

Contemplative Prayer Form

(Fifth 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 13:31-35 (NIV)

When he was gone, Jesus said, “Now the Son of Man is glorified and God is glorified in him. If God is glorified in him, God will glorify the Son in himself, and will glorify him at once. “My children, I will be with you only a little longer. You will look for me, and just as I told the Jews, so I tell you now: Where I am going, you cannot come. “A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.”

Scripture Prayer:

✙ Alleluia! Christ is risen! Come, let us adore him.

◉ Almighty God, grant that we may know Jesus as the way, the truth, and the life so that we may steadfastly follow him in paths of righteousness and the hope of eternal life.
Amen.

⬠ Praise the Lord from the heavens; praise him in the heights above.
-Psalm 148:1b

● Repeat Seven Times:

Praise the Lord.
-Psalm 148:1a

⬠ Praise him, all his angels; praise him, all his heavenly hosts. Praise him, sun and moon; praise him, all you shining stars. Praise him, you highest heavens and you waters above the skies.

-Psalm 148:2-4

- **Repeat Seven Times:**

...for at his command they were created...

-Psalm 148:5b

◇ Praise the Lord from the earth, you great sea creatures and all ocean depths, lightning and hail, snow and clouds, stormy winds that do his bidding, you mountains and all hills, fruit trees and all cedars, wild animals and all cattle, small creatures and flying birds, kings of the earth and all nations, you princes and all rulers on earth, young men and women, old men and children.

-Psalm 148:7-12

- **Repeat Seven Times:**

...for his name alone is exalted; his splendor is above the earth and the heavens.

-Psalm 148:13b

◇ And he has raised up for his people a horn, the praise of all his faithful servants, of Israel, the people close to his heart.

-Psalm 148:14

- **Repeat Seven Times:**

It is done. I am the Alpha and the Omega, the Beginning and the End.

-Revelation 21:6a

◇ A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.”

-John 13:34

✿ *The Lord's Prayer*

✝ Thanks be to God, who gives us the victory over death through Jesus our Lord. Amen.

Silence + Intercessions