

Contemplative Prayer Form

(13th Sunday after Pentecost - Year A)



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:

From that time on Jesus began to explain to his disciples that he must go to Jerusalem and suffer many things at the hands of the elders, the chief priests and the teachers of the law, and that he must be killed and on the third day be raised to life.

Peter took him aside and began to rebuke him. “Never, Lord!” he said. “This shall never happen to you!”

Jesus turned and said to Peter, “Get behind me, Satan! You are a stumbling block to me; you do not have in mind the concerns of God, but merely human concerns.”

Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will find it. What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul? For the Son of Man is going to come in his Father’s glory with his angels, and then he will reward each person according to what they have done.

“Truly I tell you, some who are standing here will not taste death before they see the Son of Man coming in his kingdom.”

-Matthew 16:21-28 (NIV)

Scripture Prayer:

✝ The earth is the Lord's for he made it. Come, let us adore him.

✿ Holy Lord, place in our hearts a love for your Name; increase in us true religion and bring forth in us the fruits of the Holy Spirit. Amen.

◇ Test me, Lord, and try me, examine my heart and my mind...
-Ps. 26:2

- **Repeat Seven Times:**

Vindicate me, Lord...
-Psalm 26:1b

◇ I have trusted in the Lord...I have always been mindful of your unfailing love and have lived in reliance on your faithfulness.
-Psalm 26:1a, 3

- **Repeat Seven Times:**

Lord, I love the house where you live, the place where your glory dwells.
-Psalm 26:8

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

- **Repeat Seven Times:**

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

◇ Give praise to the Lord, proclaim his name; make known among the nations what he has done...sing praise to him; tell of all his wonderful acts. Glory in his holy name; let the hearts of those who seek the Lord rejoice.
-Psalm 105:1-3

- **Repeat Seven Times:**

Praise the Lord.
-Psalm 105:45b

◇ "Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will find it." -Matthew 16:24-25

- ✿ *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

Holy Father, you have revealed yourself in every generation. Mercifully guide your people into the way you have revealed through Jesus. Through your Holy Spirit, minister to your Church in this place and around the world...

Jesus, you have saved us from the evil one. Keep us steady in faith and set our hearts to desire what is good...

Holy Spirit, give us joy, hope, and the gift of faithfulness. Bind us together and help us to live at peace with everyone...

Lord, you refused to shun the pain of the cross. Teach us what it means in our day to deny ourselves and take up our crosses. Vindicate us when we suffer for doing good...

Help those who, like our ancestors, waited for you in exile. Strengthen the weak and uphold the cause of the poor and the oppressed. Show us how we can serve those who are going through trials...

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

Lord, teach us to be grateful...

Praise Father, Son, and Holy Spirit. Amen.