

## Contemplative Prayer Form

(Second Week in Advent - Year B)



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:

The beginning of the good news about Jesus the Messiah, the Son of God, as it is written in Isaiah the prophet:

“I will send my messenger ahead of you,  
who will prepare your way”—

“a voice of one calling in the wilderness,  
‘Prepare the way for the Lord,  
make straight paths for him.’”

And so John the Baptist appeared in the wilderness, preaching a baptism of repentance for the forgiveness of sins. The whole Judean countryside and all the people of Jerusalem went out to him. Confessing their sins, they were baptized by him in the Jordan River. John wore clothing made of camel’s hair, with a leather belt around his waist, and he ate locusts and wild honey. And this was his message: “After me comes the one more powerful than I, the straps of whose sandals I am not worthy to stoop down and untie. I baptize you with water, but he will baptize you with the Holy Spirit.”

-Mark 1:1-8 (NIV)

### Scripture Prayer:

✚ Our King and Savior now draws near. Come, let us adore him.

⦿ Merciful God, you sent the prophets to preach repentance and prepare the way for our salvation. Give us grace to heed their warnings and forsake our sins, that we may greet with joy the coming of Jesus our Redeemer. Amen.

◇ Comfort, comfort my people, says your God.  
-Isaiah 40:1

● **Repeat Seven Times:**

‘Prepare the way for the Lord, make straight paths for him.’  
-Mark 1:3

◇ Every valley shall be raised up, every mountain and hill made low; the rough ground shall become level, the rugged places a plain.  
-Isaiah 40:4

● **Repeat Seven Times:**

And the glory of the Lord will be revealed, and all people will see it together.  
-Isaiah 40:5a

◇ “All people are like grass, and all their faithfulness is like the flowers of the field. The grass withers and the flowers fall, because the breath of the Lord blows on them.”  
-Isaiah 40:6b-7a

● **Repeat Seven Times:**

The grass withers and the flowers fall, but the word of our God endures forever.  
-Psalm 40:8

◇ See, the Sovereign Lord comes with power, and he rules with a mighty arm...He tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart; he gently leads those that have young.  
-Isaiah 40:10-11

● **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*

✚ May the God of hope fill us with all joy and peace in believing through the power of the Holy Spirit. Amen.

**Silence and Intercessions**