

# Contemplative Prayer Form

(First Sunday in Lent - 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).*

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## Scripture Reading: Luke 4:1-13 (NIV)

Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.

The devil said to him, “If you are the Son of God, tell this stone to become bread.”

Jesus answered, “It is written: ‘Man shall not live on bread alone.’”

The devil led him up to a high place and showed him in an instant all the kingdoms of the world. And he said to him, “I will give you all their authority and splendor; it has been given to me, and I can give it to anyone I want to. If you worship me, it will all be yours.”

Jesus answered, “It is written: ‘Worship the Lord your God and serve him only.’”

The devil led him to Jerusalem and had him stand on the highest point of the temple. “If you are the Son of God,” he said, “throw yourself down from here. For it is written:

“‘He will command his angels concerning you  
to guard you carefully;  
they will lift you up in their hands,  
so that you will not strike your foot against a stone.’”

Jesus answered, “It is said: ‘Do not put the Lord your God to the test.’”

When the devil had finished all this tempting, he left him until an opportune time.

## Scripture Prayer:

✝ The Lord is full of compassion and mercy. Come, let us adore him.

☼ Almighty God, whose Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by temptations; and as you know our weakness, save us, O Lord, by your mighty power. Amen.

◇ Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.  
-Psalm 91:1

- **Repeat Seven Times:**

“He is my refuge and my fortress, my God, in whom I trust.”  
-Psalm 91:2b

◇ If you say, “The Lord is my refuge,” and you make the Most High your dwelling, no harm will overtake you, no disaster will come near your tent.  
-Psalm 91:9-10

- **Repeat Seven Times:**

For he will command his angels concerning you to guard you in all your ways...  
-Psalm 91:11

◇ “Because he loves me,” says the Lord, “I will rescue him; I will protect him, for he acknowledges my name.”  
-Psalm 91:14

- **Repeat Seven Times:**

He will call on me, and I will answer him...  
-Psalm 91:15a

◇ With long life I will satisfy him and show him my salvation.  
-Psalm 91:16

- **Repeat Seven Times:**

As Scripture says, “Anyone who believes in him will never be put to shame.”  
-Romans 10:11

◇ If you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved.  
-Romans 10:9

✝ 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 and Intercessions