

Week of Contemplative Prayer

Invitation to this Week's Practice

Today is Pentecost Sunday (May 23, 2021). It is the day in the church calendar when we remember the outpouring of the Holy Spirit on the disciples in the upper room 50 days after Easter.

For St Clair, Pentecost Sunday also marks the day that we first gathered on a Sunday, 7 years ago in 2014. Today we are in a season of crisis, conflict, and confusion as a church, we are more aware than ever of our need for the wisdom, strength and empowerment of the Holy Spirit in our everyday lives.

Each day this week, we will offer a contemplative prayer practice. We pray that as we join together in this faithful prayer as a shared practice we would see the Holy Spirit transform us and bring unity.

We invite you to join with us in praying as a way of saying "Come Holy Spirit"; individually, as a community, and in the world. Each day, starting tomorrow, we will meditate on a line from the Lord's Prayer.

You can find this week's prayer liturgy below or look on social media for daily prayer prompts.

What is Contemplative Prayer?

The practice of contemplative prayer is a method of meditation on a single word or phrase through repetition. We believe we are formed by repetition.

Practicing Contemplative Prayer

We encourage you to find a comfortable place and posture. Relax and quiet yourself. Some find closing one's eyes, sitting, or lying down to be

helpful. There is no time limit or specific speed in which you repeat the word(s). Use your breath to create a steady flow and focus on the word(s) you are saying. You can use your inhale to give pause to your repetition or inhale while thinking of a phrase [ex. "Holy Spirit fill me" (on inhale), "Jesus Christ lead me" (on exhale)].

Sunday's Prayer: "Come Holy Spirit"

Today (May 23, 2021), we will begin this prayer practice by repeating the words, "Come Holy Spirit". We believe we are formed by repetition. We encourage you to not rush the process, to take your time inhaling deeply, and on the exhale, saying the following words, "Come Holy Spirit". Will you join with us in our prayer:

[inhale]

[on exhale] **"Come Holy Spirit"**

*Repeat

Amen.

Monday's Prayer: "Our Father..."

Today (May 24, 2021), we will continue our prayer practice by repeating the words from the Lord's prayer, "Our Father who art in heaven, hallowed by Your Name". We believe we are formed by repetition. We encourage you to not rush the process, to take your time inhaling deeply, and on the exhale, saying the following words, "[on exhale] Our Father who art in heaven. [inhale] [on exhale] hallowed be Your Name". Will you join us in our prayer:

[inhale]

[on exhale] **"Our father who art in heaven"**

[inhale]

[on exhale] **"hallowed by Your Name"**

*Repeat

Come Holy Spirit. Amen.

Tuesday's Prayer: "Your Kingdom Come..."

Today (May 25, 2021), we will continue our prayer practice by repeating the words from the Lord's prayer, "Your Kingdom come, Your will be done, on earth as is it in heaven". We believe we are formed by repetition. We encourage you to not rush the process, to take your time inhaling deeply, and on the exhale, saying the following words, "[on exhale] Your Kingdom come, Your will be done [inhale] [on exhale] on earth as is it in heaven".

Will you join us in our prayer:

[inhale]

[on exhale] **"Your Kingdom come, Your will be done"**

[inhale]

[on exhale] **"on earth as is it in heaven"**

*Repeat

Come Holy Spirit. Amen.

Wednesday's Prayer: "Give us this day our daily bread"

Today (May 26, 2021), we will continue our prayer practice by repeating the words from the Lord's prayer, "Give us this day our daily bread". We believe we are formed by repetition. We encourage you to not rush the process, to take your time inhaling deeply, and on the exhale, saying the following words, "[on exhale] Give us this day our daily bread". Will you join us in our prayer:

[inhale]

[on exhale] **"Give us this day our daily bread"**

*Repeat

Come Holy Spirit. Amen.

Thursday's Prayer: "And forgive us our trespasses..."

Today (May 27, 2021), we will continue our prayer practice by repeating the words from the Lord's prayer, "And forgive us our trespasses, as we forgive those who trespass against us". We believe we are formed by repetition. We encourage you to not rush the process, to take your time inhaling deeply, and on the exhale, saying the following words, "[on exhale] And forgive us our trespasses, [inhale] [on exhale] as we forgive those who trespass against us". Will you join us in our prayer:

[inhale]

[on exhale] **"And forgive us our trespasses"**

[inhale]

[on exhale] **"as we forgive those who trespass against us"**

*Repeat

Come Holy Spirit. Amen.

Friday's Prayer: "And lead us not into temptation..."

Today (May 28, 2021), we will continue our prayer practice by repeating the words from the Lord's prayer, "And lead us not into temptation, but deliver us from evil". We believe we are formed by repetition. We encourage you to not rush the process, to take your time inhaling deeply, and on the exhale, saying the following words, "[on exhale] And lead us not into temptation, [inhale] [on exhale] but deliver us from evil". Will you join us in our prayer:

[inhale]

[on exhale] **"And lead us not into temptation"**

[inhale]

[on exhale] **"but deliver us from evil"**

*Repeat

Come Holy Spirit. Amen.

Saturday's Prayer: "For Thine is the Kingdom..."

Today (May 29, 2021), we will continue our prayer practice by repeating the words from the Lord's prayer, "For Thine is the Kingdom, the power, and the glory, forever and ever". We believe we are formed by repetition. We encourage you to not rush the process, to take your time inhaling deeply, and on the exhale, saying the following words, "[on exhale] For Thine is the Kingdom, the power, and the glory, [inhale] [on exhale] forever and ever". Will you join us in our prayer:

[inhale]

[on exhale] **"For Thine is the Kingdom, the power, and the glory"**

[inhale]

[on exhale] **"forever and ever"**

*Repeat

Come Holy Spirit. Amen.

Other Contemplative Prayers

If you would like to have additional contemplative prayer practices throughout this week and/or moving forward, here are some more examples below. You can choose words or phrases yourself to meditate on as well.

Holy Spirit fill me (on inhale), Father forgive me (on exhale)

Jesus Christ (on inhale), have mercy on me (on exhale)

Jesus Christ (on inhale), I trust you (on exhale)

Jesus Christ (on inhale), come and sanctify me (on exhale)

El Shaddai ("Lord God Almighty")

Jehovah Jireh ("The Lord will provide")

Jehovah Shalom ("The Lord is Peace")

The Lord is with me, always

Lord, fill me with Your spirit