

Contemplative Prayer Form

(Third 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:

There was a man sent from God whose name was John. He came as a witness to testify concerning that light, so that through him all might believe. He himself was not the light; he came only as a witness to the light...Now this was John’s testimony when the Jewish leaders in Jerusalem sent priests and Levites to ask him who he was. He did not fail to confess, but confessed freely, “I am not the Messiah.”

They asked him, “Then who are you? Are you Elijah?”

He said, “I am not.”

“Are you the Prophet?”

He answered, “No.”

Finally they said, “Who are you? Give us an answer to take back to those who sent us. What do you say about yourself?” John replied in the words of Isaiah the prophet,

“I am the voice of one calling in the wilderness, ‘Make straight the way for the Lord.’”

Now the Pharisees who had been sent questioned him, “Why then do you baptize if you are not the Messiah, nor Elijah, nor the Prophet?”

“I baptize with water,” John replied, “but among you stands one you do not know. He is the one who comes after me, the straps of whose sandals I am not worthy to untie.”

This all happened at Bethany on the other side of the Jordan, where John was baptizing.

-John 1:6-8, 19-28 (NIV)

Scripture Prayer:

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

☼ Stir up your power, O Lord, and come among us; and because we are hindered by our sins, let your bountiful grace and mercy speedily help and deliver us.

◇ When the Lord restored the fortunes of Zion, we were like those who dreamed. Our mouths were filled with laughter, our tongues with songs of joy.

-Psalm 126:1-2a

- **Repeat Seven Times:**

The Lord has done great things for us...

-Psalm 126:3a

◇ Restore our fortunes, Lord...

-Psalm 126:4a

- **Repeat Seven Times:**

Those who sow with tears will reap with songs of joy.

-Psalm 126:5

◇ I delight greatly in the Lord; my soul rejoices in my God. For he has clothed me with garments of salvation and arrayed me in a robe of his righteousness...

-Isaiah 61:10a

- **Repeat Seven Times:**

“My soul glorifies the Lord and my spirit rejoices in God my Savior...”

-Luke 1:46-47

◇ His mercy extends to those who fear him, from generation to generation. He has performed mighty deeds with his arm; he has scattered those who are proud in their inmost thoughts. He has brought down rulers from their thrones but has lifted up the humble. He has filled the hungry with good things but has sent the rich away empty.

-Luke 1:50-53

- **Repeat Seven Times:**

...the Mighty One has done great things for me—holy is his name.

-Luke 1:49

◇ Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.

-1 Thessalonians 5:16-18

☼ *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