

Contemplative Prayer Form

(Fourth 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 4:26-34 (NIV)

He also said, “This is what the kingdom of God is like. A man scatters seed on the ground. Night and day, whether he sleeps or gets up, the seed sprouts and grows, though he does not know how. All by itself the soil produces grain—first the stalk, then the head, then the full kernel in the head. As soon as the grain is ripe, he puts the sickle to it, because the harvest has come.”

Again he said, “What shall we say the kingdom of God is like, or what parable shall we use to describe it? It is like a mustard seed, which is the smallest of all seeds on earth. Yet when planted, it grows and becomes the largest of all garden plants, with such big branches that the birds can perch in its shade.”

With many similar parables Jesus spoke the word to them, as much as they could understand. He did not say anything to them without using a parable. But when he was alone with his own disciples, he explained everything.

Scripture Prayer:

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

- O God, keep us steadfast in faith in love, that we may proclaim your truth.

- ◇ It is good to praise the Lord and make music to your name, O Most High, proclaiming your love in the morning and your faithfulness at night... -Psalm 92:1-2

● **Repeat Seven Times:**

...I sing for joy at what your hands have done.
-Psalm 92:4b

- ◇ The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon; planted in the house of the Lord, they will flourish in the courts of our God.
-Psalm 92:12-13

● **Repeat Seven Times:**

“The Lord is upright; he is my Rock, and there is no wickedness in him.”
-Psalm 92:15

- ◇ Some trust in chariots and some in horses, but we trust in the name of the Lord our God.
-Psalm 20:7

● **Repeat Seven Times:**

They are brought to their knees and fall, but we rise up and stand firm.
-Psalm 20:8

- ◇ For Christ’s love compels us, because we are convinced that one died for all, and therefore all died. And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again.
-2 Corinthians 5:14

● **Repeat Seven Times:**

For we live by faith, not by sight.
-2 Corinthians 5:7

- ◇ So from now on we regard no one from a worldly point of view. Though we once regarded Christ in this way, we do so no longer. Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!
-2 Corinthians 5:16-17

✿ *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.