

Contemplative Prayer Form

Trinity Sunday - Year A



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: Matthew 28:16-20 (NIV)

Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. When they saw him, they worshiped him; but some doubted. Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

Scripture Prayer:

✚ In the name of the Father, and of the Son, and of the Holy Spirit.

⦿ Almighty God, Keep us steadfast in faith and worship, and bring us at last to see you in your eternal glory. Amen.

◇ Lord, our Lord ... You have set your glory in the heavens.
-Psalm 8:1

● **Repeat Seven Times:**

... how majestic is your name in all the earth!
-Psalm 8:1a

◇ When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is mankind that you are mindful of them, human beings that you care for them?
-Psalm 8:3-4

- **Repeat Seven Times:**

And God saw that it was good.

-Genesis 1:25b

◇ Through the praise of children and infants you have established a stronghold against your enemies.

-Psalm 8:2a

- **Repeat Seven Times:**

You have ... crowned them with glory and honor.

-Psalm 8:5

◇ Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you.

-Matthew 28:19

- **Repeat Seven Times:**

... encourage one another, be of one mind, live in peace.

-2 Corinthians 13:11

◇ And surely I am with you always, to the very end of the age.

-Matthew 28:20b

- ✿ *The Lord's Prayer*

✚ Holy is our Lord God, who was and is and is to come! Amen.

Silence + Intercessions

Lord of life, gather all creation into your care ...

Come, Holy Spirit, recreate our desires ...

Free us from anxiety, sadness, and self-righteousness...

Guide your Church in this place and around the world. Send your Spirit to aid us in the task of making disciples...

Holy Father, gently support those who are going through trials ...

For the oppressed and lonely ...

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

For our country, our region (village, town...), that the Christians here may witness to your life and unity ...

Praise Father, Son, and Holy Spirit. Amen.