

# OPENING PRAYER

**Leader:** **In the name of the Father, and of the Son, and of the Holy Spirit.**

[All make the Sign of the Cross.]

**As we gather together today, let us take a few moments of silence to gather our thoughts, settle our minds, and quiet our hearts.** [Allow time for silence.]

**Reader:** **A reading from the letter of St. Paul to the Philippians**

(Philippians 4:4-8)

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.

[Allow several minutes of silence for reflection on the reading.]

**Leader:** **For what shall we pray today?** [Participants can share prayer intentions.]

**For all the prayer intentions we have named, and for those we bring with us in our hearts, we ask the Lord to hear our prayers this day. Amen.**

**Leader:** **Now let us pray together:**

**All:** **Lord Jesus, you are the peace that surpasses all understanding. Be with us in this day of quiet, prayer, and fellowship. Heal what needs to be healed inside of us. Nurture what needs to grow. Speak truth into our hearts and minds. Strengthen our bonds with one another. Prepare us for all that you have in store for us. We ask this in your name. Amen.**

**Leader:** **Lord, I ask your blessing on each person present here. May this be a day of peace, and may we all leave this place assured of your love and transformed by it. Amen.**

**In the name of the Father, and the Son, and the Holy Spirit.**

[Close with the Sign of the Cross.]

© Little Rock Scripture Study, 2020

Scripture quotation is from New Revised Standard Version Bible: Catholic Edition © 1989, 1993 National Council of the Churches of Christ in the United States of America.  
Used by permission. All rights reserved worldwide.