

Contemplative Prayer Form

(Second Sunday of Easter - Year B)



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: John 20:19-31 (NIV)

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.”

Now Thomas (also known as Didymus), one of the Twelve, was not with the disciples when Jesus came. So the other disciples told him, “We have seen the Lord!”

But he said to them, “Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe.”

A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, “Peace be with you!” Then he said to Thomas, “Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe.”

Thomas said to him, “My Lord and my God!”

Then Jesus told him, “Because you have seen me, you have believed; blessed are those who have not seen and yet have believed.”

Jesus performed many other signs in the presence of his disciples, which are not recorded in this book. But these are written that you may believe that Jesus is the Messiah, the Son of God, and that by believing you may have life in his name.

Scripture Prayer:

✝ Christ is risen! Come, let us adore him.

✝ Almighty God, open the eyes of our faith, that we may behold Christ in all his redeeming work; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and forever. Amen.

◇ If we claim to be without sin, we deceive ourselves and the truth is not in us.
-1 John 1:8

● **Repeat Seven Times:**

God is light; in him there is no darkness at all.

-1 John 1:5b

◇ But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.
-1 John 1:7

● **Repeat Seven Times:**

How good and pleasant it is when God’s people live together in unity!

-Psalm 133:1

◇ For there the Lord bestows his blessing, even life forevermore.
-Psalm 133:3b

● **Repeat Seven Times:**

He is the atoning sacrifice for our sins...

-1 John 2:2a

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

● **Repeat Seven Times:**

“My Lord and my God!”

-John 20:28b

◇ ...these are written that you may believe that Jesus is the Messiah, the Son of God, and that by believing you may have life in his name.
-John 20:31

✿ *The Lord's Prayer*

✝ Praise Father, Son, and Holy Spirit. Amen.

Silence + Intercessions