

Footsteps in Prayer

A journey through the Bible

James



- 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.
- We are told in Psalm 3 that God is the lifter of our heads.
 - Notice where God has lifted you up now and in the past.
 - Give thanks.
 - Take time to lift your head and look into the face of Jesus.
- You might like to listen to Sarah Sparks sing Lifter of my Head.
- You might like to listen to Maggi Dawn sing I will wait or to Nicola Benedetti play Hess's theme tune to Ladies in Lavender.



•✂ You might like to listen to:

- ✂ Day 1: Oceans sung by Renee Dominique then click here.
- ✂ Day 2: All are welcome sung by Marty Haugen then click here.
- ✂ Day 3: Make me a channel of your peace sung by Aled Jones and Russel Watson then click here.
- ✂ Day 4: I raise a hallelujah then click here.
- ✂ Day 5: Come ye thankful people come by Simple Hymns then click here.
- ✂ Day 6: The Lord is gracious and compassionate from St Swithun's Walcot then click here.
- ✂ Day 7: Let us break bread together on our knees then click here.



Day 1: James 1

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind.

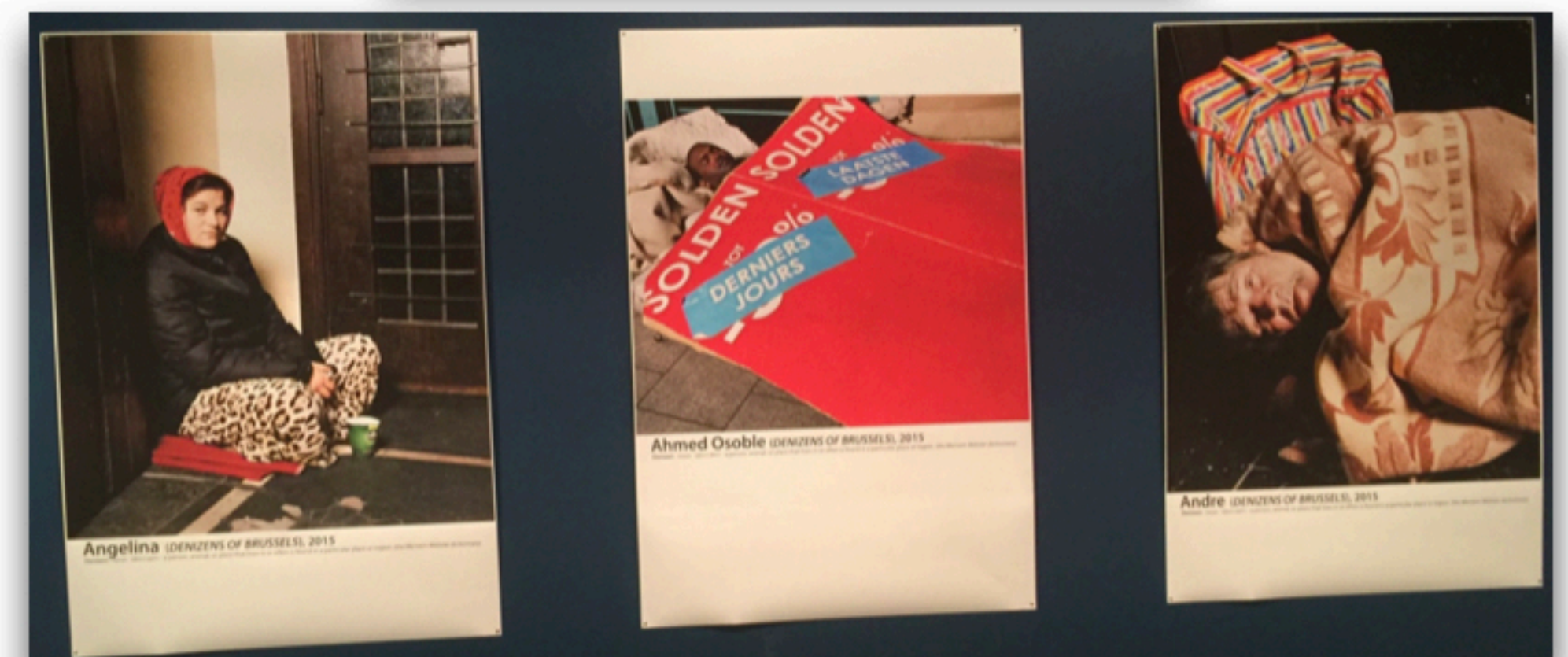
- ✧ Read this passage from James 1.
 - ✧ What words or phrases strike you?
- ✧ Read these words again slowly.
 - ✧ Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- ✧ What thoughts, feelings and images have emerged in this time of prayer?
- ✧ How has the 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: James 2

Suppose a man comes into your meeting wearing a gold ring and fine clothes, and a poor man in filthy old clothes also comes in. If you show special attention to the man wearing fine clothes and say, “Here’s a good seat for you,” but say to the poor man, “You stand there” or “Sit on the floor by my feet,” have you not discriminated among yourselves and become judges with evil thoughts? Listen, my dear brothers and sisters: Has not God chosen those who are poor in the eyes of the world to be rich in faith and to inherit the kingdom he promised those who love him?

- Read this passage from James 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.



The Denizens of Brussels by Andre Serrano
Photograph used with permission.

Day 3: James 3

But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere.

Peacemakers who sow in peace reap a harvest of righteousness.

- Read these words from James 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 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: James 4

Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will lift you up.

- ✧ Read these words from James 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](#) to continue.



Day 5: James 5

Be patient, then, brothers and sisters, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop, patiently waiting for the autumn and spring rains. You too, be patient and stand firm, because the Lord's coming is near. Don't grumble against one another, brothers and sisters, or you will be judged. The Judge is standing at the door!

- Read these words from James 5.
 - 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: James 5

Brothers and sisters, as an example of patience in the face of suffering, take the prophets who spoke in the name of the Lord. As you know, we count as blessed those who have persevered. You have heard of Job's perseverance and have seen what the Lord finally brought about. The Lord is full of compassion and mercy.

- Read these words from James 5.
 - 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 7: James 5

Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

- Read these words from James 5.
 - 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



• You might like to listen to this music by Ellie Holcomb:

• Day 1: We have got this hope

• Day 2: You love me best

• Day 3: I will never be the same

• Day 4: Living water

• Day 5: God of all comfort

• Day 6: Wonderfully Made

• Day 7: Man of sorrows



Psalms 33

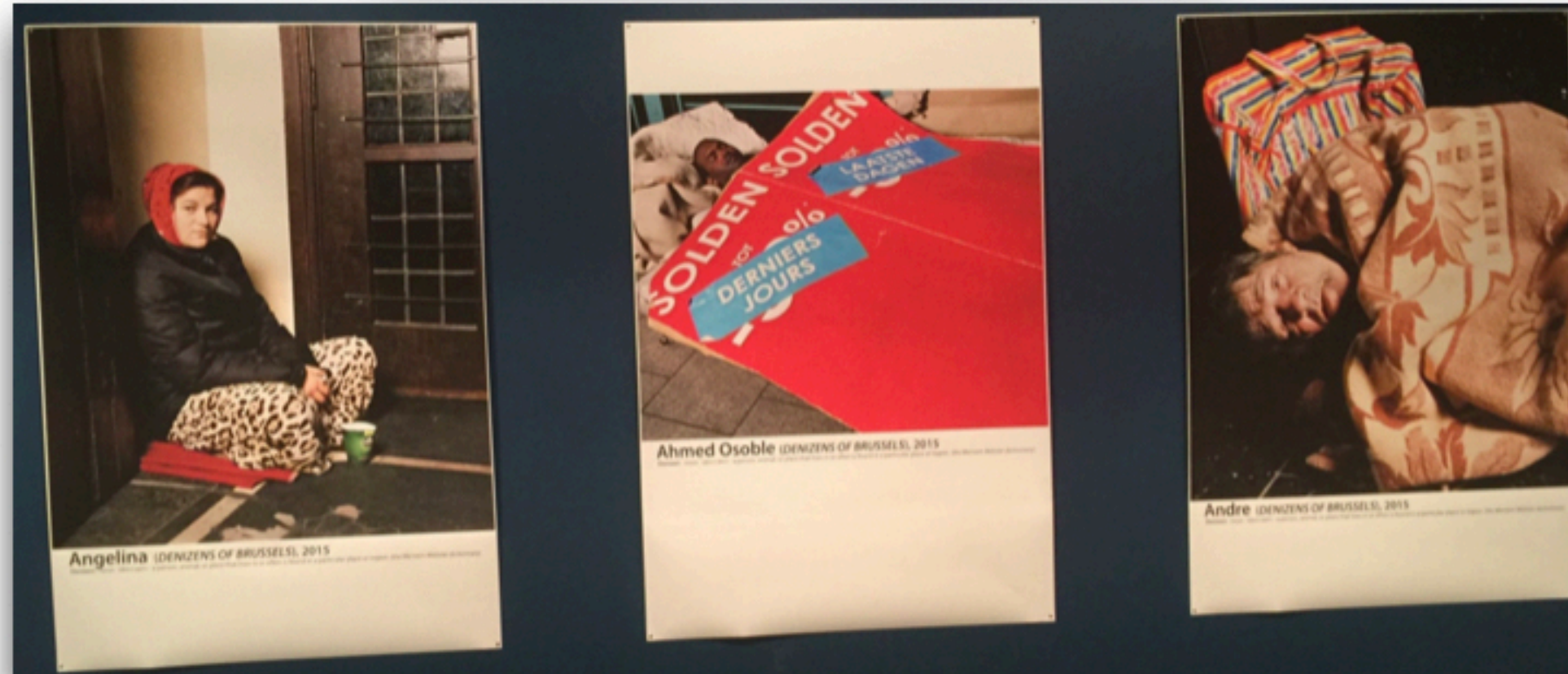
Sing joyfully to the Lord, you righteous;
it is fitting for the upright to praise him.
Praise the Lord with the harp;
make music to him on the ten-stringed lyre.
Sing to him a new song;
play skillfully, and shout for joy.
For the word of the Lord is right and true;
he is faithful in all he does.
The Lord loves righteousness and justice;
the earth is full of his unfailing love.
By the word of the Lord the heavens were made,
their starry host by the breath of his mouth.
He gathers the waters of the sea into jars;
he puts the deep into storehouses.
Let all the earth fear the Lord;
let all the people of the world revere him.
For he spoke, and it came to be;
he commanded, and it stood firm.
The Lord foils the plans of the nations;
he thwarts the purposes of the peoples.
But the plans of the Lord stand firm forever,
the purposes of his heart through all generations.
Blessed is the nation whose God is the Lord,
the people he chose for his inheritance.



From heaven the Lord looks down
and sees all mankind;
from his dwelling place he watches
all who live on earth—
he who forms the hearts of all,
who considers everything they do.
No king is saved by the size of his army;
no warrior escapes by his great strength.
A horse is a vain hope for deliverance;
despite all its great strength it cannot save.
But the eyes of the Lord are on those who fear him,
on those whose hope is in his unfailing love,
to deliver them from death
and keep them alive in famine.
We wait in hope for the Lord;
he is our help and our shield.
In him our hearts rejoice,
for we trust in his holy name.
May your unfailing love be with us, Lord,
even as we put our hope in you.

Proverbs 22.16


One who oppresses the poor to increase his wealth
and one who gives gifts to the rich—both come to
poverty.



Creative prayer

- ✂ Poverty can take many shapes - for example financial poverty, spiritual poverty and social poverty.
 - ✂ What kinds of poverty do you encounter or experience yourself?
 - ✂ Where are there areas of poverty in the place in which you live?
 - ✂ Where do you see poverty globally?
- ✂ Take some time to look at some organisations who seek to address poverty in different ways.
- ✂ Ask Jesus how he would like you to help him address poverty?
- ✂ You might like to write your own prayer for those trapped in poverty - or pray one of prayers that can be found [here](#).



A rustic wooden workbench, possibly made of repurposed beams, serves as the background. On the left, a large, dark, woven basket is filled with dried leaves and pinecones. Next to it is a small, empty terracotta pot. In the center-left, a moss-covered log holds two heart-shaped wooden cutouts and a small grey tag that reads "Grow Where you're planted". A packet of blue flowers is partially visible at the bottom left. On the right side of the workbench, there are gardening gloves, a green container, and other tools. The scene is lit with warm, indoor lighting, creating a cozy, autumnal atmosphere.

If things take time
Let hope hold on
If solutions are slow
May I stay strong
Give me a farmer's faith, God
For fruit in due season

Due Season in [Twitturgies](#), Gerard Kelly

Footsteps in Prayer

A journey through the Bible

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

Unless indicated otherwise, scripture quotations are from THE HOLY BIBLE, NEW INTERNATIONAL VERSION®, NIV® Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.

Pathway by Kate Austin (Adapted) Used with permission.

Title slide is a bust of an apostle by Jaques Jordaens. Photograph used with permission.

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

