

Daily Prayer

TUESDAY, JUNE 30

Today's prayer is based on question forty-nine from the Heidelberg Catechism, 1563.

The question is:

How does Christ's ascension into heaven benefit us?

*First, he pleads our cause
in heaven
in the presence of his Father.*

Thank you, Lord Jesus,
for speaking of my needs and issues
in heaven itself
with the Father himself.

*Second, we have our own flesh in heaven -
a guarantee that Christ our head
will take us, his members,
to himself in heaven.*

Thank you, Lord Jesus,
for coming down from heaven and taking on our flesh,
and for ascending to heaven in that same flesh,
and in so doing, guaranteeing the salvation of our bodies.

*Third, he sends his Spirit to us on earth
as a further guarantee.
By the Spirit's power
we make the goal of our life,
not earthly things,
but the things above where Christ is,
sitting at God's right hand.*

Thank you, Lord Jesus,
for *leaving your Spirit 'til the work on earth is done.*
Thank you that the seal on the deal is the Holy Spirit himself.
Not in our own strength, Lord,
but in the strength supplied by the Spirit of Christ and of God,
we can now shift our focus,
away from earthly things
and toward the *things that are above*
where Christ is, seated at the Father's right hand,
for your kingdom's sake. Amen.

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Grant that I may not pray alone with my mouth; help me that I may pray from the depths of my heart.

- Martin Luther