
At Home with Contemplation

PENTECOST NOVENA – 4. Monday

Lighting of Candle in Silence

Responses

At the beginning of a New Day:
To Still our Restless Bodies:
To Quieten our Minds:
That we might Listen for God's Voice

We breathe in God's Spirit
We breathe in God's Spirit
We breathe in God's Spirit
We breathe in God's Spirit

Gospel of the Day

John 16:29-33 Be brave, for I have conquered the world

His disciples said to Jesus, 'Now you are speaking plainly and not using metaphors! Now we see that you know everything, and do not have to wait for questions to be put into words; because of this we believe that you came from God.' Jesus answered them:

'Do you believe at last?
Listen; the time will come – in fact it has come already –
when you will be scattered,
each going his own way and leaving me alone.
And yet I am not alone,
because the Father is with me.
I have told you all this
so that you may find peace in me.
In the world you will have trouble,
but be brave: I have conquered the world.'

Suggested Phrase of the Day

find peace in me

Contemplative Time

Sequence Verse

*Thou in toil art comfort sweet
Pleasant coolness in the heat
Solace in the midst of woe.*

Invocation of the Holy Spirit

Come Holy Spirit,
fill the hearts of your faithful
and kindle in us fire of your love.
Send forth your Spirit
and we shall be created.
And you will renew the face of the earth.

O, God, who has taught the hearts of the faithful
By the light of the Holy Spirit,
grant that by the same Spirit
we may be always truly wise
and ever rejoice your consolations,
Through Christ Our Lord. Amen.

A Blessing on the Day

Breath of God,
Light of Truth,
Source of Beauty,
Instil your peace in us.
And open our eyes
To the gift of this new day.
Prompt our every thought, word, and deed
With grace and love.
That we too may be a gift to others.
Now and always. Amen.