

Contemplative Prayer Form

(Sixth 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:

That same day Jesus went out of the house and sat by the lake. Such large crowds gathered around him that he got into a boat and sat in it, while all the people stood on the shore. Then he told them many things in parables, saying: “A farmer went out to sow his seed. As he was scattering the seed, some fell along the path, and the birds came and ate it up. Some fell on rocky places, where it did not have much soil. It sprang up quickly, because the soil was shallow. But when the sun came up, the plants were scorched, and they withered because they had no root. Other seed fell among thorns, which grew up and choked the plants. Still other seed fell on good soil, where it produced a crop—a hundred, sixty or thirty times what was sown. Whoever has ears, let them hear...”

“Listen then to what the parable of the sower means: When anyone hears the message about the kingdom and does not understand it, the evil one comes and snatches away what was sown in their heart. This is the seed sown along the path. The seed falling on rocky ground refers to someone who hears the word and at once receives it with joy. But since they have no root, they last only a short time. When trouble or persecution comes because of the word, they quickly fall away. The seed falling among the thorns refers to someone who hears the word, but the worries of this life and the deceitfulness of wealth choke the word, making it unfruitful. But the seed falling on good soil refers to someone who hears the word and understands it. This is the one who produces a crop, yielding a hundred, sixty or thirty times what was sown.”

-Matthew 13:1-9, 18-23 (NIV)

Scripture Prayer:

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

✿ Lord Jesus, grant that we may know and understand what things we ought to do, and may also have grace and power faithfully to accomplish them. Amen.

◇ Your word is a lamp for my feet, a light on my path.
-Psalm 119:105

- **Repeat Seven Times:**

...I will follow your righteous laws.
-Psalm 119:106b

◇ I have suffered much...
-Psalm 119:107a

- **Repeat Seven Times:**

...preserve my life, Lord, according to your word.
-Psalm 119:107b

◇ Accept, Lord, the willing praise of my mouth, and teach me your laws. Though I constantly take my life in my hands...
-Psalm 119:108-109a

- **Repeat Seven Times:**

I will not forget your law.
-Psalm 119:109b

◇ The wicked have set a snare for me, but I have not strayed from your precepts. Your statutes are my heritage forever...
-Psalm 119:110-111a

- **Repeat Seven Times:**

...they are the joy of my heart.
-Psalm 119:111b

◇ Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.
-Romans 8:1

✿ *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

God our Savior, you are the hope of all the earth. Have compassion on what you have made. Gather all creation into your care. ...

Come, Holy Spirit, govern our minds by your Spirit and set us free from the law of sin and death...

Jesus, help us to hear and understand your word...

Holy Spirit, give life to your church in this place and around the world. Help us to bear fruit and be formed in the light of your gospel of freedom....

Father, gently support those who are suffering the effects of death because 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.