

Contemplative Prayer Form

(Third 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 3:20-35 (NIV)

Then Jesus entered a house, and again a crowd gathered, so that he and his disciples were not even able to eat. When his family heard about this, they went to take charge of him, for they said, “He is out of his mind.”

And the teachers of the law who came down from Jerusalem said, “He is possessed by Beelzebul! By the prince of demons he is driving out demons.” So Jesus called them over to him and began to speak to them in parables: “How can Satan drive out Satan? If a kingdom is divided against itself, that kingdom cannot stand. If a house is divided against itself, that house cannot stand. And if Satan opposes himself and is divided, he cannot stand; his end has come. In fact, no one can enter a strong man’s house without first tying him up. Then he can plunder the strong man’s house. Truly I tell you, people can be forgiven all their sins and every slander they utter, but whoever blasphemes against the Holy Spirit will never be forgiven; they are guilty of an eternal sin.” He said this because they were saying, “He has an impure spirit.” Then Jesus’ mother and brothers arrived. Standing outside, they sent someone in to call him. A crowd was sitting around him, and they told him, “Your mother and brothers are outside looking for you.”

“Who are my mother and my brothers?” he asked.

Then he looked at those seated in a circle around him and said, “Here are my mother and my brothers! Whoever does God’s will is my brother and sister and mother.”

Scripture Prayer:

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

☼ O God, help us by your inspiration, to think those things that are right, and mercifully guide us to do them.

◇ I will bow down toward your holy temple and will praise your name for your unfailing love and your faithfulness...

-Psalm 138:2a

● **Repeat Seven Times:**

I will praise you, Lord, with all my heart...

-Psalm 138:1a

◇ May all the kings of the earth praise you, Lord, when they hear what you have decreed. May they sing of the ways of the Lord, for the glory of the Lord is great.

-Psalm 138:4-5

● **Repeat Seven Times:**

When I called, you answered me; you greatly emboldened me.

-Psalm 138:3

◇ Though the Lord is exalted, he looks kindly on the lowly; though lofty, he sees them from afar... You stretch out your hand against the anger of my foes; with your right hand you save me.

-Psalm 138:6; 7b

● **Repeat Seven Times:**

Though I walk in the midst of trouble, you preserve my life.

-Psalm 138:7a

◇ The Lord will vindicate me... do not abandon the works of your hands.

-Psalm 138:8a, 8b

● **Repeat Seven Times:**

...outwardly we are wasting away, yet inwardly we are being renewed...

-2 Corinthians 4:16b

◇ For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

-2 Corinthians 4:17-18

☼ *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.