



M I D W E E K
Contemplation
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Call to Worship:

One: The peace of our Lord Jesus Christ be with you.

All: And also with you.

One: Blessed be the one, holy, and living God.

All: Glory to God for ever and ever.

The Christ candle is lit.

Opening Prayer:

All: Loving God, in the height of this day we pause to rest in you. Quiet our minds that they may be still, fill our hearts that we may abide in love and trust. Christ, as a light illumine and guide me. Christ, as a shield overshadow me. Christ under me; Christ over me; Christ beside me on my left and my right.

One: Sit upright and relaxed, in a chair, the pew or on the floor. Close your eyes. Be in faith and love to God.

Lord, we thank you for your wonderful relationship with us.
For these few minutes we want to be wholly with you...in love...
in Christ.

Invitation to Focus:

One: Choose a simple prayer word and let it be gently present, supporting your surrender to God in faith-filled love. Whenever you become aware of any sound, emotion, or thought, simply return to the Lord through the gentle repetition of your prayer word.

Centering Prayer: *8 mins of Silence*

The Lord's Prayer:

**All: Our father in heaven hallowed be your name, your kingdom come, your will be done, on earth as in heaven.
Give us today our daily bread.
Forgive us our sins as we forgive those who sin against us.
Lead us not into temptation but deliver us from evil.
For the kingdom, the power and the glory are yours
now and forever. Amen.**

Lectio Divina:

The First Reading of Scripture. *Followed by 2 mins of silence.*

One: As we open God's Word ask for God's Spirit, for grace to listen. Hear God's word from Psalm 1 (CEB).

- ¹The truly happy person doesn't follow wicked advice,
doesn't stand on the road of sinners, and doesn't sit with the disrespectful.
- ² Instead of doing those things, these persons love the Lord's Instruction,
and they recite God's Instruction day and night!
- ³ They are like a tree replanted by streams of water, which bears fruit at just the right time
and whose leaves don't fade. Whatever they do succeeds.
- ⁴ That's not true for the wicked! They are like dust that the wind blows away.
- ⁵ And that's why the wicked will have no standing in the court of justice—
neither will sinners in the assembly of the righteous.
- ⁶ The Lord is intimately acquainted with the way of the righteous,
but the way of the wicked is destroyed.

Meditation Prompt #1

What is one word or phrase the Holy Spirit impresses on you?
In silence meditate on that.

The Second Reading of Scripture.

Meditation Prompt #2

What do you feel?
Write down a prayer or pray quietly.

The Third Reading of Scripture.

Meditation Prompt #3

What is God's personal invitation to you from the Scripture? You can write down what the Lord may be saying to you or a prayer of thanks. Or simply rest quietly in the Spirit's presence.

Closing Prayer:

One: Holy God, open our hearts to the silent presence of the Spirit of your Son. Lead us into that mysterious silence, where your love is revealed to all who call, 'Come, Lord Jesus.'

All: Come, Lord Jesus!

One: Now, Go in peace.

The Christ candle is extinguished.