

Contemplative Prayer Form

(26th 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 13:1-8 (NIV)

As Jesus was leaving the temple, one of his disciples said to him, “Look, Teacher! What massive stones! What magnificent buildings!”

“Do you see all these great buildings?” replied Jesus. “Not one stone here will be left on another; every one will be thrown down.”

As Jesus was sitting on the Mount of Olives opposite the temple, Peter, James, John and Andrew asked him privately, “Tell us, when will these things happen? And what will be the sign that they are all about to be fulfilled?”

Jesus said to them: “Watch out that no one deceives you. Many will come in my name, claiming, ‘I am he,’ and will deceive many. When you hear of wars and rumors of wars, do not be alarmed. Such things must happen, but the end is still to come. Nation will rise against nation, and kingdom against kingdom. There will be earthquakes in various places, and famines. These are the beginning of birth pains.

Scripture Prayer:

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

◉ Lord, grant that we may, read, mark, learn, and inwardly digest your Holy Scriptures, so that we may embrace and hold fast the hope of everlasting life. Amen.

◇ Keep me safe, my God, for in you I take refuge.

-Ps. 16:1

● **Repeat Seven Times:**

“You are my Lord; apart from you I have no good thing.”

-Psalm 16:2

◇ Those who run after other gods will suffer more and more. I will not pour out libations of blood to such gods or take up their names on my lips.

-Psalm 16:4

● **Repeat Seven Times:**

“...you alone are my portion and my cup; you make my lot secure.”

-Psalm 16:5

◇ I will praise the Lord, who counsels me; even at night my heart instructs me. I keep my eyes always on the Lord. With him at my right hand, I will not be shaken.

-Psalm 16:7-8

● **Repeat Seven Times:**

“...my heart is glad and my tongue rejoices.”

-Psalm 16:9a

◇ “...my body also will rest secure, because you will not abandon me to the realm of the dead, nor will you let your faithful one see decay.”

-Psalm 16:9b-10a

● **Repeat Seven Times:**

“...he sat down at the right hand of God...”

Hebrews 10:12b

◇ You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

-Psalm 16:11

✿ *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