

# Contemplative Prayer Form

(Fifth Sunday of Epiphany - 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:

As soon as they left the synagogue, they went with James and John to the home of Simon and Andrew. Simon’s mother-in-law was in bed with a fever, and they immediately told Jesus about her. So he went to her, took her hand and helped her up. The fever left her and she began to wait on them.

That evening after sunset the people brought to Jesus all the sick and demon-possessed. The whole town gathered at the door, and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was.

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Simon and his companions went to look for him, and when they found him, they exclaimed: “Everyone is looking for you!”

Jesus replied, “Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come.” So he traveled throughout Galilee, preaching in their synagogues and driving out demons.

-Mark 1:29-39 (NIV)

## Scripture Prayer:

✝ Nations will come to your light, the kings to the brightness of your rising.

✝ Set us free, Lord, from the bondage of our sins. Give us the freedom of abundant life which you have made know in your Son, our Savior Jesus Christ. Amen.

◇ How good it is to sing praises to our God, how pleasant and fitting to praise him!  
-Psalm 147:1b

- **Repeat Seven Times:**

Praise the Lord.

-Psalm 147:1a

◇ He heals the brokenhearted and binds up their wounds. He determines the number of the stars and calls them each by name.  
-Psalm 147:3-4

- **Repeat Seven Times:**

Great is our Lord and mighty in power; his understanding has no limit.

-Psalm 147:5

◇ The Lord sustains the humble but casts the wicked to the ground.  
-Psalm 147:6

- **Repeat Seven Times:**

Sing to the Lord with grateful praise...

-Psalm 147:7a

◇ He covers the sky with clouds; he supplies the earth with rain and makes grass grow on the hills. He provides food for the cattle and for the young ravens when they call.  
-Psalm 147:8-9

- **Repeat Seven Times:**

...the Lord delights in those who fear him, who put their hope in his unfailing love.

-Psalm 147:11

◇ His pleasure is not in the strength of the horse, nor his delight in the legs of the warrior...  
-Psalm 147:10

✝ *The Lord's Prayer*

✝ The glory of the Lord has been revealed, and all flesh shall see it together. Amen.

## Silence and Intercessions