

# Contemplative Prayer Form

(Fourth 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:

In the sixth month of Elizabeth’s pregnancy, God sent the angel Gabriel to Nazareth, a town in Galilee, to a virgin pledged to be married to a man named Joseph, a descendant of David. The virgin’s name was Mary. The angel went to her and said, “Greetings, you who are highly favored! The Lord is with you.”

Mary was greatly troubled at his words and wondered what kind of greeting this might be. But the angel said to her, “Do not be afraid, Mary; you have found favor with God. You will conceive and give birth to a son, and you are to call him Jesus. He will be great and will be called the Son of the Most High. The Lord God will give him the throne of his father David, and he will reign over Jacob’s descendants forever; his kingdom will never end.”

“How will this be,” Mary asked the angel, “since I am a virgin?”

The angel answered, “The Holy Spirit will come on you, and the power of the Most High will overshadow you. So the holy one to be born will be called the Son of God. Even Elizabeth your relative is going to have a child in her old age, and she who was said to be unable to conceive is in her sixth month. For no word from God will ever fail.”

“I am the Lord’s servant,” Mary answered. “May your word to me be fulfilled.”  
Then the angel left her.

-Luke 1:26-38 (NIV)

## Scripture Prayer:

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

☼ Purify our conscience, Almighty God, by your daily visitation, that your Son Jesus Christ, at his coming, may find in us a mansion prepared for himself. Amen.

◇ I will sing of the Lord's great love forever; with my mouth I will make your faithfulness known through all generations.

-Psalm 89:1

- **Repeat Seven Times:**

I will declare that your love stands firm forever, that you have established your faithfulness in heaven itself.

-Psalm 89:2

◇ You said, "I have made a covenant with my chosen one, I have sworn to David my servant,

-Psalm 89:3

- **Repeat Seven Times:**

'I will establish your line forever and make your throne firm through all generations.'

-Psalm 89:4

◇ My faithful love will be with him, and through my name his horn will be exalted.

-Psalm 89:24

- **Repeat Seven Times:**

'You are my Father, my God, the Rock my Savior.'

-Psalm 89:26b

◇ Now to him who is able to establish you in accordance with my gospel, the message I proclaim about Jesus Christ, in keeping with the revelation of the mystery hidden for long ages past, but now revealed and made known through the prophetic writings by the command of the eternal God, so that all the Gentiles might come to the obedience that comes from faith...

-Romans 16:25-26

- **Repeat Seven Times:**

...to the only wise God be glory forever through Jesus Christ!

-Romans 16:27

◇ "I am the Lord's servant...May your word to me be fulfilled."

-Luke 1:38

☼ *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