

# Contemplative Prayer Form

(21th 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).*

## Gospel Reading:

Hearing that Jesus had silenced the Sadducees, the Pharisees got together. One of them, an expert in the law, tested him with this question: “Teacher, which is the greatest commandment in the Law?”

Jesus replied: “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments.”

While the Pharisees were gathered together, Jesus asked them, “What do you think about the Messiah? Whose son is he?”

“The son of David,” they replied.

He said to them, “How is it then that David, speaking by the Spirit, calls him ‘Lord’? For he says,

“‘The Lord said to my Lord:  
“Sit at my right hand  
until I put your enemies  
under your feet.’”

If then David calls him ‘Lord,’ how can he be his son?” No one could say a word in reply, and from that day on no one dared to ask him any more questions.

-Matthew 22:34-46 (NIV)

## Scripture Prayer:

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

☼ Sovereign God, increase in us the gifts of faith, hope, and love; and, that we may obtain what you promise, make us love what you command. Amen.

◇ Lord, you have been our dwelling place throughout all generations. Before the mountains were born or you brought forth the whole world...

-Psalm 90:1-2a

- **Repeat Seven Times:**

...from everlasting to everlasting you are God.

-Psalm 90:2b

◇ A thousand years in your sight are like a day that has just gone by, or like a watch in the night.

-Psalm 90:4

- **Repeat Seven Times:**

Satisfy us in the morning with your unfailing love...

-Psalm 90:14a

◇ Make us glad for as many days as you have afflicted us, for as many years as we have seen trouble. May your deeds be shown to your servants, your splendor to their children. May the favor of the Lord our God rest on us...

-Psalm 90:15-17a

- **Repeat Seven Times:**

...establish the work of our hands for us...

-Psalm 90:17b

◇ ...we speak as those approved by God to be entrusted with the gospel. We are not trying to please people but God, who tests our hearts.

-1 Thessalonians 2:4

- **Repeat Seven Times:**

I am the Lord.

-Leviticus 19:16b

◇ “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments.”

-Matthew 22:37b-40

☼ *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