

Contemplative Prayer Form

(Seventh Sunday after the Epiphany - Year C)



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: Luke 6:27-38 (NIV)

“But to you who are listening I say: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you. If someone slaps you on one cheek, turn to them the other also. If someone takes your coat, do not withhold your shirt from them. Give to everyone who asks you, and if anyone takes what belongs to you, do not demand it back. Do to others as you would have them do to you.

“If you love those who love you, what credit is that to you? Even sinners love those who love them. And if you do good to those who are good to you, what credit is that to you? Even sinners do that. And if you lend to those from whom you expect repayment, what credit is that to you? Even sinners lend to sinners, expecting to be repaid in full. But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked. Be merciful, just as your Father is merciful.

“Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven. Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.”

Scripture Prayer:

✚ Nations shall come to your light, and kings to the brightness of your rising.

☼ O Lord, you have taught us that without love whatever we do is worth nothing; Send your Holy Spirit and pour your love into our hearts.

◇ Do not fret because of those who are evil or be envious of those who do wrong...
-Psalm 37:1

● **Repeat Seven Times:**

Trust in the Lord and do good...

-Psalm 37:3a

◇ Take delight in the Lord, and he will give you the desires of your heart.
-Psalm 37:4

● **Repeat Seven Times:**

Commit your way to the Lord; trust in him...

-Psalm 37:5a

◇ He will make your righteous reward shine like the dawn, your vindication like the noonday sun.
-Psalm 37:6

● **Repeat Seven Times:**

Be still before the Lord and wait patiently for him.

-Psalm 37:7

◇ Refrain from anger and turn from wrath; do not fret—it leads only to evil.
-Psalm 37:8

● **Repeat Seven Times:**

Love your enemies, do good to those who hate you...

-Luke 6:27:b

◇ ...love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked. Be merciful, just as your Father is merciful.
-Luke 6: 35-36

☼ *The Lord's Prayer*

✚ The glory of the Lord has been revealed, and all flesh shall see it together. Amen.