



## Saint Athanasius at Prayer

*A Guide for Daily Meditation and Prayer in the homes of our families.*

The Week of Lent 2 +  
March 2-7, 2026

### 2025-26 School Year Theme Verse

*I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.*

*~ Philippians 1:6*

This Week: This Sunday we hear of Jesus meeting a Samaritan woman at a well. She had a lot of troubles in her life, and Jesus was there for her. He didn't care who she was or what she had done, for Jesus has come to rescue and save all people - even you and me! Paul says that in the verses from Romans we will hear this week, that Jesus didn't die for good people - He died for the ungodly and sinners. Like the people of Israel who grumbled against Him in the wilderness. Because there are no other kinds of people! We are all, by nature, ungodly and sinners. But in Jesus, our sins are forgiven and we are made children of God and given the "living water" of His Spirit. This happens in Holy Baptism, where the unclean spirit in us is cast out, and the Holy Spirit is given to us. Everything we have is gift from God! So no room for pride for us. Just humility and gratitude.

## The Order of Meditation and Prayer

*Pray and confess out loud as much from the order of meditation and prayer as you are able, or as your family size and ages permit. Learn by heart the verse and catechism for the week, as well as the theme verse (above) for the year.*

### Invocation

In the name of the Father and of the + Son and of the Holy Spirit. Amen.

### Confess the Apostles' Creed

*(Consult the "Companion Sheet" for the words of this Creed.)*

**Read Psalm 95:1-9** *(see next page)*

### Scripture for the Week to Read and Discuss

<b>Monday</b>	Psalm 95:1-9	<i>What is the psalmist telling us to do? Why? Where do we come into God's presence? What should we do besides sing? Why? Why does he warn us against "hardening our hearts?" How might we do that?</i>
<b>Tuesday</b>	Luke 11:14-28	<i>Did you know you've seen Jesus cast out unclean spirits?! Where does He do that for us today? What warning does Jesus give us here with that? What do we need in our hearts so that our last state won't be worse than our first?</i>
<b>Wednesday</b>	2 Samuel 11:1 – 12:7a	<i>King David committed so many sins in these verses! But what was his real problem? How is this so often our problem as well, and the source of other sins for us, too? What's the answer? How did God deal with David?</i>
<b>Thursday</b>	Exodus 17:1-7	<i>What physical problem did the people have? What spiritual problem did they also have?! Did they have any reason to doubt God and His care? Why did they? How can this also happen to us?</i>
<b>Friday</b>	Romans 5:1-8	<i>How did God show His love for us? Does this amaze you? Would you do this for your enemy? How God use suffering and troubles for our good? What does this teach us about God?</i>
<b>Saturday</b>	John 4:5-30, 39-42	<i>What is the "living water" that Jesus gives? How did He make the Samaritan woman thirst for it? How does He do this for us? How does He give us this water today?</i>

### Learn by Heart

Scripture: Romans 5:8 – "God shows his love for us in that while we were still sinners, Christ died for us."

Catechism: **The Lord's Prayer - The Fifth Petition:** And forgive us our trespasses as we forgive those who trespass against us.

*What does this mean?* We pray in this petition that God would not look at our sins, or deny our prayer because of them. We are neither worthy of the things for which we pray, nor have we deserved them, but we ask that He would give them all to us by grace, for we daily sin much and surely deserve nothing but punishment. So we too will sincerely forgive and gladly do good to those who sin against us.

## Prayers

Collect for the Week: O God, whose glory it is always to have mercy, be gracious to all who have gone astray from Your ways and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of Your Word; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever. Amen.

Pray for Abby

Pray for the Lord to help you forgive those who hurt you and sin against you, and to be eager to repent when we have wronged or hurt someone so we can be forgiven!

Pray the Lord's Prayer, and either the Morning or Evening Prayer.  
(Consult the "Companion Sheet" for the words of these prayers.)

## Psalm 95:1-9



<sup>1</sup>Oh come, let us sing | to the LORD;\*  
let us make a joyful noise to the rock of our sal- | vation!  
<sup>2</sup>Let us come into his presence with thanks- | giving;\*  
let us make a joyful noise to him with | songs of praise!  
<sup>3</sup>For the LORD is a | great God,\*  
and a great King a- | bove all gods.  
<sup>4</sup>In his hand are the depths | of the earth,\*  
the heights of the mountains are his | also.  
<sup>5</sup>The sea is his, for he | made it,\*  
and his hands formed the | dry land.  
<sup>6</sup>Oh come, let us worship and | bow down;\*  
let us kneel before the LORD, our | Maker!  
<sup>7</sup>For he | is our God,\*  
and we are the people of his pasture,  
and the sheep | of his hand.  
Today, if you | hear his voice,\*  
<sup>8</sup>do not harden your hearts, as at Meribah,  
as on the day at Massah in the | wilderness,  
<sup>9</sup>when your fathers put me | to the test\*  
and put me to the proof, though they had | seen my work.  
Glory be to the Father and | to the Son\*  
and to the Holy | Spirit;  
as it was in the be- | ginning,\*  
is now, and will be forever. | Amen.

## Hymn for the Week: 824 May God Bestow on Us His Grace

(Go to our website for a link to the music to listen to and sing along with this hymn)



1 May God be - stow on us His grace, With bless - ings rich pro -  
2 Thine o - ver all shall be the praise And thanks of ev - 'ry  
△ 3 O let the peo - ple praise Thy worth, In all good works in -



vide us; And may the bright - ness of His face  
na - tion; And all the world with joy shall raise  
creas - ing; The land shall plen - teous fruit bring forth,



To life e - ter - nal guide us, That we His sav - ing  
The voice of ex - ul - ta - tion. For Thou shalt judge the  
Thy Word is rich in bless - ing. May God the Fa - ther,



health may know, His gra - cious will and plea - sure,  
earth, O Lord, Nor suf - fer sin to flour - ish;  
God the Son, And God the Spir - it bless us!



And al - so to the na - tions show Christ's rich - es with - out  
Thy peo - ple's pas - ture is Thy Word Their souls to feed and  
Let all the world praise Him a - lone, Let sol - emn awe pos -



mea - sure And un - to God con - vert them.  
nour - ish, In righ - teous paths to keep them.  
sess us. Now let our hearts say, "A - men!"

Text: Martin Luther, 1483–1546; tr. Richard Massie, 1800–87, alt.

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### Acknowledgments

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