

Contemplative Prayer Form

(Third 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: Luke 24:36b-48 (NIV)

While they were still talking about this, Jesus himself stood among them and said to them, “Peace be with you.”

They were startled and frightened, thinking they saw a ghost. He said to them, “Why are you troubled, and why do doubts rise in your minds? Look at my hands and my feet. It is I myself! Touch me and see; a ghost does not have flesh and bones, as you see I have.”

When he had said this, he showed them his hands and feet. And while they still did not believe it because of joy and amazement, he asked them, “Do you have anything here to eat?” They gave him a piece of broiled fish, and he took it and ate it in their presence.

He said to them, “This is what I told you while I was still with you: Everything must be fulfilled that is written about me in the Law of Moses, the Prophets and the Psalms.”

Then he opened their minds so they could understand the Scriptures. He told them, “This is what is written: The Messiah will suffer and rise from the dead on the third day, and repentance for the forgiveness of sins will be preached in his name to all nations, beginning at Jerusalem. You are witnesses of these things.

Scripture Prayer:

✙ Alleluia! 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.

◇ Answer me when I call to you, my righteous God. Give me relief from my distress;
-Psalm 4:1a

● **Repeat Seven Times:**

... have mercy on me and hear my prayer.

-Psalm 4:1b

◇ How long will you people turn my glory into shame? How long will you love delusions and seek false gods? Know that the Lord has set apart his faithful servant for himself ...
-Psalm 4:2-3a

● **Repeat Seven Times:**

... the Lord hears when I call to him.

-Psalm 4:3b

◇ Tremble and do not sin; when you are on your beds, search your hearts and be silent. Offer the sacrifices of the righteous...
-Psalm 4:4-5a

● **Repeat Seven Times:**

... trust in the Lord...

-Psalm 4:5b

◇ Many, Lord, are asking, "Who will bring us prosperity?" Let the light of your face shine on us. Fill my heart with joy when their grain and new wine abound.
-Psalm 4:6-7

● **Repeat Seven Times:**

... you alone, Lord, make me dwell in safety.

-Psalm 4:8b

◇ In peace I will lie down and sleep ... While they were still talking about this, Jesus himself stood among them and said to them, "Peace be with you."
-Psalm 4:8a, Luke 24:36

✿ *The Lord's Prayer*

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

Silence + Intercessions