

Contemplative Prayer Form

(Second 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:

The next day Jesus decided to leave for Galilee. Finding Philip, he said to him, “Follow me.” Philip, like Andrew and Peter, was from the town of Bethsaida. Philip found Nathanael and told him, “We have found the one Moses wrote about in the Law, and about whom the prophets also wrote—Jesus of Nazareth, the son of Joseph.” “Nazareth! Can anything good come from there?” Nathanael asked.

“Come and see,” said Philip.

When Jesus saw Nathanael approaching, he said of him,

“Here truly is an Israelite in whom there is no deceit.”

“How do you know me?” Nathanael asked.

Jesus answered, “I saw you while you were still under the fig tree before Philip called you.” Then Nathanael declared,

“Rabbi, you are the Son of God; you are the king of Israel.”

Jesus said, “You believe because I told you I saw you under the fig tree. You will see greater things than that.” He then added, “Very truly I tell you, you will see ‘heaven open, and the angels of God ascending and descending on’ the Son of Man.”

-John 1:42-51 (NIV)

Scripture Prayer:

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

☼ Almighty God, whose Son Jesus is the light of the world: Grant that your people may shine with the radiance of Christ's glory that he may be known, worshiped, and obeyed to the ends of the earth. Amen.

◇ You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down...

-Ps. 139:1-3

- **Repeat Seven Times:**

...you are familiar with all my ways...

-Psalm 139:3b

◇ Before a word is on my tongue you, Lord, know it completely. You hem me in behind and before, and you lay your hand upon me.

-Psalm 139:4-5

- **Repeat Seven Times:**

Such knowledge is too wonderful for me, too lofty for me to attain.

-Psalm 139:6

◇ For you created my inmost being; you knit me together in my mother's womb.

-Psalm 139:13

- **Repeat Seven Times:**

I praise you because I am fearfully and wonderfully made...

-Psalm 139:14a

◇ My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth.

-Psalm 139:15

- **Repeat Seven Times:**

your works are wonderful, I know that full well....

-Psalm 139:14b

◇ How precious to me are your thoughts, God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand—when I awake, I am still with you.

-Psalm 139:17-18

☼ *The Lord's Prayer*

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

Silence and Intercessions

Son of God and Light of the Nations, draw near and guide us by your Spirit. Gather all the nations into your care. Guide your Church in this place and around the world...

Keep us steady in faith and set our hearts to desire your light...

Come, Holy Spirit, heal our wounded souls and misshaped desires...

Free us from anxiety and assure us that you have called us as your disciples...

Father, shine your light on those suffering in body, spirit, or mind...

For families and friends, for all who have asked for our prayers and who pray for us...

For our country, our region (village, town...), that the Christians there may be witnesses to your life and unity...

Jesus, thank you for bringing light and revelation.

Amen.