

Contemplative Prayer Form

(Fifth 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 4:35-41 (NIV)

That day when evening came, he said to his disciples, “Let us go over to the other side.” Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, “Teacher, don’t you care if we drown?”

He got up, rebuked the wind and said to the waves, “Quiet! Be still!” Then the wind died down and it was completely calm.

He said to his disciples, “Why are you so afraid? Do you still have no faith?”

They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!”

Scripture Prayer:

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

 O God, give us reverence for your name and set our hearts upon your lovingkindness.

 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

- ◇ Then they cried out to the Lord in their trouble, and he brought them out of their distress. He stilled the storm to a whisper; the waves of the sea were hushed. They were glad when it grew calm, and he guided them to their desired haven. Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind.
-Psalm 107:28-31

✿ *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.

Silence and Intercessions