

Contemplative Prayer Form

Thirteenth 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 14:25-33

Large crowds were traveling with Jesus, and turning to them he said: “If anyone comes to me and does not hate father and mother, wife and children, brothers and sisters—yes, even their own life—such a person cannot be my disciple. And whoever does not carry their cross and follow me cannot be my disciple.

“Suppose one of you wants to build a tower. Won’t you first sit down and estimate the cost to see if you have enough money to complete it? For if you lay the foundation and are not able to finish it, everyone who sees it will ridicule you, saying, ‘This person began to build and wasn’t able to finish.’

“Or suppose a king is about to go to war against another king. Won’t he first sit down and consider whether he is able with ten thousand men to oppose the one coming against him with twenty thousand? If he is not able, he will send a delegation while the other is still a long way off and will ask for terms of peace. In the same way, those of you who do not give up everything you have cannot be my disciples.”

Scripture Prayer:

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

✪ O Lord, let us trust in you with all our hearts. You resist the proud who confide in their own strength, and never forsake those who boast of your mercy. Amen.

◇ You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down...
-Ps. 139:1-3

● **Repeat Seven Times:**

...you are familiar with all my ways...
-Psalm 139:3b

◇ Before a word is on my tongue you, Lord, know it completely. You hem me in behind and before, and you lay your hand upon me.
-Psalm 139:4-5

● **Repeat Seven Times:**

Such knowledge is too wonderful for me, too lofty for me to attain.
-Psalm 139:6

◇ For you created my inmost being; you knit me together in my mother's womb.
-Psalm 139:13

● **Repeat Seven Times:**

I praise you because I am fearfully and wonderfully made...
-Psalm 139:14a

◇ My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth.
-Psalm 139:15

● **Repeat Seven Times:**

your works are wonderful, I know that full well...
-Psalm 139:14b

◇ How precious to me are your thoughts, God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand—when I awake, I am still with you.
-Psalm 139:17-18

✿ *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

Let us commend ourselves, and all for whom we pray, to the mercy and protection of God...

Father, guide your Church in this place and around the world...

Jesus, set our hearts to desire your Kingdom and learn your ways. Teach us what it means to give up everything to follow you...

Holy Spirit, free us from slavery to lesser loves and lead us to trust in you...

Lord, rescue the weak and the needy...

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

Lord, teach us to be grateful and to find joy in the gifts you have given us...

Lord, keep us faithful to the apostles' teaching and fellowship, unite us in prayer, the breaking of the bread, and simplicity of heart. Bring us with your saints to glory everlasting, in Jesus Christ our Lord.

Amen.