

Prayer Environment

- liturgical cloth, open Bible, lit candle & cross

Acknowledgement of Country**Invitation to Pray**

- Invite participants to enter the silence, becoming present to each other and God
- Become aware of today's experience
- Give thanks/express your hopes for today
- What are your heartfelt needs today?
- Sign of the Cross

Listening to the Word

- Choose Gospel of the day/Sunday Gospel
- Introduce Gospel text- key themes & context
- Briefly explore an image depicting the text
- Invite participants to dialogue about the image
- Read chosen text from the Bible:
either the whole text, a short extract or a key phrase multiple times with pauses in between
- Pause in silence to receive the text's wisdom

Contemplation and Links to Our Lives

Choose one or two from the following:

- Provide an open-ended question/s for participants to ponder (in silence or with quiet music) e.g.
How does this story connect with my life today?
How am I called to be more compassionate?
Where have you experienced justice this week?
How can we transform pockets of darkness in our world today with Christ present?
- Invite participants to sit with a word/phrase from the reading (in silence or with quiet music)
- Invite participants to journal as a response
- Invite participants to dialogue about their connection to the text/wonderings with a few others
- Invite participants to share prayers of intercession
- Sign of the Cross

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