

# Contemplative Prayer Form

(Fourth Sunday of Easter - 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: John 10:22-30 (NIV)

Then came the Festival of Dedication at Jerusalem. It was winter, and Jesus was in the temple courts walking in Solomon’s Colonnade. The Jews who were there gathered around him, saying, “How long will you keep us in suspense? If you are the Messiah, tell us plainly.”

Jesus answered, “I did tell you, but you do not believe. The works I do in my Father’s name testify about me, but you do not believe because you are not my sheep. My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they shall never perish; no one will snatch them out of my hand. My Father, who has given them to me, is greater than all; no one can snatch them out of my Father’s hand. I and the Father are one.”

## Scripture Prayer:

✚ Alleluia! Christ is risen! Come, let us adore him.

◉ O God, your Son is the Good Shepherd. Grant that when we hear his voice we may follow where he leads. Amen.

⬠ The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters...

-Psalm 23:1-2a

● **Repeat Seven Times:**

...he refreshes my soul....  
-Psalm 23:2b

- ◇ He guides me along the right paths for his name's sake. Even though I walk through the darkest valley...  
-Psalm 23:3-4a

● **Repeat Seven Times:**

I will fear no evil, for you are with me...  
-Psalm 23:4b

- ◇ You prepare a table before me in the presence of my enemies.  
-Psalm 23:5a

● **Repeat Seven Times:**

...your rod and your staff, they comfort me.  
-Psalm 23:4b

- ◇ I am the good shepherd; I know my sheep and my sheep know me—just as the Father knows me and I know the Father—and I lay down my life for the sheep.  
-John 10:14

● **Repeat Seven Times:**

You anoint my head with oil; my cup overflows.  
-Psalm 23:5b

- ◇ Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.  
-Psalm 23:6

✿ *The Lord's Prayer*

✙ Praise Father, Son, and Holy Spirit. Amen.

**Silence + Intercessions**