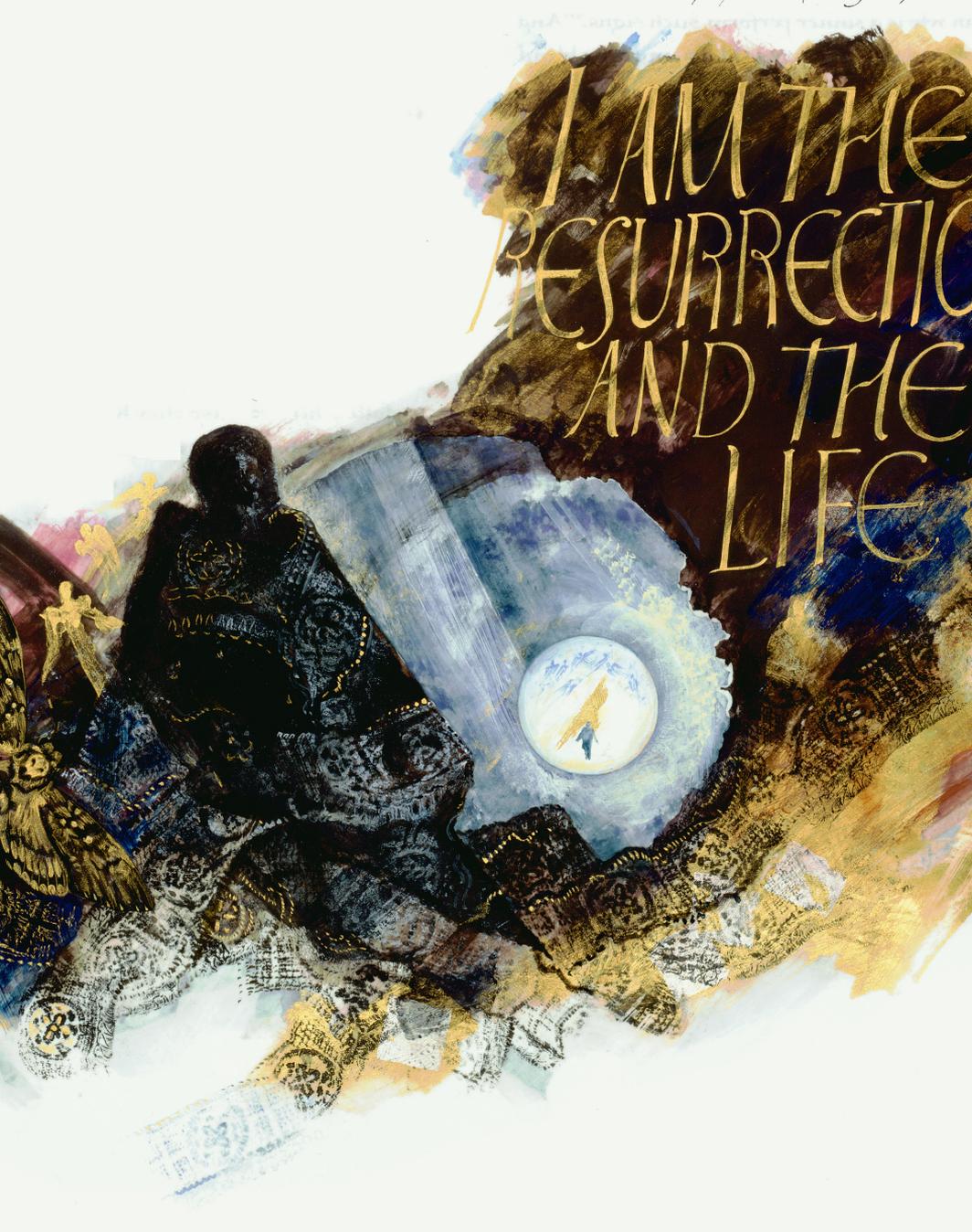


The Urban Well Presents: Sensus Divina
Session 3 Leaflet



Officiant Light and peace, in Jesus Christ our Lord.
People Thanks be to God.
Officiant O praise the Lord.
People The Lord's name be praised.

If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God.
(Colossians 3:1)

Let us pray.

Grant us, Lord, the lamp of charity which never fails, that it may burn in us and shed its light on those around us, and that by its brightness we may have a vision of that holy City, where dwells the true and never-failing Light, Jesus Christ our Lord. Amen.

Phos hilaron

O gracious light,
pure brightness of the everliving Father in heaven,
O Jesus Christ, holy and blessed!

Now as we come to the setting of the sun,
and our eyes behold the vesper light,
we sing your praises, O God: Father, Son, and Holy Spirit.

You are worthy at all times to be praised by happy voices,
O Son of God, O Giver of Life,
and to be glorified through all the worlds.

Psalm 30

- 1 I will exalt you, O LORD,
because you have lifted me up
and have not let my enemies triumph over me.
- 2 O LORD my God, I cried out to you,
and you restored me to health.
- 3 You brought me up, O LORD, from the dead;
you restored my life as I was going down to the grave.
- 4 Sing to the LORD, you servants of his;
give thanks for the remembrance of his holiness.
- 5 For his wrath endures but the twinkling of an eye,
his favor for a lifetime.
- 6 Weeping may spend the night,
but joy comes in the morning.
- 7 While I felt secure, I said,
I shall never be disturbed.
You, LORD, with your favor, made me as strong as
the mountains.”
- 8 Then you hid your face,
and I was filled with fear.
- 9 I cried to you, O LORD;
I pleaded with the Lord, saying,

- 10 “What profit is there in my blood, if I go down to the Pit?
will the dust praise you or declare your faithfulness?
- 11 Hear, O LORD, and have mercy upon me;
O LORD, be my helper.”
- 12 You have turned my wailing into dancing;
you have put off my sack-cloth and clothed me with
joy.
- 13 Therefore my heart sings to you without ceasing;
O LORD my God, I will give you thanks for ever.

Lectio Divina – John 1:1-14

In the beginning was the Word and the Word was with God and the Word was God. The Word was with God in the beginning. Everything came into being through the Word, and without the Word nothing came into being. What came into being through the Word was life, and the life was the light for all people. The light shines in the darkness, and the darkness doesn't extinguish the light. A man named John was sent from God. He came as a witness to testify concerning the light, so that through him everyone would believe in the light. He himself wasn't the light, but his mission was to testify concerning the light. The true light that shines on all people was coming into the world. The light was in the world, and the world came into being through the light, but the world didn't recognize the light. The light came to his own people, and his own people didn't welcome him. But those who did welcome him, those who believed in his name, he authorized to become

God's children, born not from blood nor from human desire or passion, but born from God. The Word became flesh and made his home among us. We have seen his glory, glory like that of a father's only son, full of grace and truth.

Silent Contemplation

Visio Divina

Silent Contemplation

Engaging with the Word

Silent Contemplation

Prayers for the Beloved Community

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.
For thine is the kingdom,
and the power, and the glory,
for ever and ever. Amen.

Merciful God, Father of our Lord Jesus Christ who is the Resurrection and the Life: Raise us, we humbly pray, from the death of sin to the life of righteousness; that when we depart this life we may rest in him, and at the resurrection receive that blessing which your well-beloved Son shall then pronounce: "Come, you blessed of my Father, receive the kingdom prepared for you from the beginning of the world." Grant this, O merciful Father, through Jesus Christ, our Mediator and Redeemer. Amen.

Direct us, O Lord, in all our doings with your most gracious favor, and further us with your continual help; that in all our works begun, continued, and ended in you, we may glorify your holy Name, and finally, by your mercy, obtain everlasting life; through Jesus Christ our Lord. Amen.

Almighty, everlasting God, let our prayer in your sight be as incense, the lifting up of our hands as the evening sacrifice. Give us grace to behold you, present in your Word and Sacraments, and to recognize you in the lives of those around us. Stir up in us the flame of that love which burned in the heart of your Son as he bore his passion, and let it burn in us to eternal life and to the ages of ages. Amen.



Blessing

Farewell



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