

Contemplative Prayer Form

(Seventeenth Sunday after Pentecost-Year B)



The Liturgy Letter

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 8:27-38 (NIV)

Jesus went on with his disciples to the villages of Caesarea Philippi; and on the way he asked his disciples, “Who do people say that I am?” And they answered him, “John the Baptist; and others, Elijah; and still others, one of the prophets.” He asked them, “But who do you say that I am?” Peter answered him, “You are the Messiah.” And he sternly ordered them not to tell anyone about him.

Then he began to teach them that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, “Get behind me, Satan! For you are setting your mind not on divine things but on human things.”

He called the crowd with his disciples, and said to them, “If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.”

Scripture Prayer:

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

☼ O God, because without you we are not able to please you, mercifully grant that your Holy Spirit may in all things direct and rule our hearts. 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

◇ What shall I return to the Lord for all his goodness to me?

-Psalm 116:12

● **Repeat Seven Times:**

I will lift up the cup of salvation and call on the name of the Lord.

-Psalm 116:13

◇ I will fulfill my vows to the Lord in the presence of all his people.

-Psalm 116:14

● **Repeat Seven Times:**

Truly I am your servant, Lord ... you have freed me from my chains.

-Psalm 116:16

◇ 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.