptural teaching. Some congregations offer this before or after the Divine Service, while others have a midweek Catechesis service. In addition, **catechism classes** are usually offered for those youth & adults who are preparing for confirmation and to receive Lord's Supper for the first time.

3. Sunday School and Adult Bible Classes.--is the further training to provide "a richer and fuller understanding" (as described by the Small Catechism) which is normally provided by a **Christian day school**. Children are taught not only religious truths but also wisdom and virtue along with their earthly education. When a congregation is not able to support a school, other ways must be provided. Adult **Bible classes and Sunday school** are used by Lutheran congregations to provide at least an hour of religious instruction on Sunday morning.

4. Christians are provided with devotional material to use in their **daily home devotions**, not only for themselves, but also to teach their children. The **Lutheran Herald** is provided by the Diocese. It presents a Scripture reading, daily devotion written by one of the pastors in the diocese and a prayer for six days a week. **Our Family Daily Prayers** (OFDP) is provided by our congregation, which includes more Scripture readings and psalms, etc. and ties these to our congregation's schedule and calendar.

5. The pastor will offer opportunities for **Private Confession and Absolution**, or you can call a schedule a particular time with him.

6. Christians should avail themselves of **opportunities to meet together socially** with each other out of love for the brethren.

Ember Days after Holy Cross



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Evangelical Lutheran Diocese of North America (Eldona.org)*

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.

Psalm. || 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.

Prayer Is the Soul's Sincere Desire

454

C. M.

Luke 11: 1

James Montgomery, 1818, alt.

Burford

"Psalmody"

John Chetham, 1718



1 Prayer is the soul's sin-cere de-sire, Un-ut-tered or ex-prest,
2 Prayer is the bur-den of a sigh, The fall-ing of a tear,
3 Prayer is the sim-plest form of speech That in-fant lips can try;
4 Prayer is the con-trite sin-ner's voice Re-turn-ing from his ways,



The mo-tion of a hid-den fire That trem-bles in the breast.
The up-ward glanc-ing of an eye, When none but God is near.
Prayer the sub-lim-est strains that reach The Maj-es-ty on high.
While an-gels in their songs re-joice And cry, "Be-hold, he prays!" A-men.



5 Prayer is the Christian's vital breath,
The Christian's native air,
His watchword at the gates of death —
He enters heaven with prayer.

6 The saints in prayer appear as one
In word and deed and mind,
While with the Father and the Son
Sweet fellowship they find.

7 Nor prayer is made by man alone —
The Holy Spirit pleads,
And Jesus on th' eternal throne
For sinners intercedes.

8 O Thou by whom we come to God,
The Life, the Truth, the Way,
The path of prayer Thyself hast trod —
Lord, teach us how to pray.

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. ||

|| 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.

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.

Nehemiah 8:1-10

Now all the people gathered together as one man in the open square that was in front of the Water Gate; and they told Ezra the scribe to bring the Book of the Law of Moses, which the Lord had commanded Israel.

2 So Ezra the priest brought the Law before the assembly of men and women and all who could hear with understanding on the first day of the seventh month.

3 Then he read from it in the open square that was in front of the Water Gate from morning until midday, before the men and women and those who could understand; and the ears of all the people were attentive to the Book of the Law.

4 So Ezra the scribe stood on a platform of wood which they had made for the purpose; and beside him, at his right hand, stood Mattithiah, Shema, Anaiah, Urijah, Hilkiah, and Maaseiah; and at his left hand Pedaiah, Mishael, Malchijah, Hashum, Hashbadana, Zechariah, and Meshullam.

5 And Ezra opened the book in the sight of all the people, for he was standing above all the people; and when he opened it, all the people stood up.

6 And Ezra blessed the Lord, the great God. Then all the people answered, “Amen, Amen!” while lifting up their hands. And they bowed their heads and worshiped the Lord with their faces to the ground.

7 Also Jeshua, Bani, Sherebiah, Jamin, Akkub, Shabbethai, Hodijah, Maaseiah, Kelita, Azariah, Jozabad, Hanan, Pelaiah, and the Levites, helped the people to understand the Law; and the people stood in their place.

8 So they read distinctly from the book, in the Law of God; and they gave the sense, and helped them to understand the reading.

9 And Nehemiah, who was the governor, Ezra the priest and scribe, and the Levites who taught the people said to all the people, "This day is holy to the Lord your God; do not mourn nor weep." For all the people wept, when they heard the words of the Law.

10 Then he said to them, "Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for this day is holy to our Lord. Do not sorrow, for the joy of the Lord is your strength."

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?"