

Contemplative Prayer Form

(Third Sunday in Lent - Year C)



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: Luke 13:1-9 (NIV)

Now there were some present at that time who told Jesus about the Galileans whose blood Pilate had mixed with their sacrifices. Jesus answered, “Do you think that these Galileans were worse sinners than all the other Galileans because they suffered this way? I tell you, no! But unless you repent, you too will all perish. Or those eighteen who died when the tower in Siloam fell on them—do you think they were more guilty than all the others living in Jerusalem? I tell you, no! But unless you repent, you too will all perish.”

Then he told this parable: “A man had a fig tree growing in his vineyard, and he went to look for fruit on it but did not find any. So he said to the man who took care of the vineyard, ‘For three years now I’ve been coming to look for fruit on this fig tree and haven’t found any. Cut it down! Why should it use up the soil?’

“‘Sir,’ the man replied, ‘leave it alone for one more year, and I’ll dig around it and fertilize it. If it bears fruit next year, fine! If not, then cut it down.’”

Scripture Prayer:

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

✚ Almighty God, you know that we have no power in ourselves to help ourselves: Keep us from all which may assault and hurt the soul. Amen.

◇ You, God, are my God, earnestly I seek you...
-Psalm 63:1a

- **Repeat Seven Times:**

...I thirst for you...

-Psalm 63:1a

◇ ...my whole being longs for you, in a dry and parched land where there is no water. I have seen you in the sanctuary and beheld your power and your glory...

-Psalm 63:1b-2

- **Repeat Seven Times:**

Because your love is better than life, my lips will glorify you.

-Psalm 63:3

◇ I will praise you as long as I live, and in your name I will lift up my hands. I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise you.

-Psalm 63:4-5

- **Repeat Seven Times:**

I think of you through the watches of the night...

-Psalm 63:6b

◇ Because you are my help, I sing in the shadow of your wings.

-Psalm 63:7

- **Repeat Seven Times:**

I cling to you; your right hand upholds me.

-Psalm 63:8

◇ God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

-1 Corinthians 10:13

✝ 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