

# Contemplative Prayer Form

## Advent 1 - Year A



*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: Matthew 24:36-44 (NIV)

“But about that day or hour no one knows, not even the angels in heaven, nor the Son, but only the Father. As it was in the days of Noah, so it will be at the coming of the Son of Man. For in the days before the flood, people were eating and drinking, marrying and giving in marriage, up to the day Noah entered the ark; and they knew nothing about what would happen until the flood came and took them all away. That is how it will be at the coming of the Son of Man. Two men will be in the field; one will be taken and the other left. Two women will be grinding with a hand mill; one will be taken and the other left.

“Therefore keep watch, because you do not know on what day your Lord will come. But understand this: If the owner of the house had known at what time of night the thief was coming, he would have kept watch and would not have let his house be broken into. So you also must be ready, because the Son of Man will come at an hour when you do not expect him.

### Scripture Prayer:

✚ Our King and Savior now draws near. Come, let us adore him.

● Almighty God, give us grace to cast away the works of darkness, and put on the armor of light, that when Jesus comes again in glory, we may rise to eternal life. Amen.

- ◇ “Come, let us go up to the mountain of the Lord, to the temple of the God of Jacob. He will teach us his ways, so that we may walk in his paths.” The law will go out from Zion, the word of the Lord from Jerusalem.  
-Isaiah 2:3

- **Repeat Seven Times:**

Pray for the peace of Jerusalem: “May those who love you be secure.”  
-Psalm 122:6

- ◇ Our feet are standing in your gates, Jerusalem.  
-Psalm 122:2

- **Repeat Seven Times:**

I rejoiced with those who said to me, “Let us go to the house of the Lord.”  
-Psalm 122:1

- ◇ For the sake of my family and friends, I will say, “Peace be within you.”  
-Psalm 122:8

- **Repeat Seven Times:**

“Peace be within you.”  
-Psalm 122:8b

- ◇ The hour has already come for you to wake up from your slumber, because our salvation is nearer now than when we first believed.  
-Romans 13:11

- **Repeat Seven Times:**

The night is nearly over; the day is almost here.  
-Romans 13:12a

- ◇ So let us put aside the deeds of darkness and put on the armor of light...clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the flesh.  
-Romans 13:12b,14

✿ *The Lord's Prayer*

✙ The glory of the Lord shall be revealed, and all flesh shall see it together. Amen.

**Silence + Intercessions**

King and Savior, draw near to us and guide us by your Spirit. Gather all the nations into your care. Guide your Church in this place and around the world...

Keep us steady in faith and set our hearts to desire your coming Kingdom...

Come, Holy Spirit, heal our wounded souls and misshaped desires...

Free us from anxiety and lead us to trust you...

We pray for the leaders of the nations and the unrest in our own nation...

Father, support those who are going through trials, for those suffering in body or mind...

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

For our country, our region (village, town...), that the Christians there may be witnesses to your life and unity...

Come, Lord Jesus. Amen.