

Contemplative Prayer Form

(Ascension Sunday - 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 24:44-53 (NIV)

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. I am going to send you what my Father has promised; but stay in the city until you have been clothed with power from on high.”

When he had led them out to the vicinity of Bethany, he lifted up his hands and blessed them. While he was blessing them, he left them and was taken up into heaven. Then they worshiped him and returned to Jerusalem with great joy. And they stayed continually at the temple, praising God.

Scripture Prayer:

- ✙ Alleluia! Christ has ascended! Come, let us adore him.

- ◉ Almighty God, give us the faith to perceive that the ascended Christ abides with his church always. Amen.

- ⬠ Clap your hands, all you nations; shout to God with cries of joy. For the Lord Most High is awesome, the great King over all the earth.
-Psalm 47:1-2

● **Repeat Seven Times:**

God has ascended amid shouts of joy
-Psalm 47:5a

- ◇ He subdued nations under us, peoples under our feet.
-Psalm 47:3

● **Repeat Seven Times:**

Sing praises to God...sing praises to our King,
-Psalm 47:6

- ◇ For God is the King of all the earth; sing to him a psalm of praise.
-Psalm 47:7

● **Repeat Seven Times:**

God reigns over the nations; God is seated on his holy throne.
-Psalm 47:8

- ◇ The nobles of the nations assemble as the people of the God of Abraham, for the kings of the earth belong to God; he is greatly exalted.
-Psalm 47:9

● **Repeat Seven Times:**

...he raised Christ from the dead and seated him at his right hand in the heavenly realms...
-Ephesians 1:20

- ◇ ...far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. And God placed all things under his feet and appointed him to be head over everything for the church, which is his body, the fullness of him who fills everything in every way.
-Ephesians 1:21-23

✪ *The Lord's Prayer*

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

Silence + Intercessions