

Contemplative Prayer Form

(Transfiguration - 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 six days Jesus took Peter, James and John with him and led them up a high mountain, where they were all alone. There he was transfigured before them. His clothes became dazzling white, whiter than anyone in the world could bleach them. And there appeared before them Elijah and Moses, who were talking with Jesus.

Peter said to Jesus, “Rabbi, it is good for us to be here. Let us put up three shelters—one for you, one for Moses and one for Elijah.” (He did not know what to say, they were so frightened.)

Then a cloud appeared and covered them, and a voice came from the cloud: “This is my Son, whom I love. Listen to him!”

Suddenly, when they looked around, they no longer saw anyone with them except Jesus.

As they were coming down the mountain, Jesus gave them orders not to tell anyone what they had seen until the Son of Man had risen from the dead. -Mark 9:2-9 (NIV)

Scripture Prayer:

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

☼ O God, you revealed the glory of the Son upon the holy mountain. Help us to receive His light through faith, so that we may be strengthened to bear our cross as we are changed into His likeness. Amen.

◇ The Mighty One, God, the Lord, speaks and summons the earth from the rising of the sun to where it sets.

-Psalm 50:1

● **Repeat Seven Times:**

From Zion, perfect in beauty, God shines forth.

-Psalm 50:2

◇ Our God comes and will not be silent; a fire devours before him, and around him a tempest rages.

-Psalm 50:3

● **Repeat Seven Times:**

...the heavens proclaim his righteousness, for he is a God of justice...

-Psalm 50:6

◇ The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God.

-2 Corinthians 4:4

● **Repeat Seven Times:**

For what we preach is not ourselves, but Jesus Christ as Lord.

-2 Corinthians 4:5

◇ And even if our gospel is veiled, it is veiled to those who are perishing.

-2 Corinthians 4:3

● **Repeat Seven Times:**

“This is my Son, whom I love. Listen to him!”

-Mark 9:7b

◇ For God, who said, “Let light shine out of darkness,” made his light shine in our hearts to give us the light of the knowledge of God’s glory displayed in the face of Christ.

-2 Corinthians 4:6

☼ *The Lord’s Prayer*

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

Silence and Intercessions