

Contemplative Prayer Form

(Eighth 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 6:14-29 (NIV)

King Herod heard about this, for Jesus’ name had become well known. Some were saying, “John the Baptist has been raised from the dead, and that is why miraculous powers are at work in him.” Others said, “He is Elijah.” And still others claimed, “He is a prophet, like one of the prophets of long ago.” But when Herod heard this, he said, “John, whom I beheaded, has been raised from the dead!”

For Herod himself had given orders to have John arrested, and he had him bound and put in prison. He did this because of Herodias, his brother Philip’s wife, whom he had married. For John had been saying to Herod, “It is not lawful for you to have your brother’s wife.” So Herodias nursed a grudge against John and wanted to kill him. But she was not able to, because Herod feared John and protected him, knowing him to be a righteous and holy man. When Herod heard John, he was greatly puzzled; yet he liked to listen to him.

Finally the opportune time came. On his birthday Herod gave a banquet for his high officials and military commanders and the leading men of Galilee. When the daughter of Herodias came in and danced, she pleased Herod and his dinner guests.

The king said to the girl, “Ask me for anything you want, and I’ll give it to you.” And he promised her with an oath, “Whatever you ask I will give you, up to half my kingdom.”

She went out and said to her mother, “What shall I ask for?”
“The head of John the Baptist,” she answered.

At once the girl hurried in to the king with the request: “I want you to give me right now the head of John the Baptist on a platter.”

The king was greatly distressed, but because of his oaths and his dinner guests, he did not want to refuse her. So he immediately sent an executioner with orders to bring John’s head. The man went,

beheaded John in the prison, and brought back his head on a platter. He presented it to the girl, and she gave it to her mother. On hearing of this, John's disciples came and took his body and laid it in a tomb.

Scripture Prayer:

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

☼ O God, grant that we may know and understand the things that we should do. Give us the grace and power to accomplish them. Amen.

◇ The earth is the Lord's, and everything in it, the world, and all who live in it...
-Psalm 24:1

● **Repeat Seven Times:**

...he founded it on the seas and established it on the waters.
-Psalm 24:2

◇ Who may ascend the mountain of the Lord? Who may stand in his holy place?
-Psalm 24:3

● **Repeat Seven Times:**

The one who has clean hands and a pure heart...
Psalm 24:4

◇ They will receive blessing from the Lord and vindication from God their Savior. Such is the generation of those who seek him, who seek your face, God of Jacob.
-Psalm 24:5-6

● **Repeat Seven Times:**

Lift up your heads, you gates...that the King of glory may come in.
-Psalm 24:7

◇ Who is this King of glory? The Lord strong and mighty, the Lord mighty in battle.
-Psalm 24:8

● **Repeat Seven Times:**

Who is he, this King of glory? The Lord Almighty—he is the King of glory.
-Psalm 24:10

◇ Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. For he chose us in him before the creation of the world to be holy and blameless in his sight.
-Ephesians 1:3-4

☼ *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.