The Congregation at Prayer

*A Guide for Daily Meditation and Prayer*

*for Populus Zion (Advent 2)*

*December 10, 2023*

*Pray and confess aloud as much from the order of meditation and prayer, as you are able, or as your family size and ages dictate. Learn by heart the verse, catechism, and hymn of the week.*

**Catechesis Notes for the week** **– Psalm 102:12-28 – A Prayer to Rely Upon the Goodness of the Lord Under Affliction –** The Lord does not abandon or forsake the promises He has made to His children, even though He lays affliction on our backs. Sometimes we suffer because of our own sins and bad choices. Sometimes we suffer through no direct fault of our own, but simply because we are part of this fallen world. In every instance, we are called to see our afflictions as an instrument of the Lord through which He intends to draw us closer to Himself, or to teach us the mysteries of His grace that we cannot learn in any other way but through the things under which we suffer. So, a pastoral prayer gives voice to what should be the prayer of every Christian: “Comfort us, O God, with Your Holy Spirit that we may patiently endure our afflictions and acknowledge them as a manifestation of Your fatherly will. Preserve us from faintheartedness and despondency, and help us to seek You, the great physician of our souls.” The second half of Psalm 102 draws us into this understanding of the Christian life, by confessing that the Lord endures forever, and the remembrance of His mercy continues throughout the generations. He is the One who builds up Zion, the Church. All the nations shall see this. He regards the prayer of the destitute and afflicted. He looks down from the height of His sanctuary to give help to His childre3n. When He weakens our strength or shortens our days upon the earth, He does so for His kind and loving purposes that will serve for our ultimate good. The Lord’s abiding faithfulness to those who belong to Him is expressed at the center of the psalm: “This will be written for the generation to come, that a people yet to be created may praise the Lord” and at the psalm’s conclusion, “You are the same, and your years will have not end. The children of Your servants will continue and their descendants will be established before You.”

***Invocation* -In the name of the Father and of the T Son and of the Holy Spirit. Amen.**

**Verse:** John 15:7 – If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.

**Apostles’ Creed**

**Psalm of the Week: Psalm 102:12-28**

**Year II – New Testament Stories**

**Bible Readings for the Week**

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| Sunday | Populus Zion Gospel – Luke 21:25-36 |
| Monday | Matthew the Tax Collector – Mark 2:13-17 |
| Tuesday | Fasting and the Sabbath – Mark 2:18-28 |
| Wednesday | **Commemoration of Santa Lucia of Syracuse – Matthew 5:1-12** |
| Thursday | Healing on the Sabbath – Mark 3:1-12 |
| Friday | The Twelve Apostles – mark 3:13-35 |
| Saturday | The Parable of the Sower and the Seed – Mark 4:1-20 |

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| **Catechism: 7th Petition and Conclusion of the Lord’s Prayer** | **Grades** |
| The Seventh Petition:  But deliver us from evil | K+ |
| *What does this mean?*  We pray in this petition, in summary, that our Father in heaven would rescue us from every evil of body and soul, possessions and reputation, and finally, when our last hour comes, give us a blessed end, and graciously take us from this valley of sorrow to Himself in heaven. | 2nd+ |
| Conclusion:  For Thine is the kingdom and the power and glory forever and ever. Amen | K+ |
| *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.” | 3rd+ |