

# Contemplative Prayer Form

(Fourth 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 3:14-21 (NIV)

Just as Moses lifted up the snake in the wilderness, so the Son of Man must be lifted up, that everyone who believes may have eternal life in him.”

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him. Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God’s one and only Son. This is the verdict: Light has come into the world, but people loved darkness instead of light because their deeds were evil. Everyone who does evil hates the light, and will not come into the light for fear that their deeds will be exposed. But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God.

## Scripture Prayer:

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

✙ Gracious Father, whose blessed Son came down from heaven to be bread for the world and give us true life; give this bread that he may live in us and we in him. Amen.

◇ Give thanks to the Lord, for he is good... -Ps. 107:1a

- **Repeat Seven Times:**

...his love endures forever.

-Psalm 107:1b

◇ Let the redeemed of the Lord tell their story...those he gathered from the lands, from east and west, from north and south.

-Psalm 107:2a, 3

- **Repeat Seven Times:**

...he redeemed from the hand of the foe...

-Psalm 107:2b

◇ They...drew near the gates of death...Then they cried to the Lord in their trouble.

-Psalm 107:18a, 19

- **Repeat Seven Times:**

He sent out his word and healed them; he rescued them from the grave.

-Psalm 107:20

◇ Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind.

-Psalm 107:21

- **Repeat Seven Times:**

Let them...tell of his works with songs of joy.

-Psalm 107:22

◇ But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, -Ephesians 2:4-6

✙ *The Lord's Prayer*

✙ May God grant us forgiveness of sins as we forgive others. Amen.

## Silence and Intercessions