

Contemplative Prayer Form

(Second Sunday of Easter - Year C)



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 20:19-23a (NIV)

When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, “Peace be with you.” After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, “Peace be with you. As the Father has sent me, so I send you.” When he had said this, he breathed on them and said to them, “Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them.

Scripture Prayer:

✚ Alleluia! Christ is risen. The Lord is risen indeed. Alleluia!

✿ Everlasting God, you established the New Covenant of reconciliation; grant that we who are reborn into the fellowship of Christ's body may show forth in our lives what we profess by our faith. Amen.

◇ The Lord is my strength and my defense; he has become my salvation.
-Psalm 118:14

● **Repeat Seven Times:**

I will not die but live, and will proclaim what the Lord has done.
-Psalm 118:17

◇ Open for me the gates of the righteous; I will enter and give thanks for the Lord.
-Psalm 118:19

- **Repeat Seven Times:**

I will give you thanks, for you answered me; you have become my salvation.
-Psalm 118:21

- ◇ The stone the builders rejected has become the cornerstone
Psalm 118:22

- **Repeat Seven Times:**

Blessed is he who comes in the name of the Lord...we bless you.
-Psalm 118:26

- ◇ The Lord is God, and he has made his light shine on us.
-Psalm 118:27a

- **Repeat Seven Times:**

Give thanks to the Lord, for he is good; his love endures forever.
-Psalm 118:29

- ◇ Risen Jesus, you breathe your Holy Spirit upon us. You have the words that give life; to whom else would we go but to you, the Risen Lord?

✝ Thanks be to God, who gives us the victory over death through Jesus our Lord. Praise Father, Son, and Spirit. Amen.

Silence and Intercessions