



Saint Athanasius at Prayer

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

The Second Week of Epiphany †

January 19-24, 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: We will celebrate another special day in the life of the Church this Sunday as we commemorate the Conversion of Saint Paul. Paul (then known as Saul) persecuted the Church by persecuting and arresting Christians. But Jesus appeared to him and revealed the truth to Saul, and from that moment on, Saul (now Paul) turned his energies *for* the Church and preached the Gospel far and wide! He gave up a lot in his life because of this, but he gained even more. And He was sure of the Gospel because it was not from man, but from God, and all things from God are certain and sure. We need that certainty as we live in a world that is uncertain and constantly changing. In the midst of it all, we have the rock of Jesus as our foundation. He will not let us down.

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 67 (see next page)

Scripture for the Week to Read and Discuss

Monday	Isaiah 9:1-4	<i>What is the deep darkness Israel (and all people!) walk in? What caused it? What light do we need? How did God shine that light on us? How does He still today?</i>
Tuesday	1 Corinthians 1:10-18	<i>Why are there divisions among Christians and Churches today? Do these divisions matter? Why? But how are we also united in Christ? Why is this important?</i>
Wednesday	Matthew 4:12-25	<i>How was the kingdom of heaven "at hand" in Jesus? Whose hands touched Him? Who were touched by His hands? What happened with these touches? How does Jesus still touch us and bless us today?</i>
Thursday	Acts 9:1-22	<i>What was Saul doing before Jesus appeared to him? Why? How did Jesus appear to Saul? What did Saul do after this? Do you think people today can change like Saul did? Why? How?</i>
Friday	Galatians 1:11-24	<i>Why must the Gospel come from God and not man? How is the Gospel different than how man thinks and acts? How sure are the things that come from man? How sure are the things that come from God? Why do we need this certainty?</i>
Saturday	Matthew 19:27-30	<i>When we follow Jesus, do we lose more or gain more? Why? What do we lose? What do we gain?</i>

Learn by Heart

Scripture: Matthew 19:30 – “Many who are first will be last, and the last first.”

Catechism: **The Creed - The Third Article:** I believe in the Holy Spirit, the holy Christian Church, the communion of saints, the forgiveness of sins, the resurrection of the dead, and the life everlasting. Amen.

What does this mean? I believe that I cannot by my own reason or strength believe in Jesus Christ, my Lord, or come to Him; but the Holy Spirit has called me by the Gospel, enlightened me with His gifts, sanctified and kept me in the true faith.

In the same way He calls, gathers, enlightens, and sanctifies the whole Christian Church on earth, and keeps it with Jesus Christ in the one true faith.

In this Christian Church He daily and richly forgives all my sins and the sins of all believers.
On the Last Day He will raise me and all the dead, and give eternal life to me and all believers in Christ.
This is most certainly true.

Prayers

Collect for the Week: Almighty God, You turned the heart of him who persecuted the Church and by his preaching caused the light of the Gospel to shine throughout the world. Grant us ever to rejoice in the saving light of Your Gospel and, following the example of the apostle Paul, to spread it to the ends of the earth; 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 Cyrus and Asher

Pray that the Word and Spirit of God come to all people to turn them to Him in faith, like Saul.

Pray the Lord's Prayer, and either the Morning or Evening Prayer.

(Consult the "Companion Sheet" for the words of these prayers.)

Psalm 67



¹May God be gracious to us and | bless us*

and make his face to shine up- | on us,

²that your way may be | known on earth,*

your saving power among all | nations.

³Let the peoples praise you, | O God;*

let all the peoples | praise you!

⁴Let the nations be glad and | sing for joy,*

for you judge the peoples with equity

and guide the nations up- | on earth.

⁵Let the peoples praise you, | O God;*

let all the peoples | praise you!

⁶The earth has yielded its | increase;*

God, our God, shall | bless us.

⁷God shall | bless us;*

let all the ends of the earth | fear him!

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: 839 O Christ, Our True and Only Light

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



1 O Christ, our true and on - ly light, En - light - en
2 Fill with the ra - diance of Your grace The souls now
3 O gent - ly call those gone a - stray That they may
4 Shine on the dark - ened and the cold; Re - call the
5 That they with us may ev - er - more Such grace with



those who sit in night; Let those a - far now
lost in er - ror's maze; En - light - en those whose
find the sav - ing way! Let ev - 'ry con - science
wan - d'rers to Your fold. U - nite all those who
won - d'ring thanks a - dore And end - less praise to



hear Your voice And in Your fold with us re - joice.
in - most minds Some dark de - lu - sion haunts and blinds.
sore op - pressed In You find peace and heav'n - ly rest.
walk a - part; Con - firm the weak and doubt - ing heart,
You be giv'n By all Your Church in earth and heav'n.

Text: Johann Heermann, 1585-1647; tr. Catherine Winkworth, 1827-78, alt.

Tune: Andächtige Häus-Kirche, 1676, Nürnberg

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