

Contemplative Prayer Form

(Pentecost Sunday - Year B)



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 - John 15:26-27; 16:4b-15 (NIV)

“When the Advocate comes, whom I will send to you from the Father—the Spirit of truth who goes out from the Father—he will testify about me. And you also must testify, for you have been with me from the beginning...

I have told you this, so that when their time comes you will remember that I warned you about them. I did not tell you this from the beginning because I was with you, but now I am going to him who sent me. None of you asks me, ‘Where are you going?’ Rather, you are filled with grief because I have said these things. But very truly I tell you, it is for your good that I am going away. Unless I go away, the Advocate will not come to you; but if I go, I will send him to you. When he comes, he will prove the world to be in the wrong about sin and righteousness and judgment: about sin, because people do not believe in me; about righteousness, because I am going to the Father, where you can see me no longer; and about judgment, because the prince of this world now stands condemned.

“I have much more to say to you, more than you can now bear. But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. He will glorify me because it is from me that he will receive what he will make known to you. All that belongs to the Father is mine. That is why I said the Spirit will receive from me what he will make known to you.”

Scripture Prayer:

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

☼ Ascended Lord, 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! In wisdom you made them all; the earth is full of your creatures.

-Psalm 104:24

● **Repeat Seven Times:**

All creatures look to you to give them their food at the proper time.

-Psalm 104:27

◇ When you give it to them, they gather it up; when you open your hand, they are satisfied with good things. When you hide your face, they are terrified; when you take away their breath, they die and return to the dust.

-Psalm 104:28-29

● **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—he who looks at the earth, and it trembles, who touches the mountains, and they smoke.

-Psalm 104:31-32

● **Repeat Seven Times:**

I will sing to the Lord all my life; I will sing praise to my God as long as I live.

-Psalm 104:33

◇ May my meditation be pleasing to him, as I rejoice in the Lord.

-Psalm 104:34

● **Repeat Seven Times:**

...the Spirit helps us in our weakness.

-Romans 8:26a

◇ We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.

-Romans 8:26b

☼ *The Lord's Prayer*

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

Silence + 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 ...