Contemplative Prayer Form

(Third Sunday of Easter - 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: John 21:1-19 (NIV)

Afterward Jesus appeared again to his disciples, by the Sea of Galilee. It happened this way: Simon Peter, Thomas (also known as Didymus), Nathanael from Cana in Galilee, the sons of Zebedee, and two other disciples were together. "I'm going out to fish," Simon Peter told them, and they said, "We'll go with you." So they went out and got into the boat, but that night they caught nothing.

Early in the morning, Jesus stood on the shore, but the disciples did not realize that it was Jesus. He called out to them, "Friends, haven't you any fish?"

"No," they answered. He said, "Throw your net on the right side of the boat and you will find some." When they did, they were unable to haul the net in because of the large number of fish.
Then the disciple whom Jesus loved said to Peter, "It is the Lord!" As soon as Simon Peter heard him say, "It is the Lord," he wrapped his outer garment around him (for he had taken it off) and jumped into the water. The other disciples followed in the boat, towing the net full of fish, for they were not far from shore, about a hundred yards. When they landed, they saw a fire of burning coals there with fish on it, and some bread.

Jesus said to them, "Bring some of the fish you have just caught." So Simon Peter climbed back into the boat and dragged the net ashore. It was full of large fish, 153, but even with so many the net was not torn. Jesus said to them, "Come and have breakfast." None of the disciples dared ask him, "Who are you?" They knew it was the Lord. Jesus came, took the bread and gave it to them, and did the same with the fish. This was now the third time Jesus appeared to his disciples after he was raised from the dead. When they had finished eating, Jesus said to Simon Peter, "Simon son of John, do you love me more than these?"
"Yes, Lord," he said, "you know that I love you."
Jesus said, "Feed my lambs."

Again Jesus said, “Simon son of John, do you love me?”
He answered, “Yes, Lord, you know that I love you.”
Jesus said, “Take care of my sheep.”
The third time he said to him, “Simon son of John, do you love me?”
Peter was hurt because Jesus asked him the third time, “Do you love me?” He said, “Lord, you know all things; you know that I love you.” Jesus said, “Feed my sheep. Very truly I tell you, when you were younger you dressed yourself and went where you wanted; but when you are old you will stretch out your hands, and someone else will dress you and lead you where you do not want to go.” Jesus said this to indicate the kind of death by which Peter would glorify God. Then he said to him, “Follow me!”

Scripture Prayer:

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

❂ O God, whose blessed Son made himself known to his disciples in the breaking of bread: Open the eyes of our faith, that we may behold him in all his redeeming work; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and forever. Amen

◇I will exalt you, Lord, for you lifted me out of the depths and did not let my enemies gloat over me.
-Ps. 30:1

- **Repeat Seven Times:**
  Lord my God, I called to you for help, and you healed me.
  -Psalm 30:2

◇ You, Lord, brought me up from the realm of the dead; you spared me from going down to the pit. Sing the praises of the Lord, you his faithful people; praise his holy name. For his anger lasts only a moment, but his favor lasts a lifetime...
-Psalm 30:3-5a

- **Repeat Seven Times:**
  “...weeping may stay for the night, but rejoicing comes in the morning.”
  -Psalm 30:5b

◇ When I felt secure, I said, “I will never be shaken.” Lord, when you favored me, you made my royal mountain stand firm; but when you hid your face, I was dismayed.
-Psalm 30:6-7

- **Repeat Seven Times:**
  To you, Lord, I called; to the Lord I cried for mercy...
  -Psalm 30:8

◇ “What is gained if I am silenced, if I go down to the pit? Will the dust praise you? Will it proclaim your faithfulness? Hear, Lord, and be merciful to me; Lord, be my help.”
-Psalm 30:9-10

- **Repeat Seven Times:**
  Lord my God, I will praise you forever.
  -Psalm 30:12b

◇ You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, that my heart may sing your praises and not be silent.
-Psalm 30:11-12a

❂ *The Lord's Prayer*

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

Silence and Intercessions