

Contemplative Prayer Form

(Pentecost Sunday - Year A)



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 the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, “Peace be with you!” After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.

Again Jesus said, “Peace be with you! As the Father has sent me, I am sending you.” And with that he breathed on them and said, “Receive the Holy Spirit. If you forgive anyone’s sins, their sins are forgiven; if you do not forgive them, they are not forgiven.”

-John 20:19-23 (NIV)

On the last and greatest day of the festival, Jesus stood and said in a loud voice, “Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.” By this he meant the Spirit, whom those who believed in him were later to receive. Up to that time the Spirit had not been given, since Jesus had not yet been glorified.

-John 7:37-39 (NIV)

Scripture Prayer:

✝ The Spirit of the Lord fills the whole earth. Let us praise his name.

✿ O God, King of Glory, you have exalted your only Son Jesus Christ: do not leave us comfortless, but send your Holy Spirit to strengthen us to follow where he leads. Amen.

◇ How many are your works, Lord! ... the earth is full of your creatures.
-Psalm 104:24

- **Repeat Seven Times:**

In wisdom you made them all ...
-Psalm 104:24

◇ All creatures look to you ... when you open your hand, they are satisfied with good things ... When you hide your face, they are terrified ...
-Psalm 104: 27a, 28a, 29a

- **Repeat Seven Times:**

When you send your Spirit, they are created, and you renew the face of the ground
-Psalm 104:30

◇ May the glory of the Lord endure forever; may the Lord rejoice in his works—
-Psalm 104:31

- **Repeat Seven Times:**

I will sing to the Lord all my life ...
-Psalm 104:33a

◇ “Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.”
-John 7:37-38

- **Repeat Seven Times:**

Praise the Lord, my soul.
-Psalm 104:35:b

◇ “Peace be with you! As the Father has sent me, I am sending you.”
-John 20:21

✿ *The Lord's Prayer*

✝ Thanks be to God, who gives us the victory over death through Jesus Christ our Lord. To him be the power for ever and ever. Amen.

Silence

Intercessions

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

Ascended Lord, gather all the nations into your care. Guide our leaders ...

Come, Holy Spirit, guide us into all truth and shape our desires ...

Free us from anxiety, sadness, and self righteousness ...

Guide and gather your Church in this place and around the world. Send your Spirit to make us one as you are one....

Holy Father, gently 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 the unity brought by your Spirit ...

Praise Father, Son, and Holy Spirit. Amen.