



**For your life in Christ the Week of  
Second Sunday in Advent  
(Populus Zion)  
December 5-11, 2022**

*How to use this resource:* 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 dictate. You will need your Bible, a Catechism, and an LSB Hymnal. Other resources named within may enrich your meditation.

***Begin***

***Invocation***

*The sign of the cross + may be made by all in remembrance of their baptism.*

In the name of the Father and of the + Son and of the Holy Spirit.

**Amen.**

***Hymn of the Week***

LSB #347 “Comfort, Comfort Ye My People” (vv. 1-2)

***Recite***

***Apostles’ Creed***

I believe in God, the Father Almighty, maker of heaven and earth.  
And 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.

I believe in the Holy Spirit, the holy Christian Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life + everlasting. Amen.

***Verse of the Week: Psalm 80:2b***

“Stir up your might and come to save us!” (ESV)

***The Family Altar***

**A Guide for Daily Meditation and  
Prayer in the Christian Home**

## *Meditate*

### *Psalm: 60-Day Psalm Schedule*

	<i>Mon.</i>	<i>Tues.</i>	<i>Wed.</i>	<i>Thurs.</i>	<i>Fri.</i>	<i>Sat.</i>	<i>Sun.</i>
<b>Morning</b>	78	80	82, 84	85	88	89	91
<b>Evening</b>	79	81	83	86	87	90	93

### *Daily Bible Stories*

<i>Day</i>	<b>Week 14: Advent Stories</b>
<b>Monday</b>	The Sacrifice of Isaac - Genesis 22:1-19
<b>Tuesday</b>	I Am Appears in the Burning Bush - Exodus 3:1-17
<b>Wednesday</b>	The Passover Is Instituted - Exodus 12:1-14
<b>Thursday</b>	The Death of the Firstborn - Exodus 12:21-30
<b>Friday</b>	The Prophecy of the Virgin Birth - Isaiah 7
<b>Saturday</b>	Look Ahead to Sunday's Readings (see last page)
<b>Sunday</b>	Attend Divine Service

### *Daily Lectionary Readings*

<b>November 28</b>	Is 2:1-22, 1 Pet 1:13-25 <i>Isaiah 3:1-4:6</i>
<b>November 29</b>	Is 5:1-25, 1 Pet 2:1-12 <i>Amos 1:1-9:15</i>
<b>November 30</b>	Is 6:1-7:9, 1 Pet 2:13-25
<b>December 1</b>	Is 7:10-8:8, 1 Pet 3:1-22
<b>December 2</b>	Is 8:9-9:7, 1 Pet 4:1-19
<b>December 3</b>	Is 9:8-10:11, 1 Pet 5:1-14
<b>December 4</b>	Is 10:12-27a, 33-34, 2 Pet 1:1-21

## *Study*

### *The Catechism*

*Participants may choose to study the catechism at their own pace or follow along with the selected portion of the catechism for the week.*

### **2<sup>nd</sup> Article of the Creed (Continue Memorizing)**

See p. 9 of the Learn by Heart Catechism



## *Pray*

### *Kyrie*

Lord, have mercy. Christ, have mercy. Lord, have mercy.

### *Lord's Prayer*

#### *Collect for the Week:*

Stir up Your power, O Lord, and come, that by Your protection we may be rescued from the threatening perils of our sins and saved by Your mighty deliverance; for You live and reign with the Father and the Holy Spirit, one God, now and forever. Amen.

#### *Daily Themes for Prayer*

**Monday:** Pray for faith to live in the promises of Holy Baptism; for one's calling and daily work; for the unemployed; for the salvation and well-being of our neighbors; for schools, colleges, and seminaries; for good government and for peace. **Tuesday:** Pray for deliverance against temptation and evil; for the addicted and despairing, the tortured and oppressed; for those struggling with besetting sins. **Wednesday:** Pray for marriage and family, that husbands and wives, parents and children live in ordered harmony according to the Word of God; for parents who must raise children alone; for our communities and neighborhoods. **Thursday:** Pray for the Church and her pastors; for teachers, deacons, deaconesses, and other church workers; for missionaries and for all who serve the Church; for fruitful and salutary use of the blessed sacrament of Christ's body and blood. **Friday:** Pray for the preaching of the holy cross of our Lord Jesus Christ and for the spread of His knowledge throughout the whole world; for the persecuted and oppressed; for the sick and dying. **Saturday:** Pray for faithfulness to the end; for the renewal of those who are withering in the faith or have fallen away; for receptive hearts and minds to God's Word on the Lord's Day; for pastors and people as they prepare to administer and receive Christ's holy gifts. **Sunday:** Pray for the joy of the resurrection among us; for the fruit of faith nourished by the Word and Sacraments.

*Morning or Evening Prayer from the Catechism*

## Close

### *Blessing*

Let us bless the Lord.

**Thanks be to God.**

The almighty and merciful Lord, the Father, the + Son,  
and the Holy Spirit, bless and preserve us.

**Amen.**

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## Observing the Church Year

### *Liturgical Color(s) of the Week: Blue*

*Blue - The color of the sky, helps convey a message of hope. Just as Christ ascended into heaven by being lifted up into the blue sky, we wait for Him to return from that same blue sky on the last day.*

### *Feasts, Festivals, and Commemorations This Week*

*NOTE: The following resources contain great summaries of the observances of the church year*

1. TDP- "Treasury of Daily Prayer"
2. CS- "Celebrating the Saints"

December 6 - Nicholas of Myra, Pastor (B) (TDP p. 989; CS p. 220)

December 7 - Ambrose of Milan, Pastor and Hymnwriter (B) (TDP p. 992; CS p. 222)

### *Looking Forward to Sunday*

#### **Third Sunday in Advent (Rorate Coeli)**

**Readings:** Isaiah 40:1-8 (9-11); 1 Corinthians 4:1-5; Matthew 11:2-10 (11)

### **John the Baptizer Prepares the Way for the Lord**

The voice of the Baptizer cried out in the wilderness: "*Prepare the way of the Lord . . .*" (Isa. 40:1). John called the people to be made ready for the Messiah's coming through repentance, for "*all flesh is grass*" (Isa. 40:6). Now he asks from prison, "*Are you the one who is to come . . . ?*" (Matt. 11:2). Jesus' works bear witness that He is. The sick are made well; the dead are raised, and the poor have the Gospel preached to them. Their iniquity is pardoned; they have received from the Lord's hand double forgiveness for all their sins. The "*stewards of the mysteries of God*" (1 Cor. 4:1) still deliver Christ's overflowing forgiveness to the poor in spirit, comforting God's people with the word of the Gospel which stands forever. This Gospel produces rejoicing among all those who believe.