

Contemplative Prayer Form

(14th 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:

On a Sabbath Jesus was teaching in one of the synagogues, and a woman was there who had been crippled by a spirit for eighteen years. She was bent over and could not straighten up at all. When Jesus saw her, he called her forward and said to her, “Woman, you are set free from your infirmity.” Then he put his hands on her, and immediately she straightened up and praised God.

Indignant because Jesus had healed on the Sabbath, the synagogue leader said to the people, “There are six days for work. So come and be healed on those days, not on the Sabbath.”

The Lord answered him, “You hypocrites! Doesn’t each of you on the Sabbath untie your ox or donkey from the stall and lead it out to give it water? Then should not this woman, a daughter of Abraham, whom Satan has kept bound for eighteen long years, be set free on the Sabbath day from what bound her?” When he said this, all his opponents were humiliated, but the people were delighted with all the wonderful things he was doing.

-Luke 13:10-17 (NIV)

Scripture Prayer:

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

✠ Grant, O merciful God, that your Church, being gathered in unity by your Holy Spirit, may show your power among all peoples. Amen.

◇ Praise the Lord, my soul; all my inmost being, praise his holy name.
-Ps. 103:

- **Repeat Seven Times:**

Praise the Lord, my soul, and forget not all his benefits...
-Psalm 103:2

◇ ...who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.
-Psalm 103:3-5

- **Repeat Seven Times:**

The Lord works righteousness and justice for all the oppressed.
-Psalm 103:6

◇ He made known his ways to Moses, his deeds to the people of Israel:
-Psalm 103:7

- **Repeat Seven Times:**

The Lord is compassionate and gracious, slow to anger, abounding in love.
-Psalm 103:8

◇ ...you have come to Mount Zion, to the city of the living God, the heavenly Jerusalem. You have come to thousands upon thousands of angels in joyful assembly, to the church of the firstborn, whose names are written in heaven. You have come to God, the Judge of all, to the spirits of the righteous made perfect, to Jesus the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.
-Hebrews 12:22-24

- **Repeat Seven Times:**

See to it that you do not refuse him who speaks.
-Hebrews 12:25a

◇ Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, for our "God is a consuming fire."
-Hebrews 12:28

✠ *The Lord's Prayer*

✠ The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all evermore. Amen.

Silence

Intercessions

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

Father, help your Church to remain joyful: steadfast in prayer, worship, and the proclamation of your gospel. Help your people everywhere to find refuge in you. Guide your Church in this place and around the world...

Jesus, without your faithful mercy, we will fall: Deliver us from the wicked. Keep us from hurtful things and set our hearts to desire your Kingdom and learn your ways...

Holy Spirit, heal our wounded souls with Sabbath rest. Feed our desires with good things. Free us from slavery to lesser loves and lead us to trust in you...

Lord, defend the weak and the fatherless; uphold the cause of the poor and the oppressed. Rescue the weak and the needy; deliver them from the grasp of those who are evil and cruel.

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

Lord, you satisfy us with good things. Help us to be grateful. Teach us to find joy in the gifts you have given us. Show us how to use these gifts to create things which lead to life and participate in your love.

Lord, keep us faithful to the apostles' teaching and fellowship, unite us in prayer, the breaking of the bread, and simplicity of heart, in Jesus Christ our Lord.

Amen.