

Contemplative Prayer Form

(Fourth 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:

They went to Capernaum, and when the Sabbath came, Jesus went into the synagogue and began to teach. The people were amazed at his teaching, because he taught them as one who had authority, not as the teachers of the law. Just then a man in their synagogue who was possessed by an impure spirit cried out, “What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!”

“Be quiet!” said Jesus sternly. “Come out of him!” The impure spirit shook the man violently and came out of him with a shriek.

The people were all so amazed that they asked each other, “What is this? A new teaching—and with authority! He even gives orders to impure spirits and they obey him.” News about him spread quickly over the whole region of Galilee.

-Mark 1:21-28 (NIV)

Scripture Prayer:

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

◉ Everlasting God, you govern all things in heaven and on earth; mercifully hear the prayers of your people, and in our time grant us your peace. Amen.

◇ Praise the Lord. I will extol the Lord with all my heart in the council of the upright and in the assembly.
-Psalm 111:1

● **Repeat Seven Times:**

Great are the works of the Lord...
-Psalm 111:1a

◇ Glorious and majestic are his deeds, and his righteousness endures forever. He has caused his wonders to be remembered; the Lord is gracious and compassionate. He provides food for those who fear him...
-Psalm 111:3-5a

● **Repeat Seven Times:**

...he remembers his covenant forever.
-Psalm 111:5b

◇ The fear of the Lord is the beginning of wisdom; all who follow his precepts have good understanding. To him belongs eternal praise.
-Psalm 111:10

● **Repeat Seven Times:**

...all his precepts are trustworthy.
-Psalm 111:7b

◇ He provided redemption for his people; he ordained his covenant forever— holy and awesome is his name.
-Psalm 111:9

● **Repeat Seven Times:**

To him belongs eternal praise.
-Psalm 111:10b

◇ The fear of the Lord is the beginning of wisdom; all who follow his precepts have good understanding.
-Psalm 111:10a

✿ *The Lord's Prayer*

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

Silence and Intercessions