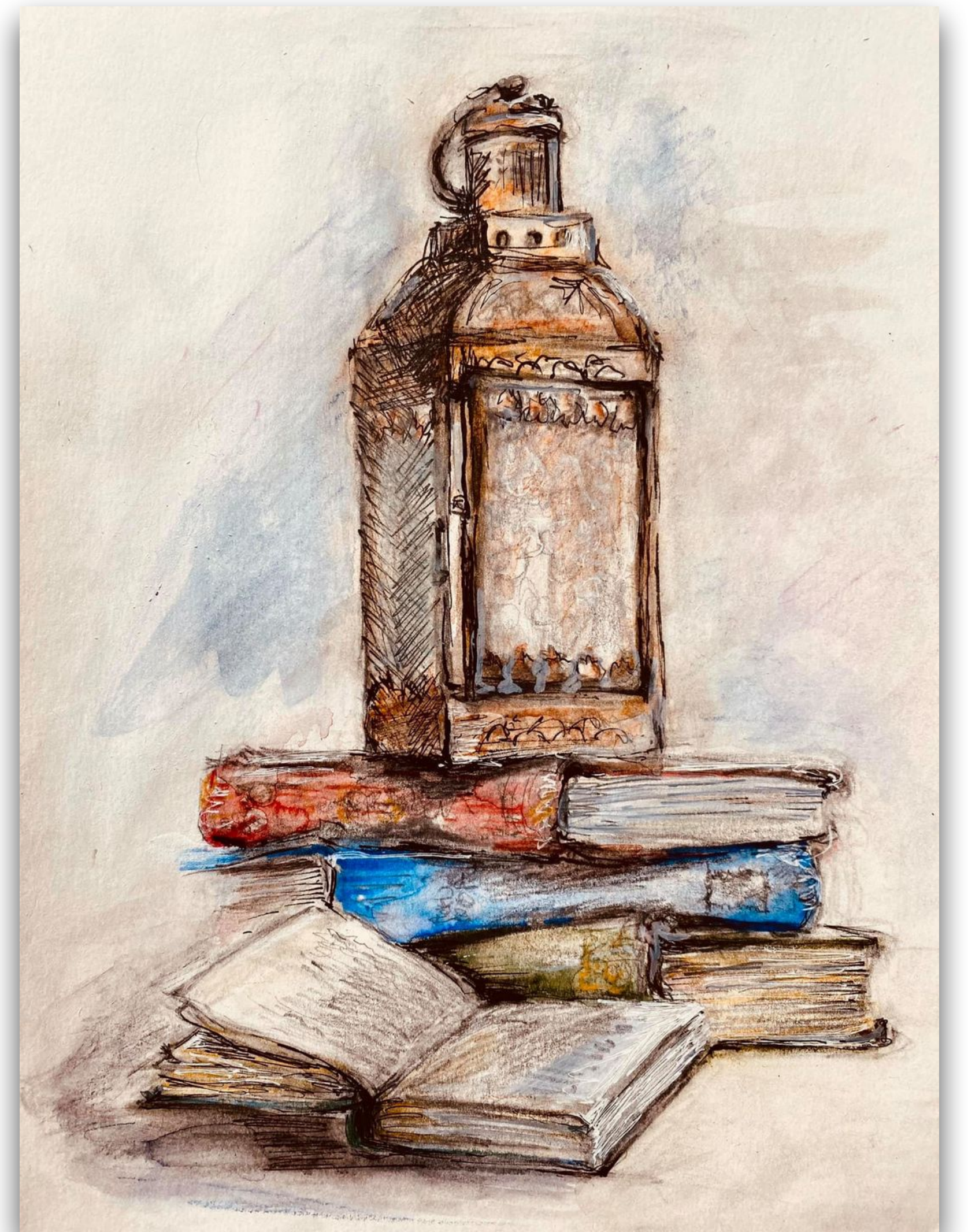


Footsteps in Prayer

A journey through the Bible

Matthew (2)



- Find a place where you can sit quietly.
- Take a few slow deep breaths and become still.
- Be aware of being in the presence of God who loves you.
- What does the coming of Jesus into the world mean for you?
- What does the coming of Jesus into your life mean for you?
- You might like to listen to Fox and Hound sing What Child is this? or to Salt of the Sound sing O Come, O Come Emmanuel.
- You might instead like to listen to Chad Lawson's Autumn Suite Vol I I or to The Kings Singers sing Spem in Alium.



➤ You might like to listen to Robbi Higginbottom sing:

➤ Day 1: From the squalor of a borrowed stable then click here.

➤ Day 2: Joy to the world then click here.

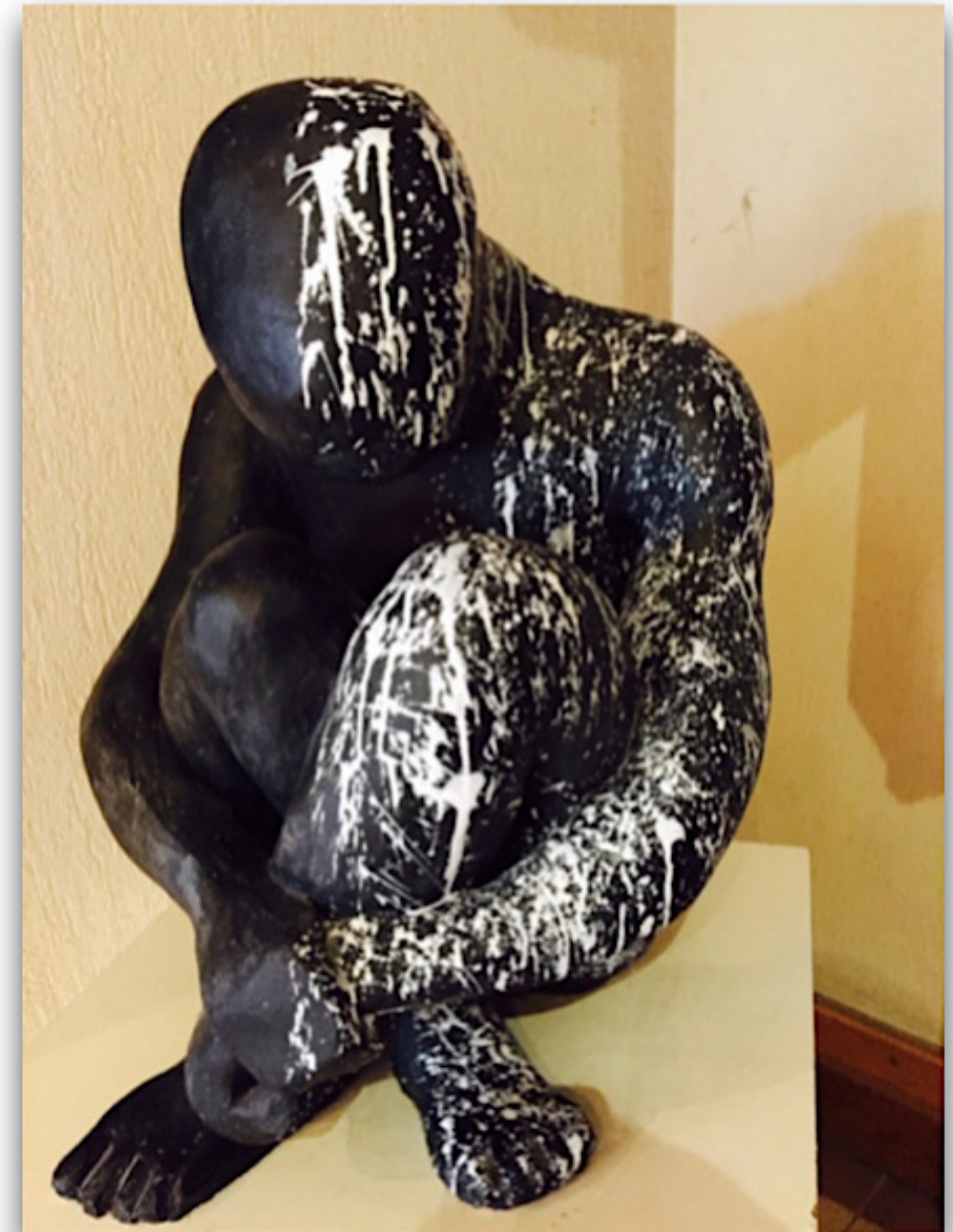
➤ Day 3: O Come O Come Immanuel then click here.

➤ Day 4: Come thou long expected Jesus then click here.

➤ Day 5: O Holy Night then click here.

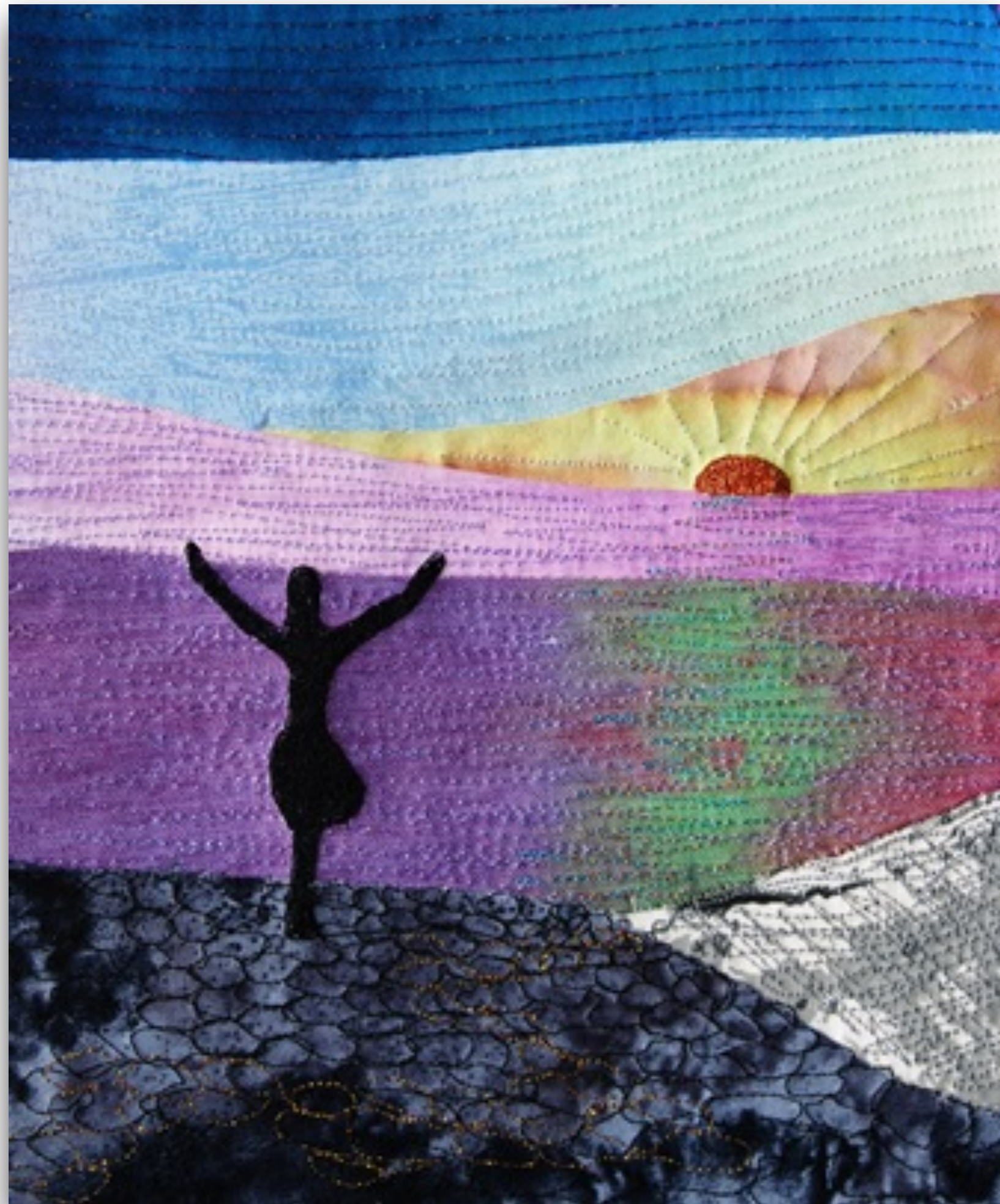
➤ Day 6: Deliver us then click here.

➤ Day 7: And to Simon and Garfunkel sing a disturbing version of Silent Night then click here.



Day 1: Matthew 2

On coming to the house, they saw the child with his mother Mary, and they bowed down and worshiped him.



O ORIENS

The people who walked in darkness have seen a great light;
upon those who dwelt in the land of gloom a light has shown.
(Isaiah 9:1)

- Read these words from Matthew 2 and the other advent passage above.
 - What words or phrases strike you?
- Read these words again slowly.
- Stay with one of the words or phrases that catches you.
- What thoughts, feelings and images have emerged?
- How has the Spirit been at work as you have prayed?
- You might like to note these down in your journal.
- When you have finished click [here](#) to continue.

Day 2: Matthew 2

On coming to the house, they saw the child with his mother Mary, and they bowed down and worshiped him.



O REX GENTIUM

For a child is born to us, a son is given us; upon his shoulder dominion rests. They name him Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace. (Isaiah 9:5)

He shall judge between the nations, and impose terms on many peoples. They shall beat their swords into plowshares and their spears into pruning hooks; one nation shall not raise the sword against another, nor shall they train for war again. (Isaiah 2:4)

- Read these words from Matthew 2 and the other advent passages above.
 - What words or phrases strike you?
- Read these words again slowly.
- Stay with one of the words or phrases that catches you.
- What thoughts, feelings and images have emerged?
- How has the Spirit been at work as you have prayed?
- You might like to note these down in your journal.
- When you have finished click [here](#) to continue.

Day 3: Matthew 2

On coming to the house, they saw the child with his mother Mary, and they bowed down and worshiped him.



O IMMANUEL

Therefore the Lord himself will give you a sign: The virgin will conceive and give birth to a son, and will call him Immanuel.

(Isaiah 7:14)

- Read these words from Matthew 2 and the other advent passage above.
 - What words or phrases strike you?
- Read these words again slowly.
- Stay with one of the words or phrases that catches you.
- What thoughts, feelings and images have emerged?
- How has the Spirit been at work as you have prayed?
- You might like to note these down in your journal.
- When you have finished click [here](#) to continue.

Day 4: Matthew 2



After Jesus was born in Bethlehem in Judea, during the time of King Herod, Magi from the east came to Jerusalem and asked, “Where is the one who has been born king of the Jews? We saw his star when it rose and have come to worship him.”

- Read this passage from Matthew 2.
 - What words or phrases strike you?
- Read these words again slowly.
 - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- What thoughts, feelings and images have emerged in this time of prayer?
- How has the Spirit been at work in your heart as you have prayed?
- You might like to note these down in your journal.
- When you have finished click [here](#) to continue.

Day 5: Matthew 2



After they had heard the king, they went on their way, and the star they had seen when it rose went ahead of them until it stopped over the place where the child was. When they saw the star, they were overjoyed. On coming to the house, they saw the child with his mother Mary, and they bowed down and worshiped him. Then they opened their treasures and presented him with gifts of gold, frankincense and myrrh. And having been warned in a dream not to go back to Herod, they returned to their country by another route.

- Read this passage from Matthew 2.
 - What words or phrases strike you?
- Read these words again slowly.
 - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- What thoughts, feelings and images have emerged in this time of prayer?
- How has the Spirit been at work in your heart as you have prayed?
- You might like to note these down in your journal.
- When you have finished click [here](#) to continue.

Day 6: Matthew 2



When they had gone, an angel of the Lord appeared to Joseph in a dream. “Get up,” he said, “take the child and his mother and escape to Egypt. Stay there until I tell you, for Herod is going to search for the child to kill him.” So he got up, took the child and his mother during the night and left for Egypt, where he stayed until the death of Herod. And so was fulfilled what the Lord had said through the prophet: “Out of Egypt I called my son.”

- Read this passage from Matthew 2.
 - What words or phrases strike you?
- Read these words again slowly.
 - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- What thoughts, feelings and images have emerged in this time of prayer?
- How has the Spirit been at work in your heart as you have prayed?
- You might like to note these down in your journal.
- When you have finished click [here](#) to continue.

Day 7: Matthew 2



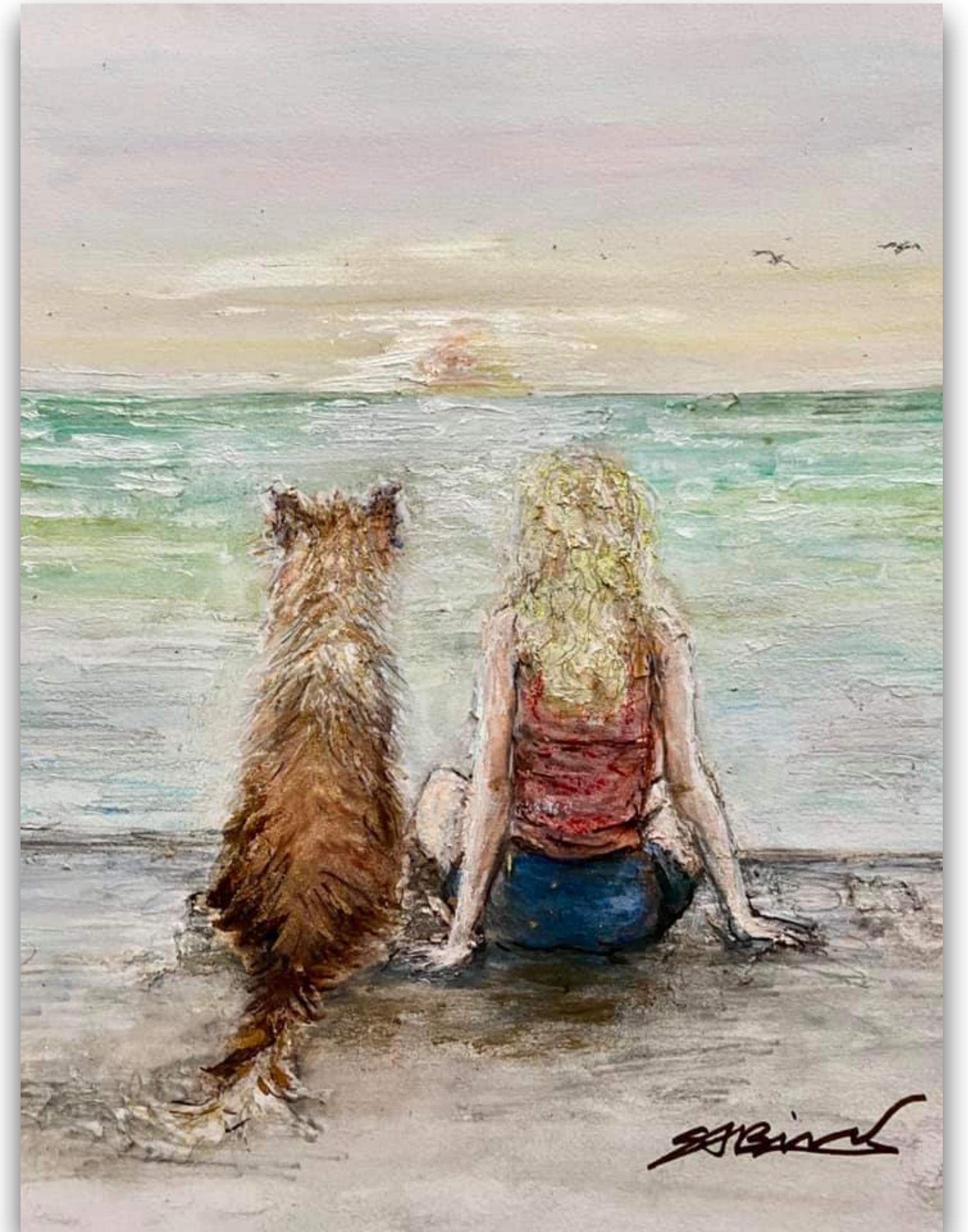
Pieter Brueghel the Elder, Public domain, via Wikimedia Commons

When Herod realised that he had been outwitted by the Magi, he was furious, and he gave orders to kill all the boys in Bethlehem and its vicinity who were two years old and under, in accordance with the time he had learned from the Magi. Then what was said through the prophet Jeremiah was fulfilled:

“A voice is heard in Ramah,
weeping and great mourning,
Rachel weeping for her children
and refusing to be comforted,
because they are no more.”

- Read this passage from Matthew 2.
 - What words or phrases strike you?
- Read these words again slowly.
 - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- What thoughts, feelings and images have emerged in this time of prayer?
- How has the Spirit been at work in your heart as you have prayed?
- You might like to note these down in your journal.
- When you have finished click [here](#) to continue.

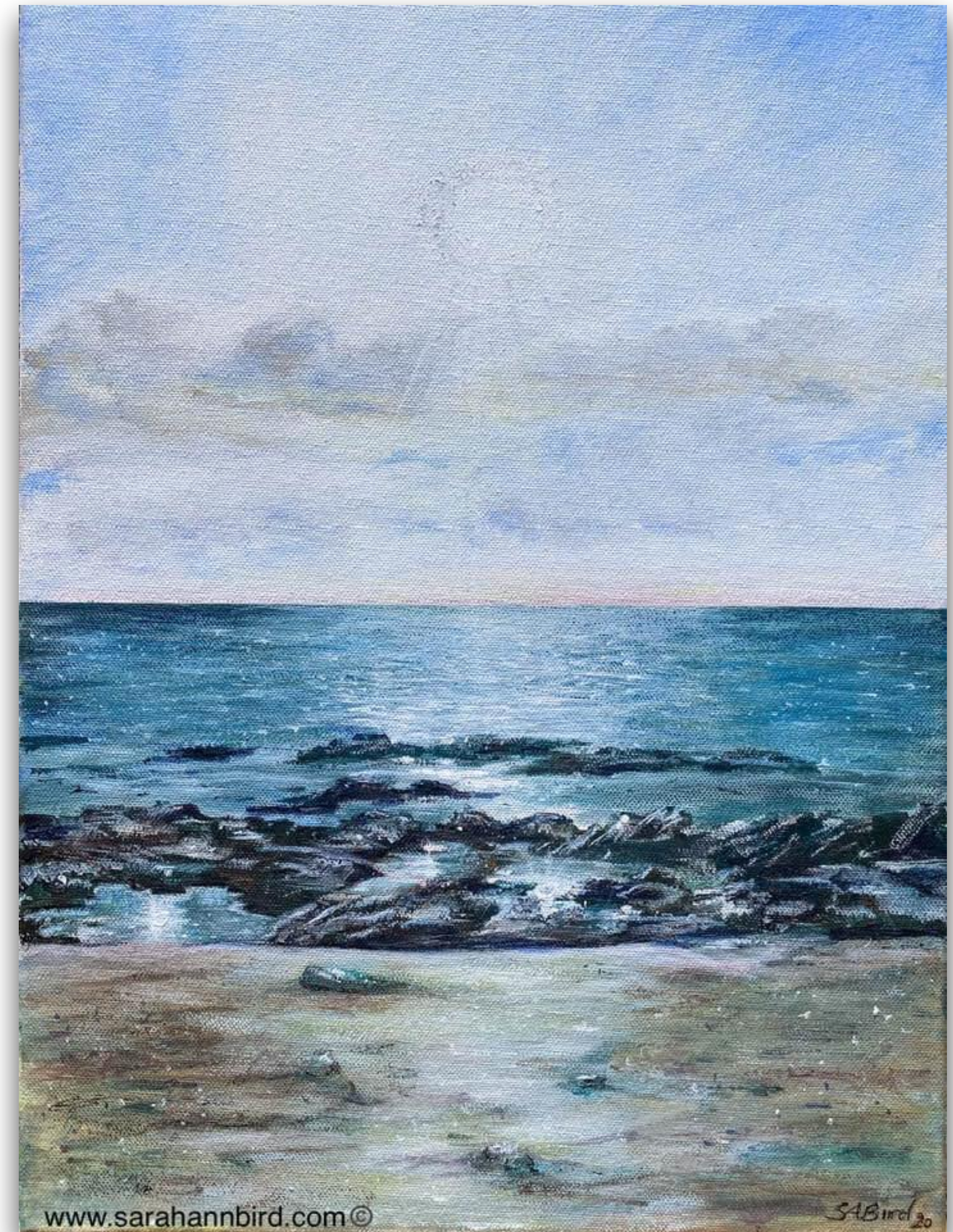
- **Day 1: O Radiant Dawn, splendour of eternal light, sun of justice: come, shine on those who dwell in darkness and the shadow of death.**
 - Click [here](#) for a link to a sung version of O Dawn.
- **Day 2: O King of all the nations, the only joy of every human heart; O Keystone of the mighty arch of man, come and save the creature you fashioned from the dust.**
 - Click [here](#) for a link to a sung version of O King of the nations.
- **Day 3: O Immanuel, king and lawgiver, desire of the nations, Saviour of all people, come and set us free, Lord our God.**
 - Click [here](#) for a link to a sung version of O Immanuel.
- **Day 4: Where is the one who is born King of the Jews.**
 - You might like to listen to an instrumental version of Lead us, Heavenly Father, lead us [here](#).
- **Day 5: What can I give him? Sacred Lord of ancient Israel, who showed yourself to Moses in the burning bush, who gave him the holy law on Sinai mountain: come, stretch out your mighty hand to set us free.**
 - You might like to listen to an instrumental version of In the Bleak Midwinter [here](#).
- **Day 6: Jesus, Prince of Peace, called out of Egypt, grant us the grace of faith to believe.**
 - You might like to listen to Prince of Egypt [here](#).
- **Day 7: O God, hear us and help us.**
 - You might like to listen to Lament, Psalm 77 [here](#).



Psalms 117

Praise the Lord, all you nations;
extol him, all you peoples.
For great is his love toward us,
and the faithfulness of the Lord endures forever.
Praise the Lord.

[A sung version of the Psalm can be found here](#)



Happy Place by Sarah Bird, used with permission <https://www.sarahannbird.com>

Proverbs 11:1-7

The Lord detests dishonest scales,
but accurate weights find favour with him.
When pride comes, then comes disgrace,
but with humility comes wisdom.
The integrity of the upright guides them,
but the unfaithful are destroyed by their duplicity.
Wealth is worthless in the day of wrath,
but righteousness delivers from death.
The righteousness of the blameless makes their paths straight,
but the wicked are brought down by their own wickedness.
The righteousness of the upright delivers them,
but the unfaithful are trapped by evil desires.
Hopes placed in mortals die with them;
all the promise of their power comes to nothing.



Creative prayer

Make a set of prayer cards or a prayer book.

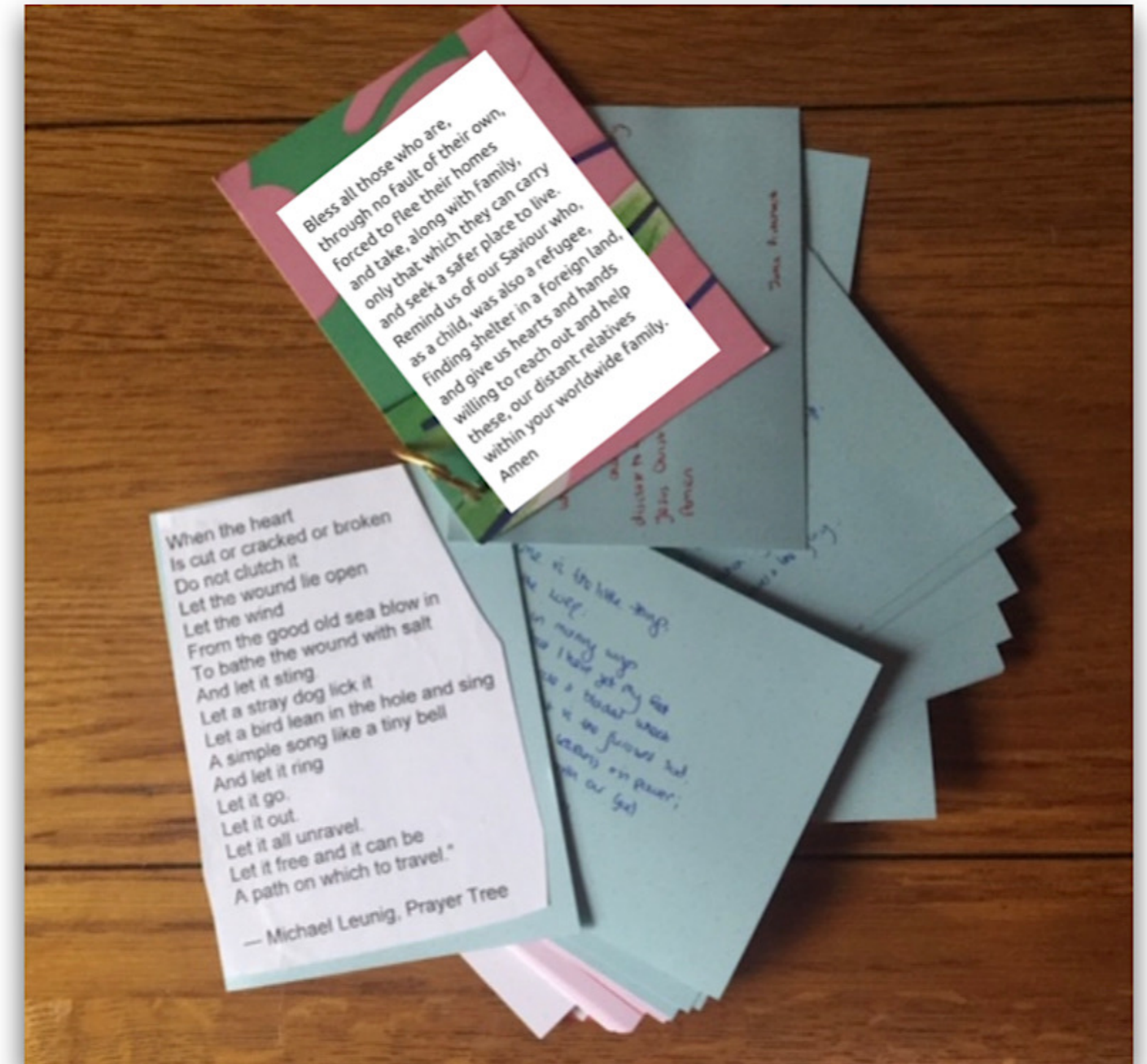
Praying for the refugee

The number of refugees in the world is increasing.

A number of prayers for the refugee can be found [here](#).

You might like to print or write these out and make your own prayer book where you gather written prayers to use when you cannot find the words you want to say.

You might like instead to get a set of revision cards and place the prayers in there and add to these.



When the world was dark
When the world was dark and the city was quiet,
you came.

You crept in beside us.

And no one knew.
Only the few
who dared to believe
that God might do something different.

Will you do the same this Christmas, Lord?
Will you come into the darkness of today's world;
not the friendly darkness
as when sleep rescues us from tiredness,
but the fearful darkness,
in which people have stopped believing
that war will end
or that food will come
or that politics will change
or that anyone cares?

Will you come into that darkness
and do something different
to save your people from death and despair?

Will you come into the quietness of this town not the friendly quietness
as when lovers hold hands,
but the fearful silence
when the phone has not rung,
the letter has not come,
the friendly voice no longer speaks,
the doctor's face says it all?

Will you come into that darkness,
and do something different,
not to distract, but to embrace your people?



And will you come into the dark corners
and the quiet places of our lives?

We ask this not because we are guilt-ridden
or want to be
but because the fullness our lives long for
depends on us being as open and vulnerable to you
as you were to us
when you came,
wearing no more than nappies,
and trusting human hands
to hold their maker.

Will you come into our lives,
if we open them to you
and do something different?

When the world was dark
and the city was quiet
you came.

You crept in beside us.
Do the same this Christmas, Lord.
Do the same this Christmas.

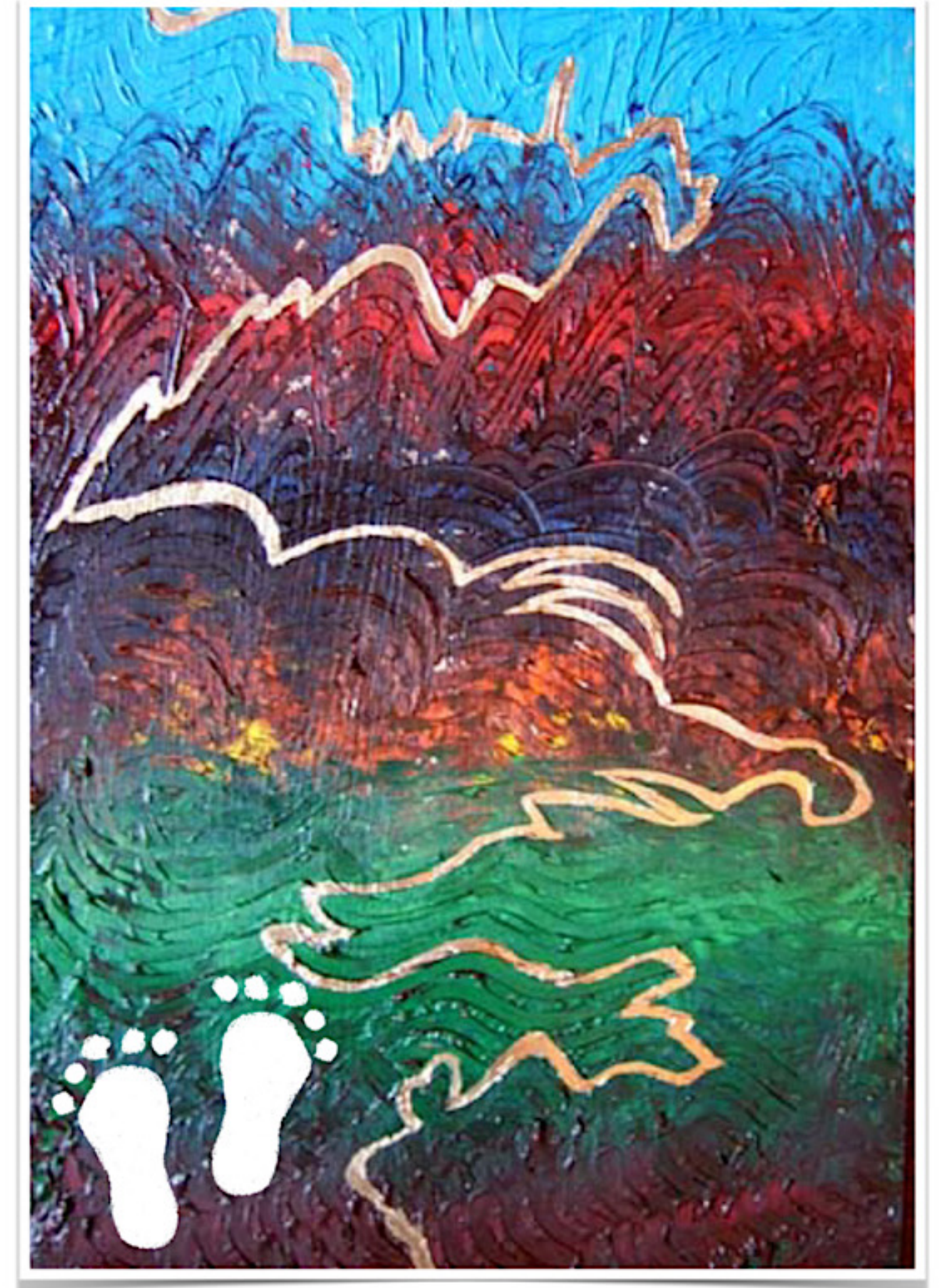
Knowledge Enlightens by Sarah Bird, used with permission <https://www.sarahannbird.com>

Prayer When the world was dark from Cloth for the Cradle, Wild Goose
Worship Group

Footsteps in Prayer

A journey through the Bible

The second part of a graphic introduction to the book of Matthew can be found [here](#).



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○ Antiphons adapted from <https://www.catholiceducation.org/en/culture/catholic-contributions/what-are-the.html>

The Pathway by Kate Austin (Adapted) Used with permission.

This prayer station and other resources can be found at **[The Prayer Room](#)**