

Contemplative Prayer Form

(Second Sunday after Pentecost - 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 6:26-39 (NIV)

They sailed to the region of the Gerasenes, which is across the lake from Galilee. When Jesus stepped ashore, he was met by a demon-possessed man from the town. For a long time, this man had not worn clothes or lived in a house, but had lived in the tombs. When he saw Jesus, he cried out and fell at his feet, shouting at the top of his voice, “What do you want with me, Jesus, Son of the Most High God? I beg you, don’t torture me!” For Jesus had commanded the impure spirit to come out of the man. Many times it had seized him, and though he was chained hand and foot and kept under guard, he had broken his chains and had been driven by the demon into solitary places.

Jesus asked him, “What is your name?”

“Legion,” he replied, because many demons had gone into him. And they begged Jesus repeatedly not to order them to go into the Abyss.

A large herd of pigs was feeding there on the hillside. The demons begged Jesus to let them go into the pigs, and he gave them permission. When the demons came out of the man, they went into the pigs, and the herd rushed down the steep bank into the lake and was drowned.

When those tending the pigs saw what had happened, they ran off and reported this in the town and countryside, and the people went out to see what had happened. When they came to Jesus, they found the man from whom the demons had gone out, sitting at Jesus’ feet, dressed and in his right mind; and they were afraid. Those who had seen it told the people how the demon-possessed man had been cured. Then all the people of the region of the Gerasenes asked Jesus to leave them, because they were overcome with fear.

So he got into the boat and left.

The man from whom the demons had gone out begged to go with him, but Jesus sent him away, saying, "Return home and tell how much God has done for you." So the man went away and told all over town how much Jesus had done for him.

Scripture Prayer:

✝ Worship the Lord in the beauty of holiness. Come, let us adore him.

☼ O Lord, keep us in your steadfast faith and love, that we may proclaim your truth with boldness, and minister your justice with compassion. Amen.

◇ As the deer pants for streams of water, so my soul pants for you, my God.
-Ps. 42:1

● **Repeat Seven Times:**

My soul thirsts for God, for the living God.
-Psalm 42:2a

◇ Why, my soul, are you downcast? Why so disturbed within me?
-Psalm 42:5a

● **Repeat Seven Times:**

Vindicate me, my God, and plead my cause...
-Psalm 43:1a

◇ Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me...I say to God my Rock, "Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?"
-Psalm 42:7; 42:9

● **Repeat Seven Times:**

By day the Lord directs his love, at night his song is with me
-Psalm 42:8a

◇ Send me your light and your faithful care, let them lead me; let them bring me to your holy mountain, to the place where you dwell. Then I will go to the altar of God, to God, my joy and my delight.
-Psalm 43:3-4a

● **Repeat Seven Times:**

Put your hope in God, for I will yet praise him, my Savior and my God.
-Psalm 42:11b

◇ The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. -I Kings 19:11

✠ *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

Father, you have gathered us into the communion of your Church. Give us life and unity through your Spirit. Guide your Church in this place and around the world...

Son of the living God, your faithfulness enables us to remain faithful to you: Keep us steady in faith and set our hearts to desire your Kingdom...

Come, Holy Spirit, heal our wounded souls and misshaped desires. Free us from anxiety and lead us to trust you...

Lord, you are familiar with our weakness and poverty, support those who are going through trials. Help us to be willing to suffer for those in need.

For families and friends, for all who have asked for our prayers and who pray for us...

For our country and our region, for political and spiritual leaders, and that Christians may be witnesses to your life and unity...

Lord, show us how to take joy in the gifts you have given us. Show us how to use these gifts to create things which lead to life and participate in your love.

Praise Father, Son, and Holy Spirit. Amen.