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## *At Home with Contemplation*

### *PENTECOST NOVENA – 4. Monday*

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#### *Lighting of Candle in Silence*

#### *Responses*

At the beginning of a New Day:  
To Still our Restless Bodies:  
To Quieten our Minds:  
That we might Listen for God's Voice

*We breathe in God's Spirit*  
*We breathe in God's Spirit*  
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#### *Gospel of the Day*

**John 16:29-33      Be brave, for I have conquered the world**

His disciples said to Jesus, 'Now you are speaking plainly and not using metaphors! Now we see that you know everything, and do not have to wait for questions to be put into words; because of this we believe that you came from God.' Jesus answered them:

'Do you believe at last?  
Listen; the time will come – in fact it has come already –  
when you will be scattered,  
each going his own way and leaving me alone.  
And yet I am not alone,  
because the Father is with me.  
I have told you all this  
so that you may find peace in me.  
In the world you will have trouble,  
but be brave: I have conquered the world.'

#### *Suggested Phrase of the Day*

*find peace in me*

#### *Contemplative Time*

### *Sequence Verse*

*Thou in toil art comfort sweet  
Pleasant coolness in the heat  
Solace in the midst of woe.*

### *Invocation of the Holy Spirit*

Come Holy Spirit,  
fill the hearts of your faithful  
and kindle in us fire of your love.  
Send forth your Spirit  
and we shall be created.  
And you will renew the face of the earth.

O, God, who has taught the hearts of the faithful  
By the light of the Holy Spirit,  
grant that by the same Spirit  
we may be always truly wise  
and ever rejoice your consolations,  
Through Christ Our Lord. Amen.

### *A Blessing on the Day*

Breath of God,  
Light of Truth,  
Source of Beauty,  
Instil your peace in us.  
And open our eyes  
To the gift of this new day.  
Prompt our every thought, word, and deed  
With grace and love.  
That we too may be a gift to others.  
Now and always. Amen.