

Contemplative Prayer Form

(Third Sunday of Trinitytide - Year C)



The Liturgy Letter

Note: This is for individual or small group use. It is intended to be a form of contemplative “Lectio Divina” based on the scripture readings for the week and the themes of the liturgical season. Repetition, silence, and intercession are utilized to allow space for focus over a short or long period of time. It may be helpful to use your fingers to count the number of scripture phrases you utter during the times of repetition. The Scripture prayer section is structured for easy use with [Anglican Prayer Beads](#) for those who might find a tactile expression to be helpful (⛦ = Cross ⦿ = Invitatory bead ⬠ = Cruciform bead ● = Weeks bead).

Scripture Reading:

Soon afterward, Jesus went to a town called Nain, and his disciples and a large crowd went along with him. As he approached the town gate, a dead person was being carried out—the only son of his mother, and she was a widow. And a large crowd from the town was with her. When the Lord saw her, his heart went out to her and he said, “Don’t cry.” Then he went up and touched the bier they were carrying him on, and the bearers stood still. He said, “Young man, I say to you, get up!” The dead man sat up and began to talk, and Jesus gave him back to his mother. They were all filled with awe and praised God. “A great prophet has appeared among us,” they said. “God has come to help his people.” This news about Jesus spread throughout Judea and the surrounding country.

-John 7:11-17 (NIV)

Scripture Prayer:

⛦ Worship the Lord in the beauty of holiness. Come, let us adore him.

⦿ O God, you set all things in order in heaven and on earth, put away from us all hurtful things, and give us those things which are profitable for us.

⬠ For God alone my soul in silence waits; truly, my hope is in him.
-Ps. 62:6

● Repeat Seven Times:

Praise the Lord. Praise the Lord, my soul.

-Psalm 146:1

◇ Do not put your trust in princes, in human beings, who cannot save. When their spirit departs, they return to the ground; on that very day their plans come to nothing.

-Psalm 146:3-4

● **Repeat Seven Times:**

Blessed are those...whose hope is in the Lord their God.

-Psalm 146:5

◇ He is the Maker of heaven and earth, the sea, and everything in them—he remains faithful forever.

-Psalm 146:6

● **Repeat Seven Times:**

The Lord reigns forever.

-Psalm 146:10a

◇ He upholds the cause of the oppressed and gives food to the hungry. The Lord sets prisoners free, the Lord gives sight to the blind...

-Psalm 146:7-8a

● **Repeat Seven Times:**

Praise the Lord.

Psalm 146:10b

◇ The Lord lifts up those who are bowed down, the Lord loves the righteous. The Lord watches over the foreigner and sustains the fatherless and the widow, but he frustrates the ways of the wicked.

Psalm 146: 8b-9

✠ *The Lord's Prayer*

✠ The glory of the Lord has been revealed, and all flesh shall see it together. Amen.

Silence

Intercessions

***Pause in between these sentences for silence or specific intercessions**

Keep us steady in faith and set our hearts to desire your Kingdom...

Come, Holy Spirit, heal our wounded souls and misshaped desires...

Free us from anxiety and lead us to trust you...

Bend our rigidity, burn away our apathy...

Free us from anxiety and lead us to trust you...

Guide your Church along the way of the Gospel...

We pray for the leaders of the nations...

O Christ, support those who are going through trials...

For the oppressed and lonely...

For families and friends, for all who have asked for our prayers and who pray for us...

For our country, our region (village, town...), that the Christians there may be witnesses to your life and unity...

Praise Father, Son, and Holy Spirit. Amen.