

Contemplative Prayer Form

(Tenth 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 6:1-21 (NIV)

Some time after this, Jesus crossed to the far shore of the Sea of Galilee (that is, the Sea of Tiberias), and a great crowd of people followed him because they saw the signs he had performed by healing the sick. Then Jesus went up on a mountainside and sat down with his disciples. The Jewish Passover Festival was near. When Jesus looked up and saw a great crowd coming toward him, he said to Philip, “Where shall we buy bread for these people to eat?” He asked this only to test him, for he already had in mind what he was going to do. Philip answered him, “It would take more than half a year’s wages to buy enough bread for each one to have a bite!”

Another of his disciples, Andrew, Simon Peter’s brother, spoke up, “Here is a boy with five small barley loaves and two small fish, but how far will they go among so many?”

Jesus said, “Have the people sit down.” There was plenty of grass in that place, and they sat down (about five thousand men were there). Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He did the same with the fish.

When they had all had enough to eat, he said to his disciples, “Gather the pieces that are left over. Let nothing be wasted.” So they gathered them and filled twelve baskets with the pieces of the five barley loaves left over by those who had eaten.

After the people saw the sign Jesus performed, they began to say, “Surely this is the Prophet who is to come into the world.” Jesus, knowing that they intended to come and make him king by force, withdrew again to a mountain by himself.

When evening came, his disciples went down to the lake, where they got into a boat and set off across the lake for Capernaum. By now it was dark, and Jesus had not yet joined them. A strong wind was blowing and the waters grew rough. When they had rowed about three or four miles, they saw Jesus approaching the boat, walking on the water; and they were frightened. But he said to them, "It is I; don't be afraid." Then they were willing to take him into the boat, and immediately the boat reached the shore where they were heading.

Scripture Prayer:

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

☼ O God, our protector. In your mercy helps us to discern and pursue those things which are eternal. Amen.

◇ All your works praise you, Lord; your faithful people extol you. They tell of the glory of your kingdom and speak of your might...

-Psalm 145:10-11

● **Repeat Seven Times:**

...The Lord is trustworthy in all he promises and faithful in all he does.

-Psalm 145:13b

◇ The Lord upholds all who fall and lifts up all who are bowed down....

-Psalm 145:14

● **Repeat Seven Times:**

You open your hand and satisfy the desires of every living thing.

-Psalm 145:16

◇ The eyes of all look to you, and you give them their food at the proper time....

-Psalm 145:15

● **Repeat Seven Times:**

The Lord is righteous in all his ways and faithful in all he does.

-Psalm 145:17

◇ The Lord is near to all who call on him, to all who call on him in truth.

-Psalm 145:18

● **Repeat Seven Times:**

Your kingdom is an everlasting kingdom...

-Psalm 145:13a

◇ Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen.
-Ephesians 3:20-12

✿ *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.