

Contemplative Prayer Form

(Fourth Sunday of Easter - 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: John 10:11-18 (NIV)

“I am the good shepherd. The good shepherd lays down his life for the sheep. The hired hand is not the shepherd and does not own the sheep. So when he sees the wolf coming, he abandons the sheep and runs away. Then the wolf attacks the flock and scatters it. The man runs away because he is a hired hand and cares nothing for the sheep.

“I am the good shepherd; I know my sheep and my sheep know me—just as the Father knows me and I know the Father—and I lay down my life for the sheep. I have other sheep that are not of this sheep pen. I must bring them also. They too will listen to my voice, and there shall be one flock and one shepherd. The reason my Father loves me is that I lay down my life—only to take it up again. No one takes it from me, but I lay it down of my own accord. I have authority to lay it down and authority to take it up again. This command I received from my Father.”

Scripture Prayer:

✙ Alleluia! Christ is risen! Come, let us adore him.

● O God, your Son is the Good Shepherd. Grant that when we hear his voice we may follow where he leads. Amen.

✦ The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters...

-Psalm 23:1-2a

● **Repeat Seven Times:**

...he refreshes my soul....
-Psalm 23:2b

- ◇ He guides me along the right paths for his name's sake. Even though I walk through the darkest valley...
-Psalm 23:3-4a

● **Repeat Seven Times:**

I will fear no evil, for you are with me...
-Psalm 23:4b

- ◇ You prepare a table before me in the presence of my enemies.
-Psalm 23:5a

● **Repeat Seven Times:**

...your rod and your staff, they comfort me.
-Psalm 23:4b

- ◇ I am the good shepherd; I know my sheep and my sheep know me—just as the Father knows me and I know the Father—and I lay down my life for the sheep.
-John 10:14

● **Repeat Seven Times:**

You anoint my head with oil; my cup overflows.
-Psalm 23:5b

- ◇ Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.
-Psalm 23:6

✿ *The Lord's Prayer*

✙ Praise Father, Son, and Holy Spirit. Amen.

Silence + Intercessions