

# Contemplative Prayer Form

(Seventh Sunday after Pentecost - Year B)



The Liturgy Letter

*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 6:1-13 (NIV)

Jesus left there and went to his hometown, accompanied by his disciples. When the Sabbath came, he began to teach in the synagogue, and many who heard him were amazed.

“Where did this man get these things?” they asked. “What’s this wisdom that has been given him? What are these remarkable miracles he is performing? Isn’t this the carpenter? Isn’t this Mary’s son and the brother of James, Joseph, Judas and Simon? Aren’t his sisters here with us?” And they took offense at him.

Jesus said to them, “A prophet is not without honor except in his own town, among his relatives and in his own home.” He could not do any miracles there, except lay his hands on a few sick people and heal them. He was amazed at their lack of faith.

Then Jesus went around teaching from village to village. Calling the Twelve to him, he began to send them out two by two and gave them authority over impure spirits.

These were his instructions: “Take nothing for the journey except a staff—no bread, no bag, no money in your belts. Wear sandals but not an extra shirt. Whenever you enter a house, stay there until you leave that town. And if any place will not welcome you or listen to you, leave that place and shake the dust off your feet as a testimony against them.”

They went out and preached that people should repent. They drove out many demons and anointed many sick people with oil and healed them.

## Scripture Prayer:

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

☼ O God, grant us the grace of your Holy Spirit, that we may devote ourselves to you with our whole heart, and be united with one another. Amen.

◇ I lift up my eyes to you, to you who sit enthroned in heaven.  
-Psalm 123:1

● **Repeat Seven Times:**

Have mercy on us, Lord  
-Psalm 123:2a

◇ Great is the Lord, and most worthy of praise, in the city of our God, his holy mountain.  
-Psalm 48:1

● **Repeat Seven Times:**

...he has shown himself to be her fortress.  
Psalm 48:3b

◇ As we have heard, so we have seen in the city of the Lord Almighty, in the city of our God...  
-Psalm 48:8a

● **Repeat Seven Times:**

God makes her secure forever.  
-Psalm 48:8b

◇ Within your temple, O God, we meditate on your unfailing love. Like your name, O God, your praise reaches to the ends of the earth; your right hand is filled with righteousness.  
-Psalm 48:9-10

● **Repeat Seven Times:**

For this God is our God for ever and ever; he will be our guide even to the end.  
-Psalm 48:14

◇ Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.  
-2 Corinthians 12:9b-10

☼ *The Lord's Prayer*

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