

Contemplative Prayer Form

(Second Sunday after Pentecost - 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 2:23-3:6 (NIV)

One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. The Pharisees said to him, “Look, why are they doing what is unlawful on the Sabbath?”

He answered, “Have you never read what David did when he and his companions were hungry and in need? In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions.”

Then he said to them, “The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.”

Another time Jesus went into the synagogue, and a man with a shriveled hand was there. Some of them were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal him on the Sabbath. Jesus said to the man with the shriveled hand, “Stand up in front of everyone.”

Then Jesus asked them, “Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?” But they remained silent.

He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, “Stretch out your hand.” He stretched it out, and his hand was completely restored. Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus.

Scripture Prayer:

✝ Worship the Lord in the beauty of holiness. Come let us adore Him.

☼ O God, who sets all things in order both in heaven and earth, put away from us all hurtful things, and give us those things which are profitable for us.

◇ I am the Lord your God, who brought you up out of Egypt. Open wide your mouth and I will fill it.

-Ps. 81:10

● **Repeat Seven Times:**

Sing for joy to God our strength...

-Psalm 81:1a

◇ You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down...

-Ps. 139:1-3

● **Repeat Seven Times:**

...you are familiar with all my ways...

-Psalm 139:3b

◇ Before a word is on my tongue you, Lord, know it completely. You hem me in behind and before, and you lay your hand upon me.

-Psalm 139:4-5

● **Repeat Seven Times:**

Such knowledge is too wonderful for me, too lofty for me to attain.

-Psalm 139:6

◇ How precious to me are your thoughts, God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand—when I awake, I am still with you.

-Psalm 139:17-18

● **Repeat Seven Times:**

...your works are wonderful, I know that full well...

-Psalm 139:14b

◇ “Speak, for your servant is listening.”

-1 Samuel 3:10b

☼ *The Lord's Prayer*

✝ The grace Jesus, and the love of God, and the fellowship of the Holy Spirit be with us all evermore. Amen.