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## *At Home with Contemplation*

### *PENTECOST NOVENA – 8. Friday*

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#### *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 21:15-19: Feed my lambs, feed my sheep**

Jesus showed himself to his disciples, and after they had eaten he said to Simon Peter, 'Simon son of John, do you love me more than these others do?' He answered, 'Yes Lord, you know I love you.' Jesus said to him, 'Feed my lambs.' A second time he said to him, 'Simon son of John, do you love me?' He replied, 'Yes, Lord, you know I love you.' Jesus said to him, 'Look after my sheep.' Then he said to him a third time, 'Simon son of John, do you love me?' Peter was upset that he asked him the third time, 'Do you love me?' and said, 'Lord, you know everything; you know I love you.' Jesus said to him, 'Feed my sheep.

I tell you most solemnly,  
when you were young  
you put on your own belt  
and walked where you liked;  
but when you grow old  
you will stretch out your hands,  
and somebody else will put a belt round you  
and take you where you would rather not go.'

In these words he indicated the kind of death by which Peter would give glory to God. After this he said, 'Follow me.'

### *Suggested Phrase of the Day*

‘Lord, you know everything; you know I love you.’

### *Contemplative Time*

### *Sequence Verse*

*Thou, on us who evermore  
Thee confess and thee adore,  
With thy sevenfold gifts descend:*

### *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.