

Contemplative Prayer Form

(Ninth 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 6:30-34; 53-56 (NIV)

The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”

So they went away by themselves in a boat to a solitary place. But many who saw them leaving recognized them and ran on foot from all the towns and got there ahead of them. When Jesus landed and saw a large crowd, he had compassion on them, because they were like sheep without a shepherd. So he began teaching them many things...

When they had crossed over, they landed at Gennesaret and anchored there. As soon as they got out of the boat, people recognized Jesus. They ran throughout that whole region and carried the sick on mats to wherever they heard he was. And wherever he went—into villages, towns or countryside—they placed the sick in the marketplaces. They begged him to let them touch even the edge of his cloak, and all who touched it were healed.

Scripture Prayer:

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

◉ Almighty God, you know what we need before we ask. Have mercy on our weakness, and mercifully give us what we need through the worthiness of your Son Jesus Christ.
Amen.

◇ The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters...
-Psalm 23:1-2a

● **Repeat Seven Times:**

...he refreshes my soul....
-Psalm 23:2b

◇ He guides me along the right paths for his name's sake. Even though I walk through the darkest valley...
-Psalm 23:3-4a

● **Repeat Seven Times:**

I will fear no evil, for you are with me...
-Psalm 23:4b

◇ You prepare a table before me in the presence of my enemies.
-Psalm 23:5a

● **Repeat Seven Times:**

...your rod and your staff, they comfort me.
-Psalm 23:4b

◇ But now in Christ Jesus you who once were far away have been brought near by the blood of Christ.
-Ephesians 2:13

● **Repeat Seven Times:**

You anoint my head with oil; my cup overflows.
-Psalm 23:5b

◇ Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.
-Psalm 23:6

✿ *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.