

Contemplative Prayer Form

(Fifth Sunday after Pentecost - Year A)



The Liturgy Letter

Note: This is for individual or small group use. It is intended to be a form of contemplative “Lectio Divina” based on the scripture readings for the week and the themes of the liturgical season. Repetition, silence, and intercession are utilized to allow space for focus over a short or long period of time. It may be helpful to use your fingers to count the number of scripture phrases you utter during the times of repetition. The Scripture prayer section is structured for easy use with [Anglican Prayer Beads](#) for those who might find a tactile expression to be helpful (✚ = Cross ◉ = Invitatory bead ⚡ = Cruciform bead ● = Weeks bead).

Scripture Reading:

“To what can I compare this generation? They are like children sitting in the marketplaces and calling out to others:

“‘We played the pipe for you,
and you did not dance;
we sang a dirge,
and you did not mourn.’

For John came neither eating nor drinking, and they say, ‘He has a demon.’ The Son of Man came eating and drinking, and they say, ‘Here is a glutton and a drunkard, a friend of tax collectors and sinners.’ But wisdom is proved right by her deeds.”

...At that time Jesus said, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this is what you were pleased to do.

“All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

-Matthew 11:16-19, 25-30 (NIV)

Scripture Prayer:

✝ Worship the Lord in the beauty of holiness. Come, let us adore him.

☼ O God, grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection. Amen.

◇ The Lord is gracious and compassionate, slow to anger and rich in love.
-Psalm 145:8

- **Repeat Seven Times:**

The Lord is good to all...
-Psalm 145:9a

◇ ...your faithful people extol you. They tell of the glory of your kingdom and speak of your might...
-Psalm 145:10b-11

- **Repeat Seven Times:**

All your works praise you, Lord...
-Psalm 145:10a

◇ Your kingdom is an everlasting kingdom, and your dominion endures through all generations.
-Psalm 145:13a

- **Repeat Seven Times:**

The Lord is trustworthy in all he promises and faithful in all he does.
-Psalm 145:13b

◇ The Lord upholds all who fall and lifts up all who are bowed down.
-Psalm 145:14

- **Repeat Seven Times:**

My grace is sufficient for you, for power is made perfect in weakness.
-2 Corinthians 12:9

◇ “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”
-Matthew 11:28-30

☼ *The Lord's Prayer*

✝ The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all evermore. Amen.

Silence and Intercessions

Gracious God, have compassion on what you have made. Gather all creation into your care. ...

Come, Holy Spirit, recreate those who have fallen and are bowed down...

Jesus, through your grace, help us to do the good that we know we should do ...

Guide your Church in this place and around the world. Help us delight in your rule over all those you have brought into your kingdom

Father, gently support those who are weary and sick of sin ...

For families and friends, for all who have asked for our prayers and who pray for us ...

For our country and region, that Christians may witness to your life and the unity ...

Praise Father, Son, and Holy Spirit. Amen.