

Contemplative Prayer Form

(Trinity 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 3:1-17 (NIV)

Now there was a Pharisee, a man named Nicodemus who was a member of the Jewish ruling council. He came to Jesus at night and said, “Rabbi, we know that you are a teacher who has come from God. For no one could perform the signs you are doing if God were not with him.” Jesus replied, “Very truly I tell you, no one can see the kingdom of God unless they are born again.”

“How can someone be born when they are old?” Nicodemus asked. “Surely they cannot enter a second time into their mother’s womb to be born!”

Jesus answered, “Very truly I tell you, no one can enter the kingdom of God unless they are born of water and the Spirit. Flesh gives birth to flesh, but the Spirit gives birth to spirit. You should not be surprised at my saying, ‘You must be born again.’ The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit.”

“How can this be?” Nicodemus asked.

“You are Israel’s teacher,” said Jesus, “and do you not understand these things? Very truly I tell you, we speak of what we know, and we testify to what we have seen, but still you people do not accept our testimony. I have spoken to you of earthly things and you do not believe; how then will you believe if I speak of heavenly things? No one has ever gone into heaven except the one who came from heaven—the Son of Man. Just as Moses lifted up the snake in the wilderness, so the Son of Man must be lifted up, that everyone who believes may have eternal life in him.”

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him.

Scripture Prayer:

✝ In the name of the Father, and of the Son, and of the Holy Spirit.

☼ Almighty God, keep us steadfast in faith and worship, and bring us at last to see you.

◇ Ascribe to the Lord, you heavenly beings, ascribe to the Lord glory and strength...worship the Lord in the splendor of his holiness.

-Psalm 29:1-2b

● **Repeat Seven Times:**

Ascribe to the Lord the glory due his name...

-Psalm 29:2a

◇ The voice of the Lord is over the waters; the God of glory thunders, the Lord thunders over the mighty waters. The voice of the Lord is powerful...

-Psalm 29:3-4a

● **Repeat Seven Times:**

...the voice of the Lord is majestic

-Psalm 29:4b

◇ The voice of the Lord strikes with flashes of lightning. The voice of the Lord shakes the desert...The voice of the Lord twists the oaks and strips the forests bare.

-Psalm 29:7-9a

● **Repeat Seven Times:**

...in his temple all cry, "Glory!"

-Psalm 29:9b

◇ The Lord sits enthroned over the flood; the Lord is enthroned as King forever...the Lord blesses his people with peace.

-Psalm 29:10-11b

● **Repeat Seven Times:**

The Lord gives strength to his people...

-Psalm 29:11a

◇ For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him.

-John 3:16-17

☼ *The Lord's Prayer*

✝ Holy is the Lord God, who was and is and is to come! Amen.