



Outline for Sanctuary UCC – Discernment Season Contemplative Prayer Practice (based on African-Lambeth method)

Find three different translations/versions of the scripture;
& invite three voices to read/pray the scripture

Opening Prayer: O Blessed Lord, who caused all Holy Scripture to be written for our learning. Grant us so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and hold fast the blessed hope of everlasting life, which you have given us in our savior Jesus Christ. *Amen.*

1. Leader/Participant reads/prays the first version of the passage slowly
2. Each person identifies the **word or phrase that catches their attention** (1 minute).
3. Each shares the word or phrase around the group (3-5 minutes, NO DISCUSSION).
4. Leader/Participant reads/prays the second version of the passage slowly
5. Each person identifies where this passage **touches their life today** (1 minute).
6. Each shares where their life has been touched (3-5 minutes, NO DISCUSSION).
7. Leader/Participant reads/prays the third version of the passage slowly
8. Each person writes "**From what I've heard and shared, what do I believe God wants our church to do or be? Is God inviting Sanctuary to change in any way?**" (5 minutes)
9. Each person shares their answer (5-10 minutes, NO DISCUSSION)
10. Each person prays for the next one in the prayer circle; conclude with The Lord's Prayer and brief period of silence.

