



Saint Athanasius at Prayer

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

The First Week of Advent ✚
December 2-7, 2024

2024-25 School Year Theme Verse

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.

~ Colossians 3:16

This Week: Happy Advent! Advent is a season of hope and joy and repentance. All three of those things go together. For without repentance we have no hope, and without hope we have no joy. So in Advent we hear from John the Baptist, who was sent to prepare the way for Jesus by calling the people then - and us today - to repentance, that with the forgiveness of our sins we also have hope and joy in Jesus. We will also hear from St. Paul this week, who speaks about good works. These, too, flow from repentance and faith as Jesus works in us all that is good and pleasing to Him. What those good works are will depend on your place in life. God gives us each different people to care for with our good works. But we can all help and serve others as we wait for Jesus' coming - His coming at Christmas, and His coming in glory on the Last Day.

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 66:1-12 *(see next page)*

Scripture for the Week to Read and Discuss

Monday	Psalm 66:1-12	<i>The psalmist tells us to sing praises to God and the glory of His name. Why? What things are listed here? What things could you add to that list from your own life? What if difficulties come? Can we praise God even from them? Why?</i>
Tuesday	Malachi 4:1-6	<i>Malachi talks about two very different outcomes for people when the Lord comes again in glory – what are they? Why are they? Which does God want? Therefore who will He send to help and prepare us? Who is this?</i>
Wednesday	Romans 15:4-13	<i>Did Jesus come from some people or for all people? How does Jesus bring all people together in unity? How are we all alike? What do we all need?</i>
Thursday	Malachi 3:1-7b	<i>Why do we need someone to prepare the way of the Lord? What get in the way of our following the Lord? What is the Lord coming to do? What is refining? Why do we need that? What if God didn't do this? What trouble would we be in?</i>
Friday	Philippians 1:2-11	<i>Paul talks about good works in these verses. Where do good works come from? What role does Jesus play in our good works? Why does this bring Paul joy and thanksgiving? How can it do the same for us</i>
Saturday	Luke 3:1-20	<i>What did John the Baptist tell the crowds to do? What do we <u>all</u> need to do? But what is different for different people? Why are there differences? How do repentance and good works go together?</i>

Learn by Heart

Scripture: Philippians 1:6 – *"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."*

Catechism: The Creed - The Second Article: And [I believe] in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. The third day He rose again from the dead. He ascended into heaven and sits at the right hand of God the Father Almighty. From thence He will come to judge the living and the dead.

*What does this mean? *

I believe that Jesus Christ, true God, begotten of the Father from eternity, and also true man, born of the virgin Mary, is my Lord,
who has redeemed me, a lost and condemned person, purchased and won me from all sins, from death, and from the power of the devil; not with gold or silver, but with His holy, precious blood and with His innocent suffering and death,
that I may be His own and live under Him in His kingdom and serve Him in everlasting righteousness, innocence, and blessedness,
just as He is risen from the dead, lives and reigns to all eternity.
This is most certainly true.

Prayers

Collect for the Week: Stir up our hearts, O Lord, to make ready the way of Your only-begotten Son, that by His coming we may be enabled to serve You with pure minds; through Jesus Christ, our Lord. Amen.

Pray for Vivian and Lilian.

Pray that Jesus help you repent of your sins and serve others with good works in hope and joy.

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

Psalm 66:1-12



- ¹Shout for joy to God, | all the earth; *
²sing the glory of his name;
give to him | glorious praise!
- ³Say to God, "How awesome | are your deeds! *
So great is your power that your enemies come cringing | to you.
- ⁴All the earth worships you
and sings prais- | es to you; *
they sing praises | to your name."
- ⁵Come and see what | God has done: *
he is awesome in his deeds toward the chil- | dren of man.
- ⁶He turned the sea into | dry land; *
they passed through the riv- | er on foot.
There did we rejoice in him,
⁷who rules by his might forever,
whose eyes keep watch on the | nations— *
let not the rebellious ex- | alt themselves.
- ⁸Bless our God, O | peoples; *
let the sound of his | praise be heard,
⁹who has kept our soul among the | living *
and has not let our | feet slip.
- ¹⁰For you, O God, have | tested us; *
you have tried us as sil- | ver is tried.
- ¹¹You brought us in- | to the net; *
you laid a crushing burden | on our backs;
¹²you let men ride o- | ver our heads; *
we went through fire and through water;
yet you have brought us out to a place of a- | bundance.

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: 344 On Jordan's Bank the Baptist's Cry

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



1 On Jor - dan's bank the Bap - tist's cry An - nounc - es
2 Then cleansed be ev - 'ry life from sin; Make straight the
3 We hail Thee as our Sav - ior, Lord, Our ref - uge
4 Lay on the sick Thy heal - ing hand And make the
△ 5 All praise, e - ter - nal Son, to Thee Whose ad - vent



that the Lord is nigh; A - wake and hear - ken,
way for God with - in, And let us all our
and our great re - ward; With - out Thy grace we
fall - en strong to stand; Show us the glo - ry
sets Thy peo - ple free, Whom with the Fa - ther



for he brings Glad tid - ings of the King of kings!
hearts pre - pare For Christ to come and en - ter there.
waste a - way Like flow'rs that with - er and de - cay.
of Thy face Till beau - ty springs in ev - 'ry place.
we a - dore And Ho - ly Spir - it ev - er - more.

Text: Charles Coffin, 1676-1749; tr. composite
Tune: adapt. Michael Praetorius, 1571-1621
Text and tune: Public domain

Acknowledgments

Liturgy sections from Lutheran Service Book

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