

Contemplative Prayer Form

(23rd 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:

“At that time the kingdom of heaven will be like ten virgins who took their lamps and went out to meet the bridegroom. Five of them were foolish and five were wise. The foolish ones took their lamps but did not take any oil with them. The wise ones, however, took oil in jars along with their lamps. The bridegroom was a long time in coming, and they all became drowsy and fell asleep.

“At midnight the cry rang out: ‘Here’s the bridegroom! Come out to meet him!’

“Then all the virgins woke up and trimmed their lamps. The foolish ones said to the wise, ‘Give us some of your oil; our lamps are going out.’

“‘No,’ they replied, ‘there may not be enough for both us and you. Instead, go to those who sell oil and buy some for yourselves.’

“But while they were on their way to buy the oil, the bridegroom arrived. The virgins who were ready went in with him to the wedding banquet. And the door was shut.

“Later the others also came. ‘Lord, Lord,’ they said, ‘open the door for us!’

“But he replied, ‘Truly I tell you, I don’t know you.’

“Therefore keep watch, because you do not know the day or the hour.

-Matthew 25:1-13 (NIV)

Scripture Prayer:

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

☩ O God, whose Son came into the world to make us children of God; Grant that, having this hope, we may purify ourselves and be made like him. Amen.

◇ Hasten, O God, to save me; come quickly, Lord, to help me.
-Psalm 70:1

- **Repeat Seven Times:**

...may all who seek you rejoice and be glad in you...

-Psalm 70:4a

◇ But as for me, I am poor and needy; come quickly to me, O God. You are my help and my deliverer; Lord, do not delay.
-Psalm 70:5

- **Repeat Seven Times:**

"The Lord is great!"

-Psalm 70:4b

◇ For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever.
-1 Thessalonians 4:16-17

- **Repeat Seven Times:**

'Here's the bridegroom! Come out to meet him!'

-Matthew 25:6b

◇ For we believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in him.
-1 Thessalonians 4:14

- **Repeat Seven Times:**

"Therefore keep watch, because you do not know the day or the hour.

-Matthew 25:13

◇ "We will serve the Lord our God and obey him."
-Joshua 24:24b

☩ *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