

Contemplative Prayer Form

(Third 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:

“The student is not above the teacher, nor a servant above his master. It is enough for students to be like their teachers, and servants like their masters. If the head of the house has been called Beelzebul, how much more the members of his household!

“So do not be afraid of them, for there is nothing concealed that will not be disclosed, or hidden that will not be made known. What I tell you in the dark, speak in the daylight; what is whispered in your ear, proclaim from the roofs. Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell. Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father’s care. And even the very hairs of your head are all numbered. So don’t be afraid; you are worth more than many sparrows.”

“Whoever acknowledges me before others, I will also acknowledge before my Father in heaven. But whoever disowns me before others, I will disown before my Father in heaven.

“Do not suppose that I have come to bring peace to the earth. I did not come to bring peace, but a sword. For I have come to turn “a man against his father, a daughter against her mother, a daughter-in-law against her mother-in-law—a man’s enemies will be the members of his own household.’

“Anyone who loves their father or mother more than me is not worthy of me; anyone who loves their son or daughter more than me is not worthy of me. Whoever does not take up their cross and follow me is not worthy of me. Whoever finds their life will lose it, and whoever loses their life for my sake will find it. -Matthew 10:24-39 (NIV)

Scripture Prayer:

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

☩ O Lord, help us to have perpetual love and reverence for your holy Name, and never fail to help and govern those whom you have set upon the sure foundation of your loving - kindness. Amen.

◇ I pray to you, Lord, in the time of your favor ...
-Psalm 69:13a

● **Repeat Seven Times:**

... in your great love, O God, answer me with your sure salvation.
-Psalm 69:13b

◇ Rescue me from the mire, do not let me sink ...
-Psalm 69:14a

● **Repeat Seven Times:**

... deliver me from those who hate me, from the deep waters.
-Psalm 69:14b

◇ Do not let the floodwaters engulf me or the depths swallow me up or the pit close its mouth over me.
-Psalm 69:15

● **Repeat Seven Times:**

Answer me, Lord ... in your great mercy turn to me.
-Psalm 69:16

◇ Do not hide your face from your servant; answer me quickly, for I am in trouble.
-Psalm 69:17

● **Repeat Seven Times:**

Come near and rescue me ...
-Psalm 69:18a

◇ Now if we died with Christ, we believe that we will also live with him. For we know that since Christ was raised from the dead, he cannot die again; death no longer has mastery over him. The death he died, he died to sin once for all; but the life he lives, he lives to God. In the same way, count yourselves dead to sin but alive to God in Christ Jesus.
-Romans 6:8-11

☩ *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

Intercessions

***Pause in between these sentences for silence or specific intercessions**

Lord of Light, gather all creation into your care. ...

Come, Holy Spirit, shine light on our darkness ...

Help us to live into the new life you have called us to in our baptism into Christ ...

Guide your Church in this place and around the world. Help us to acknowledge and honor your name

Holy Father, gently support those who find themselves in darkness or among the wicked ...

For the sick, hurting, oppressed, and lonely ...

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

For our country, our region (village, town...), that the Christians here may witness to your life and the unity ...

Praise Father, Son, and Holy Spirit. Amen.