

Contemplative Prayer Form

(Fourth Sunday of Trinitytide - 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 10:1-11,16-20 (NIV)

After this the Lord appointed seventy-two others and sent them two by two ahead of him to every town and place where he was about to go. He told them, “The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field. Go! I am sending you out like lambs among wolves. Do not take a purse or bag or sandals, and do not greet anyone on the road.

“When you enter a house, first say, ‘Peace to this house.’ If someone who promotes peace is there, your peace will rest on them; if not, it will return to you. Stay there, eating and drinking whatever they give you, for the worker deserves his wages. Do not move around from house to house.

“When you enter a town and are welcomed, eat what is offered to you. Heal the sick who are there and tell them, ‘The kingdom of God has come near to you.’ But when you enter a town and are not welcomed, go into its streets and say, ‘Even the dust of your town we wipe from our feet as a warning to you. Yet be sure of this: The kingdom of God has come near.’ “Whoever listens to you listens to me; whoever rejects you rejects me; but whoever rejects me rejects him who sent me.” The seventy-two returned with joy and said, “Lord, even the demons submit to us in your name.”

He replied, “I saw Satan fall like lightning from heaven. I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you. However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven.”

Scripture Prayer:

✝ Worship the Lord in the beauty of holiness. Come, let us adore him.

☉ O God, grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection. Send us out as lambs among wolves to proclaim and embody your Kingdom. 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*

✠ The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all evermore. Amen.

Silence + Intercessions

Father, you have gathered us into the communion of your Church and send us out to proclaim your Kingdom. Give us life and unity through your Spirit. Guide your Church in this place and around the world...

Son of the living God, your faithfulness enables us to remain faithful to you: Keep us steady in faith and set our hearts to desire your Kingdom and to rejoice that our names are written in heaven...

Come, Holy Spirit, heal our wounded souls and misshaped desires. Free us from anxiety and lead us to trust you...

Lord, you are familiar with our weakness and poverty, support those who are going through trials. Help us to be willing to suffer for those in need.

For families and friends, for all who have asked for our prayers and who pray for us...

For our country and our region, for political and spiritual leaders, and that Christians may be witnesses to your life and unity...

Lord, show us how to take joy in the gifts you have given us. Show us how to use these gifts to create things which lead to life and participate in your love.

Praise Father, Son, and Holy Spirit. Amen.