

Contemplative Prayer Form

(22th 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).

Gospel Reading:

Then Jesus said to the crowds and to his disciples: “The teachers of the law and the Pharisees sit in Moses’ seat. So you must be careful to do everything they tell you. But do not do what they do, for they do not practice what they preach. They tie up heavy, cumbersome loads and put them on other people’s shoulders, but they themselves are not willing to lift a finger to move them.

“Everything they do is done for people to see: They make their phylacteries wide and the tassels on their garments long they love the place of honor at banquets and the most important seats in the synagogues; they love to be greeted with respect in the marketplaces and to be called ‘Rabbi’ by others.

“But you are not to be called ‘Rabbi,’ for you have one Teacher, and you are all brothers. And do not call anyone on earth ‘father,’ for you have one Father, and he is in heaven. Nor are you to be called instructors, for you have one Instructor, the Messiah. The greatest among you will be your servant. For those who exalt themselves will be humbled, and those who humble themselves will be exalted. -Matthew 23:1-12 (NIV)

Scripture Prayer:

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

◉ O Lord, cleanse and defend your Church, and protect and govern it always by your goodness.

⬠ Give thanks to the Lord, for he is good...
-Ps. 107:1a

● **Repeat Seven Times:**
...his love endures forever.
-Psalm 107:1b

◇ Let the redeemed of the Lord tell their story...those he gathered from the lands, from east and west, from north and south.
-Psalm 107:2a, 3

● **Repeat Seven Times:**

...he redeemed from the hand of the foe...
-Psalm 107:2b

◇ Some wandered in desert wastelands, finding no way to a city where they could settle. They were hungry and thirsty, and their lives ebbed away.
-Psalm 107:4-5

● **Repeat Seven Times:**

Then they cried out to the Lord in their trouble, and he delivered them from their distress.
-Psalm 107:6

◇ He led them by a straight way to a city where they could settle. Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind,
-Psalm 107:7-8

● **Repeat Seven Times:**

...he satisfies the thirsty and fills the hungry with good things.
-Psalm 107:9

◇ Send me your light and your faithful care, let them lead me; let them bring me to your holy mountain, to the place where you dwell.
-Psalm 43:3

✠ *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 gathered us into your Church. Give us life and unity through your Spirit. Guide your Church in this place and around the world...

Son of the living God, your faithfulness enables us to remain faithful to you: Keep us humble in faith and set our hearts to desire your Kingdom...

Come, Holy Spirit, heal our wounded souls and misshaped desires. Free us from anxiety and lead us to trust you...

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

For our country and our region, for political and spiritual leaders...

Lord, thankyou for the great cloud of witnesses you have assembled for your glory. Praise Father, Son, and Holy Spirit. Amen.