

Contemplative Prayer Form

(First Sunday of Lent - Year B)



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: Mark 1:9-15 (NIV)

At that time Jesus came from Nazareth in Galilee and was baptized by John in the Jordan. Just as Jesus was coming up out of the water, he saw heaven being torn open and the Spirit descending on him like a dove. And a voice came from heaven: “You are my Son, whom I love; with you I am well pleased.”

At once the Spirit sent him out into the wilderness, and he was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended him.

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!”

Scripture Prayer:

✙ The Lord is full of compassion and mercy. Come, let us adore him.

✪ Almighty God, whose Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by temptations; and as you know our weakness, save us, O Lord, by your mighty power. Amen.

- ◇ I trust in you; do not let me be put to shame, nor let my enemies triumph over me. No one who hopes in you will ever be put to shame, but shame will come on those who are treacherous without cause.
-Ps. 25:2-3

● **Repeat Seven Times:**

In you, Lord my God, I put my trust.
-Psalm 25:1

- ◇ Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. Remember, Lord, your great mercy and love, for they are from of old.
-Psalm 25:5-6

● **Repeat Seven Times:**

Show me your ways, Lord, teach me your paths.
-Psalm 25:4

- ◇ Do not remember the sins of my youth and my rebellious ways; according to your love remember me, for you, Lord, are good.
-Psalm 25:7

● **Repeat Seven Times:**

Good and upright is the Lord; therefore he instructs sinners in his ways.
-Psalm 25:8

- ◇ He guides the humble in what is right and teaches them his way. All the ways of the Lord are loving and faithful toward those who keep the demands of his covenant.
-Psalm 25:9-10

● **Repeat Seven Times:**

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

- ◇ For Christ also suffered once for sins, the righteous for the unrighteous, to bring you to God. He was put to death in the body but made alive in the Spirit.
-1 Peter 3:18

✿ *The Lord's Prayer*

✙ The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all evermore. Amen.

Silence and Intercessions