

Congregation at Prayer
✠ Second Sunday after Christmass ✠

*A Guide for Daily Family Prayer
For the Week of January 6th to 12th*

Catechesis Notes for the Week...

“Do not be anxious about anything...” – easier said than done! We’re anxious about everything. We’re anxious about work and whether we’ll be able to make all our payments. We’re anxious about school, whether we’ll pass the class, or get good enough grades for college, or whether our kids will meet the right friends. We’re anxious about what we eat, whether we’ll keep the diet or eat something that makes us sick. We worry about whether our kids will come home, whether our marriage will last, whether our homes are safe. The list goes on.

But St. Paul says,

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

Paul’s answer to our many fears and anxieties isn’t a game plan for how to hold it all together. He doesn’t say that as long as you keep tabs on each item, make your check-lists, and work diligently, all will be well. Instead, he offers us prayer. Prayer is what holds all together.

How often do we think we must get up and do something instead of or prior to prayer? We feel the need to get things under our control before we can relax and pray. We say we’ll pray later, once things calm down a bit. But Paul suggests the single greatest thing to do is to pray.

Why? The Lord’s Prayer helps to answer the why:

“For Thine is the kingdom and the power and the glory forever and ever.”

Prayer is the single most important and powerful remedy to our anxieties, for prayer is nothing but trusting all to be under God’s control. It offers Him our problems our fears our stresses and frustrations. And then trusts Him to do as He has promised: to give us all that we need to support this body and life.

Our Heavenly Father is able to do all this because all is His. His is the Kingdom, His is the power, His is the glory. And all this, He desires for us. He wants us to rest in His Kingdom, to be healed and forgiven by His power, and to share in His glory. Prayer is simply trusting God with everything.

And then there’s the “Amen,” which is our confession that our prayer is heard and delights God, our Savior. Amen is the word of faith, the word that shows our trust in God to hear and answer. So let your Amen ring out—every chance you get—for that’s the response of faith.

The Cure for Anxiety

Responsive Prayer 2, *Lutheran Service Book* p.285

Learn-By-Heart Scripture...

Philippians 4:6

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

Learn-By-Heart Catechism...

The Lord’s Prayer

Conclusion: For Thine is the kingdom and the power and the glory forever and ever. Amen.

What does this mean?

This means that I should be certain that these petitions are pleasing to our Father in heaven, and are heard by Him; for He himself has commanded us to pray in this way and has promised to hear us. Amen, amen means “yes, yes, it shall be so.”

Daily Readings...

Monday (1/6): Isaiah 58:1-59:3, 14-21; Luke 1:26-38

Tuesday (1/7): Isaiah 60:1-22; Luke 1:39-56

Wednesday (1/8): Isaiah 61:1-11; Luke 1:57-80

Thursday (1/9): Ezekiel 3:12-27; Romans 2:1-16

Friday (1/10): Ezekiel 18:1-4, 19-32; Romans 2:17-29

Saturday (1/11): Ezekiel 33:1-20; Romans 3:1-18

Sunday (1/12): Ezekiel 34:1-24; Romans 3:19-31

Prayer of the Week...

Almighty God, You have poured into our hearts the true Light of Your incarnate Word. Grant that this Light may shine forth in our lives; through the same Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever. Amen.

Psalm of the Week...

Psalm 147

Hymn of the Week... “Dear Christians, One and All Rejoice!” 556

Looking Forward to Next Week...

Epiphany: Isaiah 60:1-6 Ephesians 3:1-12 Matthew 2:1-12

Baptism of Our Lord: Isa 42:1-9 Rom 6:1-11 Matthew 3:13-17