

Contemplative Prayer Form

(Twenty-First 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 10:17-31(NIV)

As Jesus started on his way, a man ran up to him and fell on his knees before him. “Good teacher,” he asked, “what must I do to inherit eternal life?”

“Why do you call me good?” Jesus answered. “No one is good—except God alone. You know the commandments: ‘You shall not murder, you shall not commit adultery, you shall not steal, you shall not give false testimony, you shall not defraud, honor your father and mother.’”

“Teacher,” he declared, “all these I have kept since I was a boy.”

Jesus looked at him and loved him. “One thing you lack,” he said. “Go, sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me.” At this the man’s face fell. He went away sad, because he had great wealth. Jesus looked around and said to his disciples, “How hard it is for the rich to enter the kingdom of God!”

The disciples were amazed at his words. But Jesus said again, “Children, how hard it is to enter the kingdom of God! It is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God.” The disciples were even more amazed, and said to each other, “Who then can be saved?” Jesus looked at them and said, “With man this is impossible, but not with God; all things are possible with God.” Then Peter spoke up, “We have left everything to follow you!”

“Truly I tell you,” Jesus replied, “no one who has left home or brothers or sisters or mother or father or children or fields for me and the gospel will fail to receive a hundred times as much in this present age: homes, brothers, sisters, mothers, children and fields—along with persecutions—and in the age to come eternal life. But many who are first will be last, and the last first.”

Scripture Prayer:

✝ The earth is the Lord's for he made it. Come, let us adore Him.

☼ Lord, we pray that your grace may always precede and follow us, that we may continually be given to good works; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

◇ Lord, you have been our dwelling place throughout all generations. Before the mountains were born or you brought forth the whole world...

-Psalm 90:1-2a

● **Repeat Seven Times:**

...from everlasting to everlasting you are God.

-Psalm 90:2b

◇ A thousand years in your sight are like a day that has just gone by, or like a watch in the night.

-Psalm 90:4

● **Repeat Seven Times:**

Satisfy us in the morning with your unfailing love...

-Psalm 90:14a

◇ Make us glad for as many days as you have afflicted us, for as many years as we have seen trouble. May your deeds be shown to your servants, your splendor to their children. May the favor of the Lord our God rest on us...

-Psalm 90:15-17a

● **Repeat Seven Times:**

...establish the work of our hands for us...

-Psalm 90:17b

◇ Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess.

-Hebrews 4:14

● **Repeat Seven Times:**

"...all things are possible with God."

Mark 10:27b

◇ Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

-Hebrew 4:16

☼ *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.

Silence + Intercessions