

Contemplative Prayer Form

(Nineteenth 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 9:38-50 (NIV)

“Teacher,” said John, “we saw someone driving out demons in your name and we told him to stop, because he was not one of us.”

“Do not stop him,” Jesus said. “For no one who does a miracle in my name can in the next moment say anything bad about me, for whoever is not against us is for us. Truly I tell you, anyone who gives you a cup of water in my name because you belong to the Messiah will certainly not lose their reward.

“If anyone causes one of these little ones—those who believe in me—to stumble, it would be better for them if a large millstone were hung around their neck and they were thrown into the sea. If your hand causes you to stumble, cut it off. It is better for you to enter life maimed than with two hands to go into hell, where the fire never goes out. And if your foot causes you to stumble, cut it off. It is better for you to enter life crippled than to have two feet and be thrown into hell. And if your eye causes you to stumble, pluck it out. It is better for you to enter the kingdom of God with one eye than to have two eyes and be thrown into hell, where

“the worms that eat them do not die,
and the fire is not quenched.’

Everyone will be salted with fire.

“Salt is good, but if it loses its saltiness, how can you make it salty again? Have salt among yourselves, and be at peace with each other.”

Scripture Prayer:

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

☼ Lord, grant us the fullness of your grace, that we may become partakers of your heavenly treasure. Amen.

◇ The heavens declare the glory of God; the skies proclaim the work of his hands. Day after day they pour forth speech; night after night they reveal knowledge.

-Psalm 19:1-2

● **Repeat Seven Times:**

The law of the Lord is perfect, refreshing the soul.

-Psalm 19:7

◇ The precepts of the Lord are right, giving joy to the heart. The commands of the Lord are radiant, giving light to the eyes.

-Psalm 19:8

● **Repeat Seven Times:**

The fear of the Lord is pure, enduring forever.

-Psalm 19:9a

◇ Keep your servant also from willful sins; may they not rule over me.

-Psalm 19:13

● **Repeat Seven Times:**

The prayer of a righteous person is powerful and effective.

James 5:16b

◇ ...confess your sins to each other and pray for each other so that you may be healed.

-James 5:16a

● **Repeat Seven Times:**

Our help is in the name of the Lord, the Maker of heaven and earth.

-Psalm 124:8

◇ May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.

-Psalm 19:14

☼ *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.