Contemplative Prayer Form

(Tenth 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:

Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it.

Shortly before dawn Jesus went out to them, walking on the lake. When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear.

But Jesus immediately said to them: "Take courage! It is I. Don't be afraid."

"Lord, if it's you," Peter replied, "tell me to come to you on the water."

"Come," he said.

Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!"

Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?"

And when they climbed into the boat, the wind died down. Then those who were in the boat worshiped him, saying, "Truly you are the Son of God." -Matthew 14:22-33 (NIV)

Scripture Prayer:

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

❁ Lord, grant us the spirit to think and do those things that are right, that we may be enabled to live according to your will. Amen.

◇ Give praise to the Lord, proclaim his name; make known among the nations what he has done.
-Psalm 105:1

- **Repeat Seven Times:**
  Sing to him, sing praise to him...
  -Psalm 105:2a

◇ Glory in his holy name; let the hearts of those who seek the Lord rejoice.
-Psalm 105:3

- **Repeat Seven Times:**
  Look to the Lord and his strength; seek his face always.
  -Psalm 105:4

◇ Remember the wonders he has done, his miracles, and the judgments he pronounced...
-Psalm 105:5

- **Repeat Seven Times:**
  Praise the Lord.
  -Psalm 105:45b

◇ I will listen to what God the Lord says; he promises peace to his people, his faithful servants—but let them not turn to folly.
-Psalm 85:8

- **Repeat Seven Times:**
  ...his salvation is near those who fear him...
  -Psalm 85:9a

◇ Love and faithfulness meet together; righteousness and peace kiss each other. The Lord will indeed give what is good...Righteousness goes before him and prepares the way for his steps.
-Psalm 85:10, 12a, 13

❁ *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

Author of faith, you love all that you have created. Reach down and steady your church, so that the nations may trust in you...

Holy Spirit, you have promised us your peace. Open our mouths to speak the good news of salvation through Christ the Son. Help us to speak and think in accord with this gospel...

Jesus, save us when we are drowning. Give us faith to trust in you and share the news of your miracles with the world...

Holy Spirit, speak to all who call upon your name in the stillness of your presence...

Father, rescue those in the pit. Remember your promise to save us...

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

Praise Father, Son, and Holy Spirit. Amen.