

Contemplative Prayer Form

(Third 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:

After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. “The time has come,” he said. “The kingdom of God has come near. Repent and believe the good news!”

As Jesus walked beside the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the lake, for they were fishermen. “Come, follow me,” Jesus said, “and I will send you out to fish for people.” At once they left their nets and followed him.

When he had gone a little farther, he saw James son of Zebedee and his brother John in a boat, preparing their nets. Without delay he called them, and they left their father Zebedee in the boat with the hired men and followed him.

-Mark 1:14-20 (NIV)

Scripture Prayer:

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

✿ Give us grace, O Lord, to answer the call of Jesus and proclaim the Good News of His salvation, that the whole world may perceive the glory of his marvelous works. Amen.

◇ Yes, my soul, find rest in God; my hope comes from him.
-Psalm 62:5

- **Repeat Seven Times:**

Truly he is my rock and my salvation...
-Psalm 62:6a

◇ My salvation and my honor depend on God; he is my mighty rock, my refuge.
-Psalm 62:7

- **Repeat Seven Times:**

...he is my fortress, I will not be shaken.
-Psalm 62:6b

◇ Trust in him at all times, you people; pour out your hearts to him...
-Psalm 62:8a

- **Repeat Seven Times:**

...for God is our refuge.
-Psalm 62:8b

◇ Do not trust in extortion or put vain hope in stolen goods; though your riches increase, do not set your heart on them.
-Psalm 62:10

- **Repeat Seven Times:**

“Power belongs to you, God, and with you, Lord, is unfailing love”
-Psalm 62:11b

◇ “The kingdom of God has come near. Repent and believe the good news!”
-Mark 1:15b

✿ *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, through your Spirit, call people everywhere to be your disciples. Gather all the nations into your care. Guide your Church in this place and around the world...

Help us to repent and follow your light...

Come, Holy Spirit, heal our misshaped desires and help us to find refuge in you...

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

Father, heal 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 revealing your kingdom and calling us to follow you.

Amen.