

# Contemplative Prayer Form

(Third Sunday in Lent - 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: John 2:13-22 (NIV)

When it was almost time for the Jewish Passover, Jesus went up to Jerusalem. In the temple courts he found people selling cattle, sheep and doves, and others sitting at tables exchanging money. So he made a whip out of cords, and drove all from the temple courts, both sheep and cattle; he scattered the coins of the money changers and overturned their tables. To those who sold doves he said, “Get these out of here! Stop turning my Father’s house into a market!” His disciples remembered that it is written: “Zeal for your house will consume me.”

The Jews then responded to him, “What sign can you show us to prove your authority to do all this?”

Jesus answered them, “Destroy this temple, and I will raise it again in three days.”

They replied, “It has taken forty-six years to build this temple, and you are going to raise it in three days?” But the temple he had spoken of was his body. After he was raised from the dead, his disciples recalled what he had said. Then they believed the scripture and the words that Jesus had spoken.

## Scripture Prayer:

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

✿ Almighty God, you know that we have no power in ourselves to help ourselves. Defend our bodies and souls from evil thoughts and actions. Amen.

◇ The heavens declare the glory of God; the skies proclaim the work of his hands. Day after day they pour forth speech; night after night they reveal knowledge.

-Psalm 19:1-2

- **Repeat Seven Times:**

...their voice goes out into all the earth, their words to the ends of the world.

-Psalm 19:4a

◇ The precepts of the Lord are right, giving joy to the heart. The commands of the Lord are radiant, giving light to the eyes.

-Psalm 19:8

- **Repeat Seven Times:**

The law of the Lord is perfect, refreshing the soul.

-Psalm 19:7

◇ The precepts of the Lord are right, giving joy to the heart. The commands of the Lord are radiant, giving light to the eyes.

-Psalm 19:8

- **Repeat Seven Times:**

The fear of the Lord is pure, enduring forever.

-Psalm 19:9a

◇ But who can discern their own errors? Forgive my hidden faults.

-Psalm 19:12

- **Repeat Seven Times:**

Keep your servant also from willful sins; may they not rule over me.

-Psalm 19:13

◇ May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.

-Psalm 19:14

✿ *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.