

# Contemplative Prayer Form

(Eighteenth 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 9:30-37 (NIV)

They left that place and passed through Galilee. Jesus did not want anyone to know where they were, because he was teaching his disciples. He said to them, “The Son of Man is going to be delivered into the hands of men. They will kill him, and after three days he will rise.” But they did not understand what he meant and were afraid to ask him about it.

They came to Capernaum. When he was in the house, he asked them, “What were you arguing about on the road?” But they kept quiet because on the way they had argued about who was the greatest.

Sitting down, Jesus called the Twelve and said, “Anyone who wants to be first must be the very last, and the servant of all.”

He took a little child whom he placed among them. Taking the child in his arms, he said to them, “Whoever welcomes one of these little children in my name welcomes me; and whoever welcomes me does not welcome me but the one who sent me.”

## Scripture Prayer:

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

◉ Grant us, Lord, not to be anxious about earthly things and to hold fast to those that shall endure. Amen.

◇ Save me, O God, by your name; vindicate me by your might.  
-Psalm 54:1

● **Repeat Seven Times:**

Hear my prayer, O God; listen to the words of my mouth.  
-Psalm 54:2

◇ Surely God is my help; the Lord is the one who sustains me.  
-Psalm 54:4

● **Repeat Seven Times:**

I will praise your name, Lord, for it is good.  
-Psalm 54:6b

◇ You have delivered me from all my troubles, and my eyes have looked in triumph on my foes.  
-Psalm 54:7

● **Repeat Seven Times:**

Blessed is the one...whose delight is in the law of the Lord...  
-Psalm 1:1a, 2a

◇ That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.  
-Psalm 1:3

● **Repeat Seven Times:**

Not so the wicked! They are like chaff that the wind blows away.  
-Psalm 1:4

◇ For the Lord watches over the way of the righteous, but the way of the wicked leads to destruction.  
-Psalm 1:6

✿ *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.