

# Contemplative Prayer Form

## Fourth Sunday after Pentecost - 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 10:40-42 (NIV)

“Anyone who welcomes you welcomes me, and anyone who welcomes me welcomes the one who sent me. Whoever welcomes a prophet as a prophet will receive a prophet’s reward, and whoever welcomes a righteous person as a righteous person will receive a righteous person’s reward. And if anyone gives even a cup of cold water to one of these little ones who is my disciple, truly I tell you, that person will certainly not lose their reward.”

### Scripture Prayer:

- ✚ Worship the Lord in the beauty of holiness. Come, let us adore him.
  
- ✪ O Lord, join us together in unity of spirit with the apostles’ teaching, that we may be a holy temple acceptable to you. Amen.
  
- ✧ How long, Lord? Will you forget me forever? How long will you hide your face from me?  
-Psalm 13:1
  - **Repeat Seven Times:**  
... Look on me and answer, Lord my God.  
-Psalm 13:3a
  
- ✧ How long must I wrestle with my thoughts and day after day have sorrow in my heart?  
How long will my enemy triumph over me?  
-Psalm 13:2

- **Repeat Seven Times:**

Give light to my eyes, or I will sleep in death ...  
-Psalm 13:3b

◇ But I trust in your unfailing love; my heart rejoices in your salvation.  
-Psalm 13:5

- **Repeat Seven Times:**

I will sing the Lord's praise,  
-Psalm 13:6a

◇ ...for he has been good to me.  
-Psalm 13:6b

- **Repeat Seven Times:**

... your love stands firm forever  
-Psalm 89:2a

◇ I will sing of the Lord's great love forever; with my mouth I will make your faithfulness known through all generations.  
-Psalm 89:1

✠ *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**

Faithful God, gather all creation into your care ...

Come, Holy Spirit, speak into our darkness ...

Jesus, through your grace, help us to become slaves of righteousness ...

Guide your Church in this place and around the world. Help us to welcome you by welcoming others ...

Father, gently support those who are in darkness, sickness, confusion, or sin ...

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

For our country and region, that Christians may witness to your life and unity ...

Praise Father, Son, and Holy Spirit. Amen.