

✠✠✠ The Congregation at Prayer ✠✠✠

A Guide for Daily Meditation and Prayer

Week Nineteen: January 4th-January 10th

Catechism

The Close of the Commandments and Explanation

Verse of the Week:

Proverbs 19:21

Psalm of the Week

Psalm 127

Hymn of the Week

396 Arise and Shine in Splendor

Bible Reading for the Week¹

Sunday: Numbers 1:1-16; Matthew 9:14-26

Monday: Numbers 1:17-46; Matthew 9:27-38

Tuesday (*The Epiphany of Our Lord*): Numbers 1:47-54; Matthew 10:1-15

Wednesday: Numbers 2:1-16; Matthew 10:16-25

Thursday: Numbers 2:17-34; Matthew 10:26-42

Friday: Numbers 3:1-26; No NT Reading

Saturday (*Basil the Great, Gregory of Nazianzus, Gregory of Nissa, Pastors and Confessors*):
Numbers 3:27-51; Matthew 11:1-19

¹ Please pre-scan and edit out any content not fit for little ears!

The Order of Meditation and Prayer

Pray and confess as much out loud as you are able, or as your family size and ages dictate. Learn by heart the verse, catechism, and hymn of the week to maximize your catechesis!

Hymn of the Week (Sing if able. If unfamiliar, look up on You Tube! At the very least, read the text out loud)

Invocation*

In the name of the Father ✠ and the Son and the Holy Spirit. Amen.

Apostles' Creed*

Verse(s) of the Week

Psalm of the Week (pray or read the psalm for seven days)

The Readings for the Day*

The Catechism Review for the Week*

Prayers*²

Lord's Prayer

Special Petitions

Morning or Evening Prayer

² For a modified and shortened form, do only the items underlined and *. This would take no more than 10 minutes!