

Contemplative Prayer Form

(Trinity Sunday - 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:

“I have much more to say to you, more than you can now bear. But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. He will glorify me because it is from me that he will receive what he will make known to you. All that belongs to the Father is mine. That is why I said the Spirit will receive from me what he will make known to you.”

-John 16:12-15 (NIV)

Scripture Prayer:

⛦ In the name of the Father, and the Son, and the Holy Spirit.

⦿ Almighty God, you have given us grace to acknowledge the glory and life of the eternal Trinity, and in the power of your Majesty to worship the Unity. Keep us steadfast in this faith and worship, and bring us at last to see you in your one and eternal glory. Amen.

-Adapted from the *Book of Common Prayer*

◇ When we cry, “Abba! Father!” it is that very Spirit bearing witness with our spirit that we are children of God.

-Romans 8:15b-16

● Repeat Seven Times:

Lord, our Lord, how majestic is your name in all the earth!

-Psalm 8:1a

◇ Does not wisdom call out? Does not understanding raise her voice? At the highest point along the way, where the paths meet, she takes her stand...

-Proverbs 8:1-4

● **Repeat Seven Times:**

You have set your glory in the heavens.

-Psalm 8:1b

◇ When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is mankind that you are mindful of them, human beings that you care for them?

-Psalm 8:3-4

● **Repeat Seven Times:**

Through the praise of children and infants you have established a stronghold against your enemies.

-Psalm 8:2a

◇ Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand.

-Romans 5:1-2a

● **Repeat Seven Times:**

Lord, our Lord, how majestic is your name in all the earth!

-Psalm 8:1a

◇ And we boast in the hope of the glory of God. Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

-Romans 5:2b-5

✿ *The Lord's Prayer*

✙ Holy is our Lord God, who was and is and is to come! Amen.

Silence

Intercessions

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

Lord, may your life be reflected among us and your love set us free.

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

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

Bend our rigidity, inflame our apathy.

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 those who work with the oppressed, with foreigners and with the lonely...

We entrust to you our families and friends, 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.