

Contemplative Prayer Form

(Eleventh 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: John 6:24-35 (NIV)

Once the crowd realized that neither Jesus nor his disciples were there, they got into the boats and went to Capernaum in search of Jesus. When they found him on the other side of the lake, they asked him, “Rabbi, when did you get here?”

Jesus answered, “Very truly I tell you, you are looking for me, not because you saw the signs I performed but because you ate the loaves and had your fill. Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval.”

Then they asked him, “What must we do to do the works God requires?”

Jesus answered, “The work of God is this: to believe in the one he has sent.”

So they asked him, “What sign then will you give that we may see it and believe you? What will you do? Our ancestors ate the manna in the wilderness; as it is written: ‘He gave them bread from heaven to eat.’”

Jesus said to them, “Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is the bread that comes down from heaven and gives life to the world.”

“Sir,” they said, “always give us this bread.”

Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.”

Scripture Prayer:

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

☼ Merciful God, protect your Church and govern us by your Spirit. Amen.

◇ Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions.

-Psalm 51:1

● **Repeat Seven Times:**

Wash away all my iniquity and cleanse me from my sin.

-Psalm 51:2

◇ “The Lord has taken away your sin. You are not going to die.

-2 Samuel 11:13b

● **Repeat Seven Times:**

Create in me a pure heart, O God, and renew a steadfast spirit within me.

-Psalm 51:10

◇ Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

-Psalm 51:12

● **Repeat Seven Times:**

...be patient, bearing with one another in love.

-Ephesians 4:2b

◇ Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit, just as you were called to one hope when you were called...

-Ephesians 4:3-4

● **Repeat Seven Times:**

...one Lord, one faith, one baptism...

-Ephesians 4:5

◇ Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.

-John 6:35

☼ *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.