



## Saint Athanasius at Prayer

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

The Sixth Week of Easter +  
May 11-16, 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: *Alleluia! Christ is risen! He is risen indeed! Alleluia!* This week we reach the fortieth day after Easter, which is the day Jesus ascended into heaven and is seated at the right hand of the Father. That's a big deal because it is not only the Son of God ascended to that position of authority, but *Jesus* - the one who is true God AND true man! Now there is a man on the throne, ruling all things for us. The apostles understood how significant that was, and so were not sad when Jesus ascended, but filled with great joy! Joy that we should have, too. Even though, as we will hear this week also, Christians will have suffering. We still live in a sinful and sin-filled world. Suffering comes from our own sin, the sins of others, the devil, and sometimes even from God! But now matter where it comes from, God is able to use it for our good - and does! We may not see that now or know how Jesus is doing that, but we have His promise, and Jesus never breaks a promise! And one day, all will be revealed to us, when Jesus return in glory. Until that day, we trust and believe. For *Christ is ascended! He is ascended indeed! Alleluia!*

## 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 47 *(see next page)*

### Scripture for the Week to Read and Discuss

<b>Monday</b>	Acts 1:12-26	<i>What qualifications did Judas' replacement need? Why? What would the apostles be doing? Why is this important for the Church still today?</i>
<b>Tuesday</b>	1 Peter 4:12-19; 5:6-11	<i>Why do Christians suffer? Where does our suffering come from? How can we be blessed in suffering? What promises of God does Peter teach us here? How can that help us rejoice when we suffer?</i>
<b>Wednesday</b>	John 17:1-11	<i>How did Jesus glorify His Father? How did the Father glorify Jesus? How are we glorified? How can we glorify God?</i>
<b>Thursday</b>	Acts 1:1-11	<i>How will Jesus "restore the kingdom to Israel?" How will the apostles play a role in that? How does God's kingdom come to us now? When will God's kingdom be finally and fully restored?</i>
<b>Friday</b>	Ephesians 1:15-23	<i>To where did Jesus ascend? What is the "right hand of the Father?" What is meant by that phrase? What is Jesus doing there? For who?</i>
<b>Saturday</b>	Luke 24:44-53	<i>How do you think Jesus opening the Scriptures to the disciples helped them rejoice when He ascended? When we lack joy, how can the Scriptures lead us back to the joy we need?</i>

### Learn by Heart

Scripture: Ephesians 1:22-23 – *"He put all things under his feet and gave him as head over all things to the church, which is his body, the fullness of him who fills all in all."*

Catechism: **The Office of the Keys** - *What do you believe according to these words?* I believe that when the called ministers of Christ deal with us by His divine command, in particular when they exclude openly unrepentant sinners from the Christian congregation and absolve those who repent of their sins and want to do better, this is just as valid and certain, even in heaven, as if Christ our dear Lord dealt with us Himself.

## Prayers

Collect for the Week: Almighty God, as Your only-begotten Son, our Lord Jesus Christ, ascended into the heavens, so may we also ascend in heart and mind and continually dwell there with Him, who lives and reigns with You and the Holy Spirit, one God, now and forever. Amen.

Pray for Emelyn, Hudson, and Joeline

Pray for the Holy Spirit to help you understand the Scriptures and rejoice in Jesus at all times.

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

## Psalm 47



<sup>1</sup>Clap your hands, all | peoples!\*

Shout to God with loud | songs of joy!

<sup>2</sup>For the LORD, the Most High, is | to be feared,\*

a great king over | all the earth.

<sup>3</sup>He subdued peoples | under us,\*

and nations un- | der our feet.

<sup>4</sup>He chose our heritage | for us,\*

the pride of Jacob | whom he loves.

<sup>5</sup>God has gone up | with a shout,\*

the LORD with the sound of a | trumpet.

<sup>6</sup>Sing praises to God, sing | praises!\*

Sing praises to our King, sing | praises!

<sup>7</sup>For God is the King of | all the earth,\*

sing praises | with a psalm!

<sup>8</sup>God reigns over the | nations,\*

God sits on his | holy throne.

<sup>9</sup>The princes of the peoples gather

as the people of the God of | Abraham.\*

For the shields of the earth belong to God;

he is highly ex- | alted!

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: 494 See, the Lord Ascends in Triumph

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



1 See, the Lord as - cends in tri - umph; Con - qu'ring King in  
2 Who is this that comes in glo - ry With the trump of  
3 While He lifts His hands in bless - ing, He is part - ed  
4 Now our heav'n - ly Aar - on en - ters With His blood with -  
5 He has raised our hu - man na - ture On the clouds to



roy - al state, Rid - ing on the clouds, His char - iot, To His  
ju - bi - lee? Lord of bat - tles, God of ar - mies, He has  
from His friends; While their ea - ger eyes be - hold Him, He up -  
in the veil; Josh - ua now is come to Ca - naan, And the  
God's right hand; There we sit in heav'n - ly plac - es, There with



heav'n - ly pal - ace gate. Hark! The choirs of an - gel voic - es  
gained the vic - to - ry. He who on the cross did suf - fer,  
on the clouds as - cends. He who walked with God and pleased Him,  
kings be - fore Him quail. Now He plants the tribes of Is - rael  
Him in glo - ry stand. Je - sus reigns, a - dored by an - gels;



Joy - ful al - le - lu - ias sing, And the por - tals  
He who from the grave a - rose, He has van - quished  
Preach - ing truth and doom to come, He, our E - noch,  
In their prom - ised rest - ing place; Now our great E -  
Man with God is on the throne. By our might - y



high are lift - ed To re - ceive their heav'n - ly King.  
sin and Sa - tan; He by death has crushed His foes.  
is trans - lat - ed To His ev - er - last - ing home.  
li - jah of - fers Dou - ble por - tion of His grace.  
Lord's as - cen - sion We by faith be - hold our own.

Text: Christopher Wordsworth, 1807-85, abr., alt.  
Tune: Henry T. Smart, 1813-79  
Text and tune: Public domain

## Acknowledgments

Liturgy sections from Lutheran Service Book

Unless otherwise indicated, Scripture quotations are from the ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

Created by Lutheran Service Builder © 2018 Concordia Publishing House. Lutheran Service Book Hymn License: 110019268