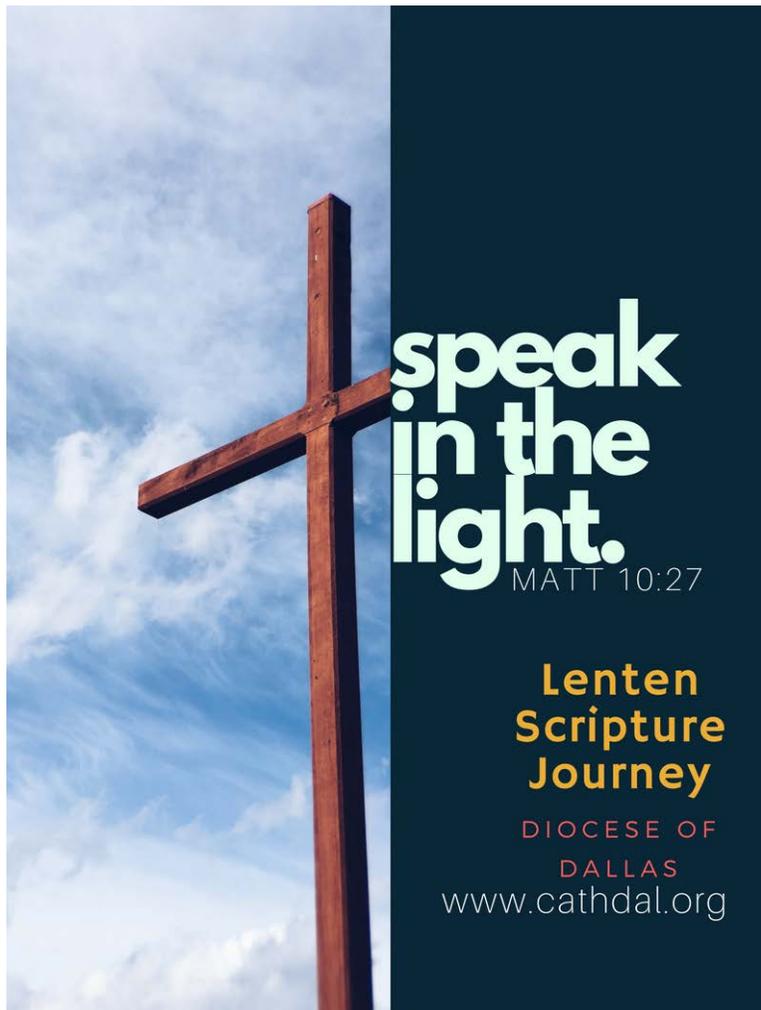


Speak in the Light

Leader Guide

Session 4



A collaboration between the Diocese of Dallas and the American Bible Society

Speak in the Light Leader Guide – Session 4: Lectio Divina

Set up

Set up a quiet room for reflection and prayer. Arrange a table with a Bible, candle, purple table cloth, and any other vehicles for prayer you wish. Make sure the video works and is ready to be played for this session.

Print and make copies of the following or share link with participants to pull up on their phone:

Handout 4a: (only for Option 1) Participant copies of *Lectio Divina* Practice and closing prayer.

Handout 4b: (only for Option 2) Participant copies of *Lectio Divina* Practice and closing prayer.

Handout 4c: (for option 1 and 2) Pamphlet on *Lectio Divina* from the American Bible Society:

[https://www.cathdal.org/lectio-divina-trifold_edited_version\[3\].pdf](https://www.cathdal.org/lectio-divina-trifold_edited_version[3].pdf) . You may also choose to make copies of another *Lectio Divina* summary that you find helpful.

Session Outline

- **Gathering:** 15 minutes before the start of the session
- **Opening Prayer:** 5 minutes after your official start time
- **Video Presentation:** What is Lectio Divina (see 2 options you can use)
- **Lectio Divina:** practice session on the Scripture *Matthew 10:5-15, 27* (see 2 options you can use)
- **Closing:** Announcements and Closing Prayer

➤ **Gathering**

Be ready to go 15 minutes prior to the session with your handouts, video set up and refreshments . Play music as participants enter (use the YouTube Catholic Lenten Playlist <https://www.youtube.com/playlist?list=PLF6BDBF2433184A49> or music of your own choosing). Invite participants to enjoy refreshments (if provided). Have participants fill out nametags so participants can learn each other's names.

Gather participants in the space and arrange them in groups of 4-5, and begin

➤ **Opening Prayer**

Introduce yourself briefly and lead participants in opening prayer:

See **Family Prayers** [https://www.cathdal.org/Family_Prayers\[4\].pdf](https://www.cathdal.org/Family_Prayers[4].pdf). This is a resource published by the USCCB. There is a prayer intention and prayer for everyday of the week during Lent. So, if you are meeting on a Monday for Speak in the Light, use the Monday intention and prayer. Meeting on Tuesday, use the Tuesday intention and prayer, and so forth. If you want to have a different prayer for every one of your five gatherings, use five of the seven prayers available in the Family Prayers.

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Important Family Connection: If you are able, print out the Family Prayers and give them to your participants to pray at home with their family daily during Lent.

➤ Two Video Options You Can Use

- **Option 1: More Video, Less Discussion Video** Presentation (30 minutes English; 40 minutes Spanish)

If you have a group that is not very open or interested in small group sharing, use this option. Prepare to show this session's video. You can access the video by following the links below for either the English or Spanish version. Please watch the video named, "Lectio Divina English Part 1" or "Lectio Divina".

English video: <http://ministry.americanbible.org/catholic-ministries/lectio-divina-training-videos-english>

Spanish video: <http://ministry.americanbible.org/catholic-ministries/lectio-divina-training-videos-spanish>

Note: While the English video for this session is 30 minutes long, the Spanish video is 40 minutes. To accommodate your schedule to remain an hour in length, please direct any participant questions about *Lectio Divina* to the handouts provided, abbreviate the *Lectio Divina* practice, or consider extending the session an additional 15 minutes.

Introduce the video with these or similar words:

We are now going to watch a video about the spiritual practice of Lectio Divina. Lectio Divina is the practice of reading and communicating with the Divine Word of God. As we will see in the video, Lectio Divina is an ancient practice that Christians have been using for centuries to hear God's voice speaking to humanity through sacred Scripture. Our presenter's name is Fr. Dempsey Acosta from the University of St. Thomas in Houston. Fr. Dempsey is a renowned Scripture scholar and authority on the early Church fathers.

- **Option 2: More Discussion, Less Video** Presentation (5 minutes English; 9 minutes Spanish)

If you have a group that is open or interested in small group sharing, use this option. Prepare to show this session's video. You can access the video by following the links Note: there is a completely different video for English and Spanish.

Video introduction to *Lectio Divina* Presented by Father James Martin S.J. 5 minutes (English)

<https://youtu.be/i27Fqlyk2qY>

Introduce the video with these or similar words:

Speak in the Light Leader Guide – Session 4: Lectio Divina

We are now going to watch a video about the spiritual practice of Lectio Divina. Lectio Divina is the practice of reading and communicating with the Divine Word of God. As we will see in the video, Lectio Divina is an ancient practice that Christians have been using for centuries to hear God's voice speaking to humanity through sacred Scripture. Our presenter's name is Fr. James Martin S.J. Editor at Large, America Magazine which is known across the Catholic world for its unique brand of opinion and analysis on issues and stories that matter most to the church and the world.

¿Qué es Lectio Divina? [Fundación Ramón Pane](#) 9 Minutes (Spanish)

<https://youtu.be/ZunnzW6Zerc>

➤ **Two Lectio Divina Practice Sessions Options Available**

- **Option 1** to be used with *Option 1 Video* (25 minutes)

Run the entire video (Option 1). Then facilitate a Lectio Divina prayer experience using **Handout 4a** Lectio Divina Practice Session

Lead participants through a practice of *Lectio Divina* using the text from the Gospel of Matthew below. You may play quiet, reflective music in the background, if you choose. Keep an eye on your remaining time and adjust each step accordingly.

There will be opportunities for participants to share their responses in their small group during the Meditation time. For each of the other movements of the Lectio Divina Process, you will simply invite participants to reflect upon the questions privately. Please help participants understand that there is no pressure to share answers to the meditation questions.

Note: If you want to keep the session to one hour, you will only be able to have people reflect privately for all of the movements except for the Meditation movement. If you can extend the session to one hour and fifteen minutes or one and a half hours, you can easily share in small groups and even have time for large group feedback.

Invocation of the Holy Spirit: Begin by asking for the grace of the Holy Spirit. You can use these or similar words:

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.

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Lectio (lex-ee-oh) “Reading”: *Read the passage* below or invite a participant to read it aloud. Read it once through or more, as time allows. Be sure to direct participants to this passage in their Bible, so they can follow along while it is being read and refer to the text during the rest of the process of *Lectio Divina*.

Matthew 10:5-15, 27

Jesus sent out the twelve after instructing them thus, “Do not go into pagan territory or enter a Samaritan town. Go rather to the lost sheep of the house of Israel. As you go, make this proclamation: ‘The kingdom of heaven is at hand.’ Cure the sick, raise the dead, cleanse lepers, drive out demons. Without cost you have received; without cost you are to give. Do not take gold or silver or copper for your belts; no sack for the journey, or a second tunic, or sandals, or walking stick. The laborer deserves his keep. Whatever town or village you enter, look for a worthy person in it, and stay there until you leave. As you enter a house, wish it peace. If the house is worthy, let your peace come upon it; if not, let your peace return to you. Whoever will not receive you or listen to your words—go outside that house or town and shake the dust from your feet. Amen, I say to you, it will be more tolerable for the land of Sodom and Gomorrah on the day of judgement than for that town.

What I say to you in the darkness, speak in the light; what you hear whispered, proclaim on the housetops.

Meditatio (med-it-tots-ee-oh), "Meditation" (9 minutes) Invite participants:

Let us spend some time meditating upon the word of God that we have just heard. I want to offer two questions to help you meditate:

What word or phrase stands out to you from the text we just heard?

What do you hear God saying to you through this passage?

After a few minutes of silence (quiet music may be played), invite them to share their reflections in small groups.

Read the Scripture passage aloud a second time: Matthew 10:5-15, 27

Invite a different person to read the passage.

Oratio (or-o-t-see-ah), "Prayer": (4 minutes) Tell participants:

The third movement of Lectio Divina is Oratio or Prayer. This is the time for us to respond to God. Please reflect on the following questions: (pause briefly after each question)

What do you want to say to God upon reading this passage?

What question(s) do you have for God upon reading this passage?

Normally, with Lectio Divina in a group, you would share after each movement but you will not have time for sharing so just allow 3 or 4 minutes of reflection time on the questions above.

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Read the Scripture passage aloud a third time: Matthew 10:5-15, 27

Invite a different person to read the passage.

Contemplatio (con-tem-plot-see-oh), "Contemplation" (4 minutes) Tell participants:

The fourth movement of Lectio Divina is Contemplatio or Contemplation. We are now going to rest in the presence of God. Close your eyes, try to let go of your thoughts. Simply rest in the presence of God. Be passive and just enjoy God. Settle into the tenderness of God's love.

Normally, with Lectio Divina in a group, you would share after each movement but you will not have time for sharing so just allow 4 minutes of reflection time on the questions above.

Actio (ax-ee-oh); "Action" (4 minutes) Inform participants that we are moving on from this time of *Lectio Divina* soon into what God has prepared for us. Ask them to gather themselves and reflect upon these questions aloud if they wish or in the silence of their hearts:

How is God challenging you through this passage?

What action is God inviting you to take?

In what way do you want to invite God to remain with you as you go about your day?

Handout 4c: Pass out copies of the *Lectio Divina* pamphlet from ABS [https://www.cathdal.org/lectio-divina-trifold_edited_version\[3\].pdf](https://www.cathdal.org/lectio-divina-trifold_edited_version[3].pdf) or another resource of your choosing as an additional resource participants can use when they are back home to continue to pray the Scripture through Lectio Divina.

Note: You may also find it helpful to direct participants to a weekly reflection on *Lectio Divina* from the American Bible Society: <https://www.americanbible.org/resources/lectio-divina>.

Closing (5 minutes)

If your group is moving on to the 5th session of *Speak in the Light*, conclude your time together by offering details of the next meeting.

Refer to **Handout 4a** and lead participants in this closing prayer, which is taken from the USCCB Family Prayers Sunday Intention and Prayer:

Leader: Heavenly Father, Your Risen Son claims the Church as his beloved spouse and pours love over all the baptized. Hear our prayers for the church throughout the world. Let this Lenten Season draw us closer to his Sacred Heart in deeper commitment to the mission of proclaiming and living the Kingdom of God.

All: We pray for Our Holy Father, our bishop, our pastor, all ordained and for all in leadership positions in the Catholic Church. May their attempts to promote human dignity and the common good bear fruit in our Lenten prayer and penance. For all the elect journeying to baptism and for the baptized ready to welcome them into the sacramental life of the Church. May our deepened commitment to our baptismal

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promises bring the light of Christ to the darkness of injustice and cruelty in our world. We ask this through Our Lord Jesus Christ your Son, who lives and reigns with you in the unity of the Holy Spirit, one God forever and ever, Amen.

The Lord's Prayer

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass
against us;
and lead us not into temptation,
but deliver us from evil.

- **Option 2** to be used with *Option 2 Video* (45 minutes)

Run the entire video (Option 2 5 minute video). Then facilitate a Lectio Divina prayer experience using **Handout 4b** Lectio Divina Practice Session

Lead participants through a practice of *Lectio Divina* using the text from the Gospel of Matthew below. You may play quiet, reflective music in the background, if you choose. Keep an eye on your remaining time and adjust each step accordingly.

There will be opportunities for participants to share their responses in their small group during each of the Lectio Divina movements. For each of the other movements of the Lectio Divina Process, you will simply invite participants to reflect upon the questions briefly and then share reflections in their small group. Please help participants understand that there is no pressure to share reflections at any time during the process.

Invocation of the Holy Spirit: Begin by asking for the grace of the Holy Spirit. You can use these or similar words:

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.

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Lectio (lex-ee-oh) “Reading”: *Read the passage* below or invite a participant to read it aloud.

Say the following:

We are going to practice Lectio Divina right now. Then first move in Lectio Divina is “Lectio” or “Reading”. So we are going to begin by reading a particular Scripture from the Gospel of Matthew. In all during this process, we will hear the same Scripture passage 3 times read by different people. Please open your Bible now to the Gospel of St. Matthew Chapter 10 verses 5-15 and verse 27. I would suggest that you simply listen to the reading proclaimed.

Matthew 10:5-15, 27

Jesus sent out the twelve after instructing them thus, “Do not go into pagan territory or enter a Samaritan town. Go rather to the lost sheep of the house of Israel. As you go, make this proclamation: ‘The kingdom of heaven is at hand.’ Cure the sick, raise the dead, cleanse lepers, drive out demons. Without cost you have received; without cost you are to give. Do not take gold or silver or copper for your belts; no sack for the journey, or a second tunic, or sandals, or walking stick. The laborer deserves his keep. Whatever town or village you enter, look for a worthy person in it, and stay there until you leave. As you enter a house, wish it peace. If the house is worthy, let your peace come upon it; if not, let your peace return to you. Whoever will not receive you or listen to your words—go outside that house or town and shake the dust from your feet. Amen, I say to you, it will be more tolerable for the land of Sodom and Gomorrah on the day of judgement than for that town.

What I say to you in the darkness, speak in the light; what you hear whispered, proclaim on the housetops.

Meditatio (med-it-tots-ee-oh), "Meditation" (9 minutes) Invite participants:

The second movement of Lectio Divina is Meditatio. This is a time to reflect on the Scripture passage. Think deep thoughts. Ask yourself questions such as the following:

What word or phrase stands out to you from the text we just heard?

What do you see? Hear? Smell? In the passage,

Which character do you most relate to?

What do you think?

What do you most need to learn from this passage?

After a few minutes of silence (quiet music may be played), invite them to share their reflections in small groups.

Read the Scripture passage aloud a second time: *Matthew 10:5-15, 27*

Invite a different person to read the passage.

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Oratio (or-o-t-see-ah), "Prayer": (4 minutes) Tell participants:

The third movement of Lectio Divina is Oratio or Prayer. This is the time for us to respond to God. Please reflect on the following questions: (pause briefly after each question)

What do you want to say to God upon reading this passage?

What question(s) do you have for God upon reading this passage?

What are you longing for in your relationship with God?

What do you desire in your prayer life?

What secrets of my heart are ready to be expressed? Is there joy? grief? fear? gratitude?

After a few minutes of silence (quiet music may be played), invite them to share their reflections in small groups.

Read the Scripture passage aloud a third time: Matthew 10:5-15, 27

Invite a different person to read the passage.

Contemplatio (con-tem-plot-see-oh), "Contemplation" (4 minutes) Tell participants:

The fourth movement of Lectio Divina is Contemplatio or Contemplation. We are now going to rest in the presence of God. Close your eyes, try to let go of your thoughts. Simply rest in the presence of God. Be passive and just enjoy God. Settle into the tenderness of God's love.

Allow 5 minutes or so of quiet contemplation (quiet music may be played). Then continue to Action.

Actio (ax-ee-oh); "Action" (4 minutes)

Say the following:

The 4 movements that we have taken represent the Lectio Divina tradition. But always when we pray, we seek a deeper relationship with God and so a final movement called "Actio" meaning "Action" gives us a moment to reflect on what is the next step we will take from praying through Scripture.

Spend a few moments and reflect upon these questions aloud if you wish or in the silence of their hearts:

How is God challenging you through this passage?

What good action is God inviting you to take?

What negative action is God invite you to stop?

What is your next step?

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Handout 4c: Pass out copies of the *Lectio Divina* pamphlet from ABS [https://www.cathdal.org/lectio-divina-trifold_edited_version\[3\].pdf](https://www.cathdal.org/lectio-divina-trifold_edited_version[3].pdf) or another resource of your choosing as an additional resource participants can use when they are back home to continue to pray the Scripture through Lectio Divina.

Note: You may also find it helpful to direct participants to a weekly reflection on *Lectio Divina* from the American Bible Society: <https://www.americanbible.org/resources/lectio-divina>.

Closing (5 minutes)

If your group is moving on to the 5th session of *Speak in the Light*, conclude your time together by offering details of the next meeting.

Refer to **Handout 4a** and lead participants in this closing prayer, which is taken from the USCCB Family Prayers Sunday Intention and Prayer:

Leader: Heavenly Father, Your Risen Son claims the Church as his beloved spouse and pours love over all the baptized. Hear our prayers for the church throughout the world. Let this Lenten Season draw us closer to his Sacred Heart in deeper commitment to the mission of proclaiming and living the Kingdom of God.

All: We pray for Our Holy Father, our bishop, our pastor, all ordained and for all in leadership positions in the Catholic Church. May their attempts to promote human dignity and the common good bear fruit in our Lenten prayer and penance. For all the elect journeying to baptism and for the baptized ready to welcome them into the sacramental life of the Church. May our deepened commitment to our baptismal promises bring the light of Christ to the darkness of injustice and cruelty in our world. We ask this through Our Lord Jesus Christ your Son, who lives and reigns with you in the unity of the Holy Spirit, one God forever and ever, Amen.

The Lord's Prayer

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass
against us;
and lead us not into temptation,
but deliver us from evil.

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Handout 4a: *Lectio Divina* Practice (option 1)

Invocation of the Holy Spirit: Begin by asking for the grace of the Holy Spirit. You can use these or similar words:

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.

Lectio (lex-ee-oh) “Reading”: Read the passage below once through or more, as time allows. Feel free to find this passage in your Bible and refer to it during the rest of the process of *Lectio Divina*.

Matthew 10:5-15, 27

Jesus sent out the twelve after instructing them thus, “Do not go into pagan territory or enter a Samaritan town. Go rather to the lost sheep of the house of Israel. As you go, make this proclamation: ‘The kingdom of heaven is at hand.’ Cure the sick, raise the dead, cleanse lepers, drive out demons. Without cost you have received; without cost you are to give. Do not take gold or silver or copper for your belts; no sack for the journey, or a second tunic, or sandals, or walking stick. The laborer deserves his keep. Whatever town or village you enter, look for a worthy person in it, and stay there until you leave. As you enter a house, wish it peace. If the house is worthy, let your peace come upon it; if not, let your peace return to you. Whoever will not receive you or listen to your words—go outside that house or town and shake the dust from your feet. Amen, I say to you, it will be more tolerable for the land of Sodom and Gomorrah on the day of judgement than for that town.

What I say to you in the darkness, speak in the light; what you hear whispered, proclaim on the housetops.

Meditatio (med-it-tots-ee-oh), "Meditation" Meditate upon the word of God you have just heard. Please reflect on the following questions:

- *What word or phrase stands out to you from the text we just heard?*
- *What do you hear God saying to you through this passage?*

Oratio (or-o-t-see-ah), "Prayer": This is time for us to respond to God. Please reflect on the following questions:

- *What do you want to say to God upon reading this passage?*
- *What question(s) do you have for God upon reading this passage?*

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Contemplatio (con-tem-plot-see-oh), "Contemplation" We are now going to rest in the presence of God. Remain still for a few moments and search for any movement God may be making in your heart.

Actio (ax-ee-oh); "Action" We are moving on from this time of *Lectio Divina* soon into what God has prepared for us for the rest of this day. Please reflect on the following questions:

- *What will you do differently today after reading this passage?*
- *In what way do you want to invite God to remain with you as you go about your day?*

Closing Prayer

Leader: Heavenly Father, Your Risen Son claims the Church as his beloved spouse and pours love over all the baptized. Hear our prayers for the church throughout the world. Let this Lenten Season draw us closer to his Sacred Heart in deeper commitment to the mission of proclaiming and living the Kingdom of God.

All: We pray for Our Holy Father, our bishop, our pastor, all ordained and for all in leadership positions in the Catholic Church. May their attempts to promote human dignity and the common good bear fruit in our Lenten prayer and penance. For all the elect journeying to baptism and for the baptized ready to welcome them into the sacramental life of the Church. May our deepened commitment to our baptismal promises bring the light of Christ to the darkness of injustice and cruelty in our world. We ask this through Our Lord Jesus Christ your Son, who lives and reigns with you in the unity of the Holy Spirit, one God forever and ever, Amen.

The Lord's Prayer

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass
against us;
and lead us not into temptation, but deliver us from evil.

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Handout 4b: *Lectio Divina* Practice (option 2)

Invocation of the Holy Spirit: Begin by asking for the grace of the Holy Spirit. You can use these or similar words:

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.

Lectio (lex-ee-oh) “Reading”: Read the passage 3 times during the Lectio Process. Find this passage in your Bible and refer to it during the reflection times.

Matthew 10:5-15, 27

Jesus sent out the twelve after instructing them thus, “Do not go into pagan territory or enter a Samaritan town. Go rather to the lost sheep of the house of Israel. As you go, make this proclamation: ‘The kingdom of heaven is at hand.’ Cure the sick, raise the dead, cleanse lepers, drive out demons. Without cost you have received; without cost you are to give. Do not take gold or silver or copper for your belts; no sack for the journey, or a second tunic, or sandals, or walking stick. The laborer deserves his keep. Whatever town or village you enter, look for a worthy person in it, and stay there until you leave. As you enter a house, wish it peace. If the house is worthy, let your peace come upon it; if not, let your peace return to you. Whoever will not receive you or listen to your words—go outside that house or town and shake the dust from your feet. Amen, I say to you, it will be more tolerable for the land of Sodom and Gomorrah on the day of judgement than for that town.

What I say to you in the darkness, speak in the light; what you hear whispered, proclaim on the housetops.

Meditatio (med-it-tots-ee-oh), "Meditation" Meditate upon the word of God you have just heard. Please reflect on the following questions:

- *What word or phrase stands out to you from the text we just heard?*
- *What do you see? Hear? Smell? In the passage,*
- *Which character do you most relate to?*
- *What do you think?*
- *What do you most need to learn from this passage?*

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Oratio (or-o-t-see-ah), "Prayer": This is time for us to respond to God. Please reflect on the following questions:

- *What do you want to say to God upon reading this passage?*
- *What question(s) do you have for God upon reading this passage?*
- *What are you longing for in your relationship with God?*
- *What do you desire in your prayer life?*
- *What secrets of my heart are ready to be expressed? Is there joy? grief? fear? gratitude?*

Contemplatio (con-tem-plot-see-oh), "Contemplation" We are now going to rest in the presence of God. Remain still for a few moments and search for any movement God may be making in your heart.

Actio (ax-ee-oh); "Action" We are moving on from this time of *Lectio Divina* soon into what God has prepared for us for the rest of this day. Please reflect on the following questions:

- *How is God challenging you through this passage?*
- *What good action is God inviting you to take?*
- *What negative action is God invite you to stop?*
- *What is your next step?*

Closing Prayer

Leader: Heavenly Father, Your Risen Son claims the Church as his beloved spouse and pours love over all the baptized. Hear our prayers for the church throughout the world. Let this Lenten Season draw us closer to his Sacred Heart in deeper commitment to the mission of proclaiming and living the Kingdom of God.

All: We pray for Our Holy Father, our bishop, our pastor, all ordained and for all in leadership positions in the Catholic Church. May their attempts to promote human dignity and the common good bear fruit in our Lenten prayer and penance. For all the elect journeying to baptism and for the baptized ready to welcome them into the sacramental life of the Church. May our deepened commitment to our baptismal promises bring the light of Christ to the darkness of injustice and cruelty in our world. We ask this through Our Lord Jesus Christ your Son, who lives and reigns with you in the unity of the Holy Spirit, one God forever and ever, Amen.

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy name;
thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread, and forgive us our trespasses,
as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.