



Saint Athanasius at Prayer

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

The Week of Pentecost +
May 20-25, 2024

2023-24 School Year Theme Verse

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

~ Romans 12:2

This Week: This week we enter into the Pentecost season - the season in the Church Year where we focus on how the Holy Spirit is working in and through the Church today. Just as Easter was not just a day but a season, so too is Pentecost not just a day, but a season. The first Sunday after Pentecost every year is the Festival of the Holy Trinity, when we remember who the Holy Spirit is: the third person of the Holy Trinity, 100% God, co-equal to the Father and the Son. The readings we hear this week focus on forgiveness and life, for this is the work of God the Holy Spirit for us. In the Nicene Creed we confess that He is *the Lord and Giver of life*, and He is the one who takes the forgiveness Jesus won for us and gives it to us. His work is important indeed!

This week is also the last week for our Homeschool Chapel for the school year. We go on summer break after this week. Keep learning your catechism by heart! Go back and review the chapel videos from the school year over the summer. And we'll see you in September for our second year of Homeschool Chapel!

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 29 *(see next page)*

Scripture for the Week to Read and Discuss

| | | |
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| Monday | Isaiah 57:15-21 | <i>How is God both high and exalted, and low and humble? In who do we see this most clearly? Why is this good news for you? How is God your Saviour in both ways?</i> |
| Tuesday | Isaiah 32:14-20 | <i>What has sin done to God's people and city? Has sin done the same thing in you and your life? How? How will the pouring out of the Spirit undo that? Why?</i> |
| Wednesday | Psalm 29 | <i>How is God portrayed in this psalm? Can you hear the trinity in this psalm? How? Do you think God's power is frightening or gracious or both? Why?</i> |
| Thursday | Isaiah 6:1-8 | <i>Isaiah was terrified! Why? Should he have been? What then happened to him? What got taken away - Isaiah's life or his fear? Why? Does the same thing happen to us when we come into the presence of God? Where? How?</i> |
| Friday | Acts 2:14a, 22-36 | <i>What does Peter preach? How does Peter preach? What is the basis of his preaching? What is the center of his preaching? Should this still true for preaching today? Why? Why is this so important?</i> |
| Saturday | John 3:1-17 | <i>Nicodemus wanted to be taught. Jesus wanted him to be born! What's the difference between those two things? Why is this important?</i> |

Learn by Heart

Scripture: John 3:14-15 – *“As Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.”*

Catechism: *The Sacrament of the Altar - Who receives this sacrament worthily? [2nd+] Fasting and bodily preparation are certainly fine outward training. But that person is truly worthy and well prepared who has faith in these words: Given and shed for you for the forgiveness of sins. But anyone who does not believe these words or doubts them is unworthy and unprepared, for the words “for you” require all hearts to believe.*

Prayers

Collect for the Week: Almighty and everlasting God, You have given us grace to acknowledge the glory of the eternal Trinity by the confession of a true faith and to worship the Unity in the power of the Divine Majesty. Keep us steadfast in this faith and defend us from all adversities; for You, O Father, Son, and Holy Spirit, live and reign, one God, now and forever. Amen.

Pray for Jonathan, Viviana, Caleb, Eli, and Juliana

Pray to end the school year well, and for a good and restful summer for all.

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

Psalm 29



¹Ascribe to the LORD, O heavenly | beings,*
ascribe to the LORD glo- | ry and strength.

²Ascribe to the LORD the glory | due his name; *
worship the LORD in the splendor of | holiness.

³The voice of the LORD is over the | waters; *
the God of glory thunders,
the LORD, over many | waters.

⁴The voice of the LORD is | powerful; *
the voice of the LORD is full of | majesty.

⁵The voice of the LORD breaks the | cedars; *
the LORD breaks the cedars of | Lebanon.

⁶He makes Lebanon to skip | like a calf, *
and Sirion like a young | wild ox.

⁷The voice | of the LORD *
flashes forth | flames of fire.

⁸The voice of the LORD shakes the | wilderness; *
the LORD shakes the wilderness | of Kadesh.

⁹The voice of the LORD makes the deer give birth
and strips the | forests bare, *
and in his temple all cry, | "Glory!"

¹⁰The LORD sits enthroned o- | ver the flood; *
the LORD sits enthroned as king for- | ever.

¹¹May the LORD give strength to his | people! *
May the LORD bless his people | with peace!

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: 504 Father Most Holy

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



1 Fa - ther most ho - ly, mer - ci - ful, and ten - der; Je - sus, our
2 Trin - i - ty bless - ed, u - ni - ty un - shak - en, Good-ness un -
3 Mak - er of all things, all Thy crea - tures praise Thee; All for Thy
△ 4 Lord God Al - might - y, un - to Thee be glo - ry, One in three



Sav - ior, with the Fa - ther reign - ing; Spir - it of com - fort,
bound - ed, ver - y God of heav - en, Light of the an - gels,
wor - ship were and are cre - at - ed; Now, as we al - so
per - sons, o - ver all ex - alt - ed! Glo - ry we of - fer,



ad - vo - cate, de - fend - er, Light nev - er wan - ing;
joy of those for - sak - en, Hope of all liv - ing,
wor - ship Thee de - vout - ly, Hear Thou our voic - es.
praise Thee and a - dore Thee, Now and for - ev - er.

Text: Latin, c. 10th cent.; tr. Percy Dearmer, 1867–1936, alt.
Tune: Antiphoner, 1681, Paris
Text and tune: Public domain

Acknowledgments

Liturgy sections from Lutheran Service Book

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