

Contemplative Prayer Form

(Sixth 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 5:21-43 (NIV)

When Jesus had again crossed over by boat to the other side of the lake, a large crowd gathered around him while he was by the lake. Then one of the synagogue leaders, named Jairus, came, and when he saw Jesus, he fell at his feet. He pleaded earnestly with him, “My little daughter is dying. Please come and put your hands on her so that she will be healed and live.” So Jesus went with him. A large crowd followed and pressed around him. And a woman was there who had been subject to bleeding for twelve years. She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse. When she heard about Jesus, she came up behind him in the crowd and touched his cloak, because she thought, “If I just touch his clothes, I will be healed.” Immediately her bleeding stopped and she felt in her body that she was freed from her suffering. At once Jesus realized that power had gone out from him. He turned around in the crowd and asked, “Who touched my clothes?”

“You see the people crowding against you,” his disciples answered, “and yet you can ask, ‘Who touched me?’ ”

But Jesus kept looking around to see who had done it. Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth. 34 He said to her, “Daughter, your faith has healed you. Go in peace and be freed from your suffering.” While Jesus was still speaking, some people came from the house of Jairus, the synagogue leader. “Your daughter is dead,” they said. “Why bother the teacher anymore?” Overhearing what they said, Jesus told him, “Don’t be afraid; just believe.”

He did not let anyone follow him except Peter, James and John the brother of James. When they came to the home of the synagogue leader, Jesus saw a commotion, with people crying and wailing loudly. He went in and said to them, “Why all this commotion and wailing? The child is not dead but asleep.” But they laughed at him. After he put them all out, he took the child’s father and mother and the disciples who were with him, and went in where the child was. He took her by the hand and said to her, “Talitha koum!” (which means “Little girl, I say to you, get up!”). Immediately the

girl stood up and began to walk around (she was twelve years old). At this they were completely astonished. He gave strict orders not to let anyone know about this, and told them to give her something to eat.

Scripture Prayer:

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

☼ Almighty God, help us to build our lives on the cornerstone of Jesus Christ.

◇ Out of the depths I cry to you, Lord; Lord, hear my voice.

-Psalm 130:1-2a

● **Repeat Seven Times:**

Let your ears be attentive to my cry for mercy.

-Psalm 130:2b

◇ If you, Lord, kept a record of sins, Lord, who could stand? But with you there is forgiveness, so that we can, with reverence, serve you.

-Psalm 130:3-4

● **Repeat Seven Times:**

I wait for the Lord, my whole being waits, and in his word I put my hope.

Psalm 130:5

◇ Israel, put your hope in the Lord, for with the Lord is unfailing love and with him is full redemption. He himself will redeem Israel from all their sins.

-Psalm 130:7-8

● **Repeat Seven Times:**

I called to you for help, and you healed me.

-Psalm 30:2b

◇ Sing the praises of the Lord...praise his holy name. For his anger lasts only a moment, but his favor lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning.

-Psalm 30:4-5

● **Repeat Seven Times:**

Lord my God, I will praise you forever.

-Psalm 30:12b

◇ Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, "The Lord is my portion; therefore I will wait for him."

-Lamentations 3:22-24

☼ *The Lord's Prayer*

✝ Thanks be to God, who gives us the victory over death through Jesus our Lord. Amen.