

# Footsteps in Prayer

A journey through the Bible

1 and 2 Timothy





- Find a place to sit quietly.
- Be aware of God's loving eyes watching over you.
- Sit in a relaxed position and come to a place of stillness.
- Reflect on your life -
  - Where have you been mentored or supported by others in your journey of faith?
  - How have you mentored or supported others?
- You might like to ask God for the grace of having the heart of being both a sheep and a shepherd as you join the Good Shepherd in seeking those who are lost or in pain.
- You might like to listen to Abide in Me sung by Andrew Marcus.
- You might like to listen to Kathryn Scott sing What a Beautiful Name or to Shiyr Poets sing Psalm 6.
- You might like to listen to Alison Balsom play the Adagio from Bach's Concerto in D Major.





• You might like to listen to:

- Day 1: Refiner's fire sung by the Katinas then click [here](#).
- Day 2: This I believe sung by Hillsong then click [here](#).
- Day 3: The Lord's Prayer in Swahili sung by Stellenbosch University Choir then click [here](#).
- Day 4: I know whom I believed sung by Antrim Mennonite Choir then click [here](#).
- Day 5: Make me a vessel sung by Pauline Key then click [here](#).
- Day 6: Thy Word is a light to my path then click [here](#).
- Day 7: God is our strength and refuge sung by Hillsong then click [here](#).





# Day 1: 1 Timothy 1

But the aim of such instruction is love that comes from a pure heart, a good conscience, and sincere faith.

- Read this passage from 1 Timothy 1.
  - 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 2: 1 Timothy 1

For there is one God;  
there is also one mediator  
between God and humankind,  
Christ Jesus, himself human,  
who gave himself a ransom for all  
—this was attested at the right time

- Read this passage from 1 Timothy 1.
  - 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.
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# Day 3: 1 Timothy 6

Of course, there is great gain in godliness combined with contentment; for we brought nothing into the world, so that we can take nothing out of it; but if we have food and clothing, we will be content with these.



- ✧ Read these words from 1 Timothy 6
  - ✧ 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 4: 2 Timothy 1

But I am not ashamed, for I know the one in whom I have put my trust, and I am sure that he is able to guard until that day what I have entrusted to him.

- ✧ Read these words from 2 Timothy 1
  - ✧ 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?
- ✧ 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 5: 2 Timothy 2

In a large house there are utensils not only of gold and silver but also of wood and clay, some for special use, some for ordinary. All who cleanse themselves of the things I have mentioned will become special utensils, dedicated and useful to the owner of the house, ready for every good work.

- ✧ Read these words from 2 Timothy 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?
- ✧ 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 6: 2 Timothy 3

All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness, so that everyone who belongs to God may be proficient, equipped for every good work.

- Read these words from 2 Timothy 3.
  - 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?
- How has the Spirit been at work as you have prayed?
- You might like to note these down in your journal.
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# Day 7: 2 Timothy 4

In the presence of God and of Christ Jesus, who is to judge the living and the dead, and in view of his appearing and his kingdom, I solemnly urge you: proclaim the message; be persistent whether the time is favourable or unfavourable; convince, rebuke, and encourage, with the utmost patience in teaching.

- Read these words from 2 Timothy 4.
  - 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?
- 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](https://www.sarahannbird.com) to continue.





• You might like to listen to this music from Chris Bowater:

• Day 1: Kyrie Eleison

• Day 2: Don't be afraid

• Day 3: Drop thy still dews

• Day 4: Confidence

• Day 5: Here Dwelling in the place of wonder

• Day 6: Greater Grace

• Day 7: Here is love





## Psalm 6

O Lord, do not rebuke me in your anger,  
or discipline me in your wrath.  
Be gracious to me, O Lord, for I am languishing;  
O Lord, heal me, for my bones are shaking with terror.  
My soul also is struck with terror,  
while you, O Lord—how long?  
Turn, O Lord, save my life;  
deliver me for the sake of your steadfast love.  
For in death there is no remembrance of you;  
in Sheol who can give you praise?  
I am weary with my moaning;  
every night I flood my bed with tears;  
I drench my couch with my weeping.  
My eyes waste away because of grief;  
they grow weak because of all my foes.  
Depart from me, all you workers of evil,  
for the Lord has heard the sound of my weeping.  
The Lord has heard my supplication;  
the Lord accepts my prayer.  
All my enemies shall be ashamed and struck with terror;  
they shall turn back, and in a moment be put to shame.



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



## Proverbs 20:5

The purposes of a person's heart are deep waters,  
but one who has insight draws them out.





A faithful friend is a sure shelter,  
whoever finds one has found a rare treasure.  
A faithful friend is something beyond price, there is no measuring that person's worth.  
A faithful friend is the elixir of life,  
and those who fear the Lord will find one.  
Whoever fears the Lord makes true friends,  
for as a person is, so is the friend.  
Sirach 6:15-17

I call you friends,  
because I have made known to you everything I have learnt from my Father.  
John 15:15

God is love  
and those who live in love live in God, and God lives in them.  
1 John 4:16





# Creative prayer

## Scripture Scribbles

Get a small book.

Each day choose a verse from your quality time with God, or choose a favourite Bible verse.

Scribble this verse a number of times on the page of the book to create a background.

Embellish the page with images or collage.

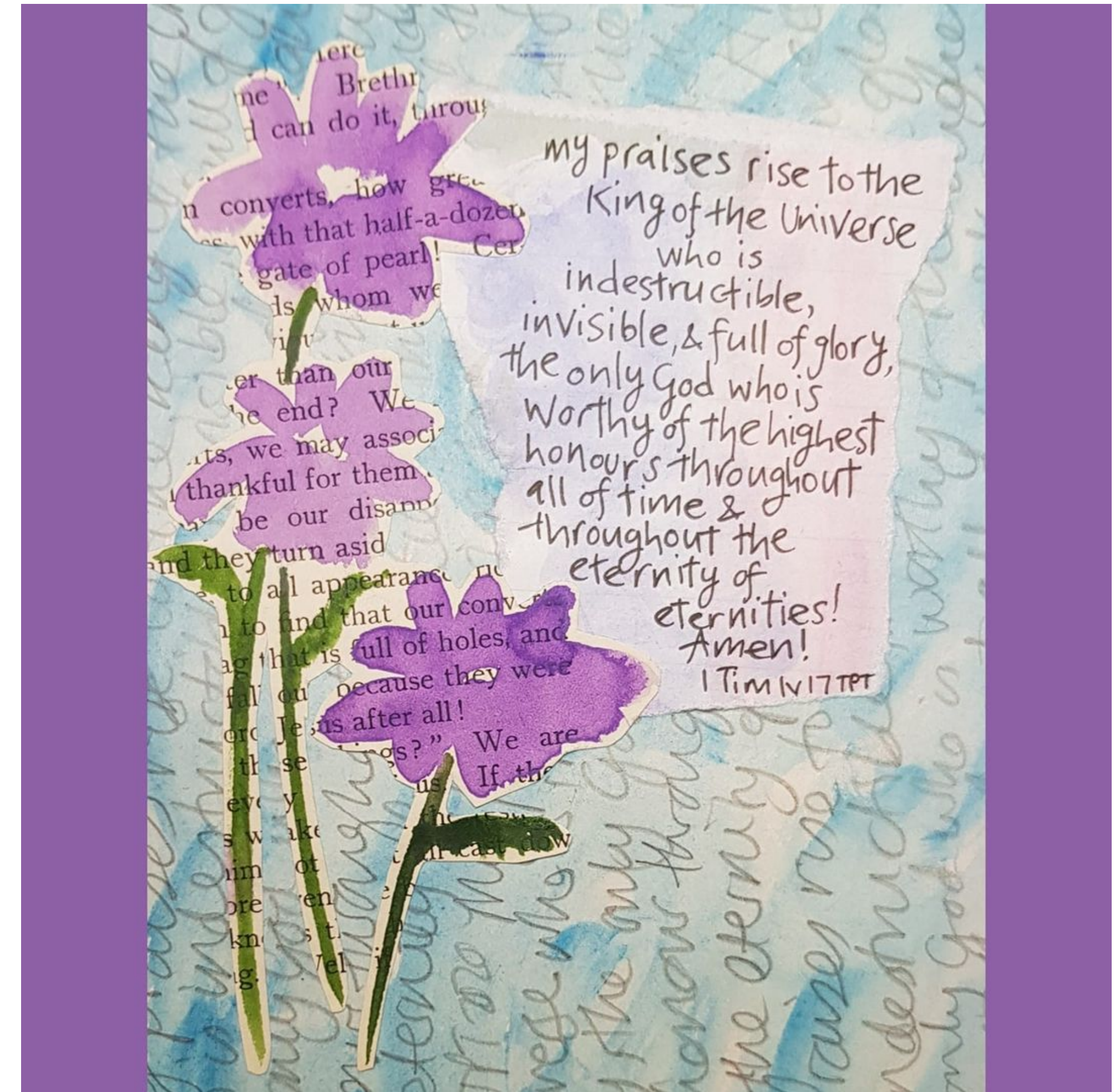
Then write the Bible verse out once more on a piece of card or paper.

Carry this verse around with you and memorise it sealing it in your heart.

Then glue the verse onto the background...

And choose another scripture to scribble.

You can see a YouTube guide by Deborah Gregg [here](#).





# Footsteps in Prayer

A journey through the Bible

A graphic introduction to 1 Timothy can be found [here](#).

A graphic introduction to 2 Timothy can be found [here](#).

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

