

Contemplative Prayer Form

(Twelfth 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:

When Jesus came to the region of Caesarea Philippi, he asked his disciples, “Who do people say the Son of Man is?”

They replied, “Some say John the Baptist; others say Elijah; and still others, Jeremiah or one of the prophets.”

“But what about you?” he asked. “Who do you say I am?”

Simon Peter answered, “You are the Messiah, the Son of the living God.”

Jesus replied, “Blessed are you, Simon son of Jonah, for this was not revealed to you by flesh and blood, but by my Father in heaven. And I tell you that you are Peter, and on this rock I will build my church, and the gates of Hades will not overcome it. I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.” Then he ordered his disciples not to tell anyone that he was the Messiah.

-Matthew 16:13-20 (NIV)

Scripture Prayer:

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

◉ Grant, O merciful God, that your Church, being gathered in unity by your Holy Spirit; may show your power among all peoples. Amen.

- ◇ I will bow down toward your holy temple and will praise your name for your unfailing love and your faithfulness...
-Ps. 138:2a

● **Repeat Seven Times:**

I will praise you, Lord, with all my heart...
-Psalm 138:1a

- ◇ May all the kings of the earth praise you, Lord, when they hear what you have decreed. May they sing of the ways of the Lord, for the glory of the Lord is great.
-Psalm 138:4-5

● **Repeat Seven Times:**

When I called, you answered me; you greatly emboldened me.
-Psalm 138:3

- ◇ Though the Lord is exalted, he looks kindly on the lowly; though lofty, he sees them from afar... You stretch out your hand against the anger of my foes; with your right hand you save me.
-Psalm 138:6; 7b

● **Repeat Seven Times:**

Though I walk in the midst of trouble, you preserve my life.
-Psalm 138:7a

- ◇ The Lord will vindicate me... do not abandon the works of your hands.
-Psalm 138:8a, 8b

● **Repeat Seven Times:**

Our help is in the name of the Lord, the Maker of heaven and earth.
-Psalm 124:8

- ◇ ...in view of God's mercy... offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.
-Romans 12:1-2

✿ *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

Father, you have drawn your Church from the waters of baptism and called us to serve others. Through the breath of your Holy Spirit, help your people to reflect your righteousness and salvation. Guide your Church in this place and around the world...

Jesus, "You are the Messiah, the Son of the living God." Gather us around the teaching of your Apostles and the witness of your Gospel. Keep us steady in faith and set our hearts to discern your Kingdom...

Holy Spirit, transform our minds and teach us your will. Reveal to us the gifts that you have given and prompt us to humbly serve others.

Lord, you rule over every power and authority, yet bow to meet us through your Son. Do not abandon the work of your hands. Defend the weak and the fatherless; uphold the cause of the poor and the oppressed. Vindicate the needy and support those who are going through trials. Send us out as sheep among wolves to be ministers of your reconciliation.

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. Teach us to find joy in the gifts you have given us. Show us how to use these gifts to create things which lead to life and participate in your love.

Lord, you have buried us with Christ in baptism, and raised us with him through faith in the work of God. Fill us with knowledge of your will and the understanding of the Spirit, so that we may bear fruit and give thanks to the Father, who has saved us from the dark waters and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.

Praise Father, Son, and Holy Spirit. Amen.