

**The Congregation at Prayer**  
*A Guide for Daily Meditation and Prayer*  
**For the Week of Lent 4**  
*March 11-16, 2024*

**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.*

**Invocation:** In the Name of the Father and of the + Son and of the Holy Spirit. Amen.

**Speak the Apostles' Creed.**

**Verse: Jeremiah 31:34b** – “For I will forgive their iniquity, and I will remember their sin no more.”

**Hymn of the Week: Lutheran Service Book #430** “My Song Is Love Unknown”

**Readings for the Week:** [The readings for **Thursday-Saturday** are the Scriptures for this coming Sunday.]

<b>Monday</b>	Psalm 119:9–16	<i>How does God’s Word guard our hearts and lives?</i>
<b>Tuesday</b>	Hebrews 9:11–15	<i>How does Jesus purify us body <u>and</u> soul? Do we have this purification now? How? When will we be completely purified forever?</i>
<b>Wednesday</b>	John 8:42–59	<i>Was Jesus greater than Abraham? How? Why could the Jewish leaders not understand Jesus? How do people misunderstand Jesus still today? What is the key to truly knowing Jesus?</i>
<b>Thursday</b>	Jeremiah 31:31–34	<i>Was there anything wrong with the old covenant? What went wrong? How would the new covenant be different? On what was the old covenant written? On what would the new be written?</i>
<b>Friday</b>	Hebrews 5:1–10	<i>How was Jesus a greater priest than all who came before Him? Who was He a priest for? Who is His salvation for?</i>
<b>Saturday</b>	Mark 10:32–45	<i>Which is greater: to be served or to serve? Why? Does our world think this way? Why not? How do we sometimes get confused, too, like James and John? What can help us when we do?</i>

**The Catechism – The Creed, the First Article [Part 2]** – I believe in God, the Father Almighty, maker of heaven and earth. What does this mean? I believe that . . . He also gives me clothing and shoes, food and drink, house and home, wife and children, land, animals, and all I have. He richly and daily provides me with all that I need to support this body and life. . . .

**Collect for the Week:** Almighty God, by Your great goodness mercifully look upon Your people that we may be governed and preserved evermore in body and soul; through Jesus Christ, our Lord. Amen.

**The Prayers:** Please pray for . . .

- + yourself and for all in need (remembering especially those on our prayer list).
- + God’s blessing, wisdom, and guidance for our congregation’s Church Technology Council.
- + the Ceylon Evangelical Lutheran Church, for God’s wisdom, blessing, guidance, and provision.
- + God’s blessing, guidance, and provision for the Lutheran Heritage Foundation.

*Conclude with the Lord’s Prayer and Luther’s Morning or Evening Prayer from the Catechism.*

***Now joyfully go about your day (or to bed) in good cheer, child of God!***

## **In our prayers this week, we remember:**

**Jay**, for protection, health, and peace as he awaits surgery.

**Neely and Dan**, recovering from surgeries, and **Ruth**, hospitalized in critical condition.

**Jackie, Herb, Audra, Bernard, Cindy** (Pastor's sister), and **George**, for healing and strength.

**Susan, Robert** (Grace's grandfather), **Barbara** (Laurie's mother), and **Lena**, for protection, health, and strength.

For those who are elderly and/or homebound: **Carris, Roy, Reinhardt, Marilyn and Buddy** (Janet's parents), and **Charlie** (Eric's friend).

**Lee** (friend of TJ and Randy) and **Suress** (friend of Elizabeth) in need of a kidney for transplant; **Timothy** (friend of Marcus) with cognitive decline; and **David** (Marcus' father), for safety.

For all with cancer, for Your strength, faith and hope, and endurance in their treatments: **Elizabeth Libby, Nancy Nelson, Lynden** (Tuck's father), **Erika** (Carris' nephew's wife), **Tom** (Pastor's neighbor), **Eli** (stepson of Michelle Wing's cousin), **Linda** (Mickey's sister), **Brad** (Carris' brother-in-law), **Mary Ann** (former member), **Kristen** (friend of the Killians), and **Pam** (friend of the Vondals).

**The Vondal, Wing, Vigil, and Nus families** for Your blessing, protection, strength, and faith.

**Sophia**, for protection, and for peace and joy of heart and mind; and **Dorothy and Mackenzie**, for faith and God's continued work in their hearts and lives.

**Jonathan Malekzadeh, Jacque** (Mickey's sister), **Heidi** (Michael Vondal's fiancé), and **Nikki** (niece of Kathy Kielmeyer) for strength and healing.

**Kristoffer** (Lena's son) and **Jason** (friend of Elizabeth), for strength, hope, and faith.

**Margherita** (Lena's daughter-in-law), for good health for her and her baby.

**Sahilis** (Viviana's sister), **Scott** (friend of Scott Killian), **Thomas** (Angela Keiser's brother), **Traci** (friend of Elizabeth Libby) and **their families**, for unity, protection, peace, and faith.

**Leslie, Dorris, and their children** (from our Spanish Bible Study) for protection and faith, and for Your wisdom and guidance for the future.

**Fatma** (friend of our church), **Lindsey** (TJ's friend's daughter), **Suress, Huan, Joylyn, and Sandy** (friends of Elizabeth Libby), and **Tamim and his family** (friends of the Malekzadeh family), for the gift of faith.

For **Logan and Melody**, for God's continued blessing as they prepare for marriage on June 2.

For **Caleb Hoverson**, our adopted seminary student, and **Thomas Malmstrom**, also at the seminary; and **Nathaniel Hall** (Keiser's son-in-law) starting studies this summer.

For the **Wolf family** (missionaries to Africa), **Rev. Rob Kieselowsky** (mission work in Philadelphia), and **Rev. Charles St-Onge** (mission work in Quebec), for blessing, provision, wisdom, and guidance.

**The people of Ukraine, Russia, Israel, and Gaza**, for peace, protection, and an end to the war, and for God to provide for those separated and displaced, especially the children.

For those serving our country in the military: **Heidi Clark, Joe and Jackie Teixeira, Juliana Wing, Zechariah Vigil, Joshua Ecker**, and **John Boling** (friend of the Vondals).

For our catechumens: **Robert Libby, Juliana Malekzadeh, Melody McDonald, Amy and Dan Miksa, Bretton Rosenberry, Tuck Rosenberry, Cyrus Teixeira**, and **Tim and Michelle Watson**

Members and friends in prayer this week: **Caroline and Colin Trundle**

For all who have placed their hope and trust in the name of Your beloved Son, but especially for those Christians in Egypt, Syria, Iraq, Iran, Kenya, Sweden, Finland, the Sudan, and other countries, who endure serious and difficult persecution, even unto death.

For the Lord to bless **our mission church, Hope Lutheran Mission, in Purcellville**, and **our look into a possible Classical Lutheran School in central/western Fairfax County**.

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Remember to pray for our church officers, board members, and teachers:

President: Peter Brondos  
Vice President: Scott Killian  
Recording Secretary: TJ Myers  
Treasurer: Logan Hansen  
Financial Secretary: Dave Fields  
Executive Board, Member-at-Large: Rob Douthwaite  
  
Board of Elders: Jay Hertel (Chair), Scott Killian  
Board of Evangelism and Outreach: Kathy Kielmeyer, Elise Mertz, Nancy Nus, and Herb and Maria Prawius  
Church Technology Council: Michael O'Connor, Rob Douthwaite, Jay Hertel, and Jonathan Malekzadeh  
  
Building Committee: Rob Douthwaite, Jay Hertel, and Scott Killian  
Investment Committee: Logan Hansen, Anthony Johnson, and Scott Killian  
Social Media Coordinator: Rachel Hebert  
Commission on Mercy: Nancy Nelson and Grace Killian  
Sunday School Teachers: Laurie Douthwaite and Scott Killian  
Pastoral Assistant: Grace Killian

For all who have placed their hope and trust in the name of Your beloved Son, but especially for those Christians in Egypt, Syria, Iraq, Iran, Kenya, Sweden, Finland, the Sudan, and other countries, who endure serious and difficult persecution, even unto death.

For the Lord to bless a future **deaf mission at St. Athanasius, our mission church, Hope Lutheran Church, in Purcellville, and our look into a possible Classical Lutheran School in central/western Fairfax County.**

### About this Sunday: The Fourth Sunday in Lent

#### *Jesus Is Lifted Up on the Cross so that We May Look to Him and Live*

The people sinned by speaking “against God and against Moses,” and the Lord called them to repentance by sending fiery serpents, which “bit the people, so that many people of Israel died” (Num. 21:4–6). When the people confessed their sin, the Lord provided a means of rescue from death. He instructed Moses to “make a fiery serpent and set it on a pole,” so that “if a serpent bit anyone, he would look at the bronze serpent and live” (Num. 21:8–9). Thus, God sent His Son into the world, in the likeness of our sin and death, and lifted Him up on the pole of the cross, that whoever looks to Him in faith “may have eternal life” (John 3:14–16). By His cross, “the light has come into the world,” not for condemnation, but “that the world might be saved through him” (John 3:17–19). While we “were dead in the trespasses and sins” in which we once lived (Eph. 2:1), God loved us, calling us to repentance and raising us up with Christ to live “with him in the heavenly places” (Eph. 2:4–6).



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## This Week at Saint Athanasius

TODAY	Executive Board, 12:00 Noon
Monday-Friday	Morning Prayer on the Web, 7:00 am
Tuesday, March 12	School Chapel, 8:30 am
	Adult Catechesis, 7:00 pm
Wednesday, March 13	<b>Lenten Vespers Service, 7:30 pm</b>
Thursday, March 14	School Chapel, 8:30 am
	Youth Catechesis, 4:30 pm
Sunday, March 17	<i>The Fifth Sunday in Lent / Start of Passiontide</i>
	Private Absolution, 8:00-8:30 am
	Hope Lutheran Mission Divine Service, 2:00 pm

Next week's hymns: 420, 430, 624, 743, 436, 421

**FOR YOU blog** – Spread the word! [hopeandhelp-foryou.blogspot.com](http://hopeandhelp-foryou.blogspot.com)

**Homeschool Chapel:** Have you checked it out? If not, why not? Join us live every Tuesday and Thursday morning at 8:30 on our YouTube channel, or watch the recording later. Take advantage of this opportunity to be in the Word of God and prayer.

**Lenten Life Calendar:** Thank God for His gift of life! Hear what He says about life, and the deceptions of the world. [lentenlifecalendar.blogspot.com](http://lentenlifecalendar.blogspot.com)

**Congregational Lenten Alms:** Consider helping us reach our goal of \$6,000 as a congregation. We're almost halfway there! Be inspired by our Lenten Life Calendar. Commitment cards available in the Narthex.

**Life Thought:** "With gentleness and respect, we witness to our faith in Jesus so that others will come to believe in Him and eagerly await His return. All who confess Jesus as Lord look forward to His Second Coming with a joy far greater than idle mirth. We are encouraged as we remind each other that our Savior is coming back, and we pray that He would 'hear and grant our fervent plea.' Come, Lord Jesus!"  
*Dr. Carol Geisler – A Life Quote from Lutherans For Life • [lutheransforlife.org](http://lutheransforlife.org)*

**Your Comprehensive Source for News, Information, and Truth . . .** Issues, Etc. is a radio talk show and podcast produced by Lutheran Public Radio in Collinsville, IL and hosted by LCMS Pastor Todd Wilken. This week's topics include: The Promises of God, Embryo Adoption, Making Parenting Easier, The Book of Mormon and more. You can listen at your convenience at [issuesetc.org](http://issuesetc.org), the LPR mobile app, Amazon Alexa, Google Home, Apple HomePod or your favorite podcast provider.

### **Coming Soon:**

Lenten Midweek Vespers, March 13, 20  
Last Monday @ Malek's, March 25  
Holy Week, March 25-30



Create cards to bring some cheer to a cancer patient. Be one of **"Phil's Friends!"** See Nancy Nelson or Grace Killian for more information.