

Contemplative Prayer Form

(Seventh Sunday of Trinitytide - 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: Luke 11:1-13 (NIV)

One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, “Lord, teach us to pray, just as John taught his disciples.”

He said to them, “When you pray, say:

“Father,
hallowed be your name,
your kingdom come.
Give us each day our daily bread.
Forgive us our sins,
for we also forgive everyone who sins against us.
And lead us not into temptation.”

Then Jesus said to them, “Suppose you have a friend, and you go to him at midnight and say, ‘Friend, lend me three loaves of bread; a friend of mine on a journey has come to me, and I have no food to offer him.’ And suppose the one inside answers, ‘Don’t bother me. The door is already locked, and my children and I are in bed. I can’t get up and give you anything.’ I tell you, even though he will not get up and give you the bread because of friendship, yet because of your shameless audacity he will surely get up and give you as much as you need.

“So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

“Which of you fathers, if your son asks for a fish, will give him a snake instead? Or if he asks for an egg, will give him a scorpion? If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!”

Scripture Prayer:

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

☼ O God, you are the protector of all who trust in you. Without you nothing is strong, nothing is holy. As our ruler and guide, help us to seek the things that will last and recognize the things that are fleeting. Amen.

◇ I will bow down toward your holy temple and will praise your name for your unfailing love and your faithfulness...
-Ps. 138:2a

● **Repeat Seven Times:**

I will praise you, Lord, with all my heart; before the “gods” I will sing your praise.
-Psalm 138:1

◇ May all the kings of the earth praise you, Lord, when they hear what you have decreed. May they sing of the ways of the Lord, for the glory of the Lord is great.
-Psalm 138:4-5

● **Repeat Seven Times:**

When I called, you answered me; you greatly emboldened me.
-Psalm 138:3

◇ Though the Lord is exalted, he looks kindly on the lowly; though lofty, he sees them from afar...You stretch out your hand against the anger of my foes; with your right hand you save me.
-Psalm 138:6; 7b

● **Repeat Seven Times:**

Though I walk in the midst of trouble, you preserve my life.
-Psalm 138:7a

◇ The Lord will vindicate me...do not abandon the works of your hands.
-Psalm 138:8a, 8b

● **Repeat Seven Times:**

Your love, Lord, endures forever...

-Psalm 138:8

◇ God made you alive with Christ. He forgave us all our sins, having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross. And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.

-Colossians 2:13b-15

✪ *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 your Church and called us children of the living God. Through the ministry of your Spirit, help your people everywhere to reflect your faithfulness and mercy. Guide your Church in this place and around the world...

Jesus, your faithfulness enables us to remain faithful to you: Restore us again and remember your unfailing love. Keep us steady in faith and set our hearts to desire your Kingdom and learn your ways...

Holy Spirit, fill our wounded souls with righteousness and peace. Show us your ways and teach us your paths. Free us from pride and lead us to trust in you...

Lord, you are the head over every power and authority, yet bow to meet us through your Son. Do not abandon the work of your hands. Defend the weak and the fatherless; uphold the cause of the poor and the oppressed. Vindicate the needy and support those who are going through trials. Send us out as sheep among wolves to be ministers of your reconciliation.

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

Lord, teach us to be grateful. Teach us 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.

Lord, you have buried us with Christ in baptism, and raised us with him through faith in the work of God. Fill us with knowledge of your will and the understanding that the Spirit gives, so that we may live a life worthy of the Lord: bearing fruit in every good work and giving thanks to the Father, who has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.

Amen.