

Contemplative Prayer Form

(Fourth Sunday after the Epiphany - Year C)



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: Luke 2:1-11 (NIV)

He began by saying to them, “Today this scripture is fulfilled in your hearing.”

All spoke well of him and were amazed at the gracious words that came from his lips. “Isn’t this Joseph’s son?” they asked.

Jesus said to them, “Surely you will quote this proverb to me: ‘Physician, heal yourself!’ And you will tell me, ‘Do here in your hometown what we have heard that you did in Capernaum.’”

“Truly I tell you,” he continued, “no prophet is accepted in his hometown. I assure you that there were many widows in Israel in Elijah’s time, when the sky was shut for three and a half years and there was a severe famine throughout the land. Yet Elijah was not sent to any of them, but to a widow in Zarephath in the region of Sidon. And there were many in Israel with leprosy in the time of Elisha the prophet, yet not one of them was cleansed—only Naaman the Syrian.”

All the people in the synagogue were furious when they heard this. They got up, drove him out of the town, and took him to the brow of the hill on which the town was built, in order to throw him off the cliff. But he walked right through the crowd and went on his way.

Scripture Prayer:

✝ Nations shall come to your light, and kings to the brightness of your rising.

☼ Almighty God, you govern all things both in heaven and on earth: Mercifully hear the prayers of your people and grant us your peace; through Jesus Christ our Lord. Amen.

◇ In you, Lord, I have taken refuge; let me never be put to shame. In your righteousness, rescue me and deliver me...

-Psalm 71:1-2a

● **Repeat Seven Times:**

...turn your ear to me and save me.

-Psalm 71:2b

◇ Be my rock of refuge, to which I can always go; give the command to save me...

-Psalm 71:3a

● **Repeat Seven Times:**

...for you are my rock and my fortress.

-Psalm 71:b

◇ Deliver me, my God, from the hand of the wicked, from the grasp of those who are evil and cruel.

-Psalm 71:4

● **Repeat Seven Times:**

For you have been my hope, Sovereign Lord, my confidence since my youth.

-Psalm 71:5

◇ From birth I have relied on you; you brought me forth from my mother's womb.

-Psalm 71:6a

● **Repeat Seven Times:**

I will ever praise you.

-Psalm 71:6b

◇ And now these three remain: faith, hope and love. But the greatest of these is love.

-1 Corinthians 13:13

☼ *The Lord's Prayer*

✝ The glory of the Lord has been revealed, and all flesh shall see it together. Amen.

Silence and Intercessions