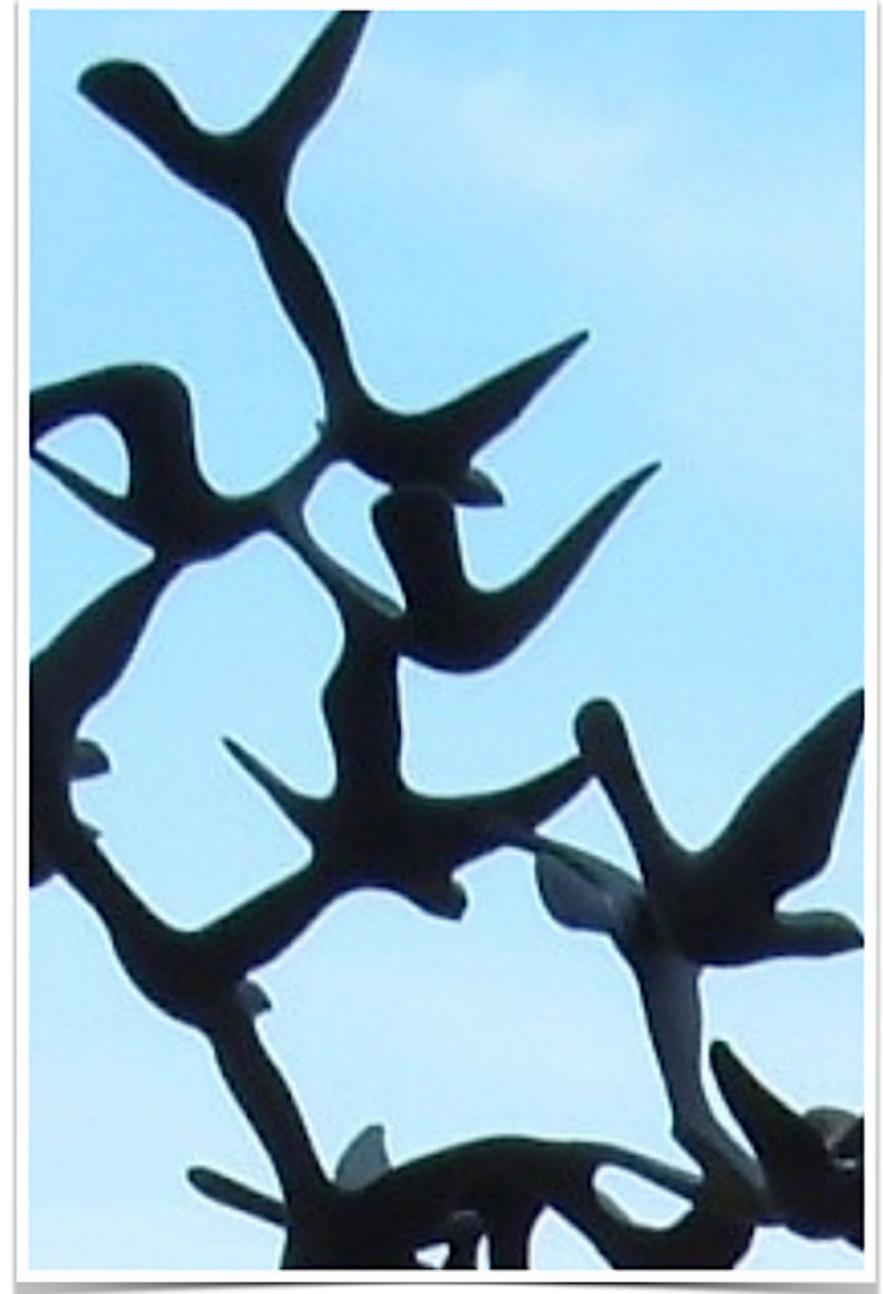


Journey with Jesus

Praying through the Gospel of Mark

Station 22 - be opened



O God, to know you is life eternal,
to serve you is perfect freedom. Grant that I may
know you more truly, more intimately, more
clearly, and serve you in freedom, with courage and
flame, in all my days, through Jesus Christ, my
Lord.

George Appleton



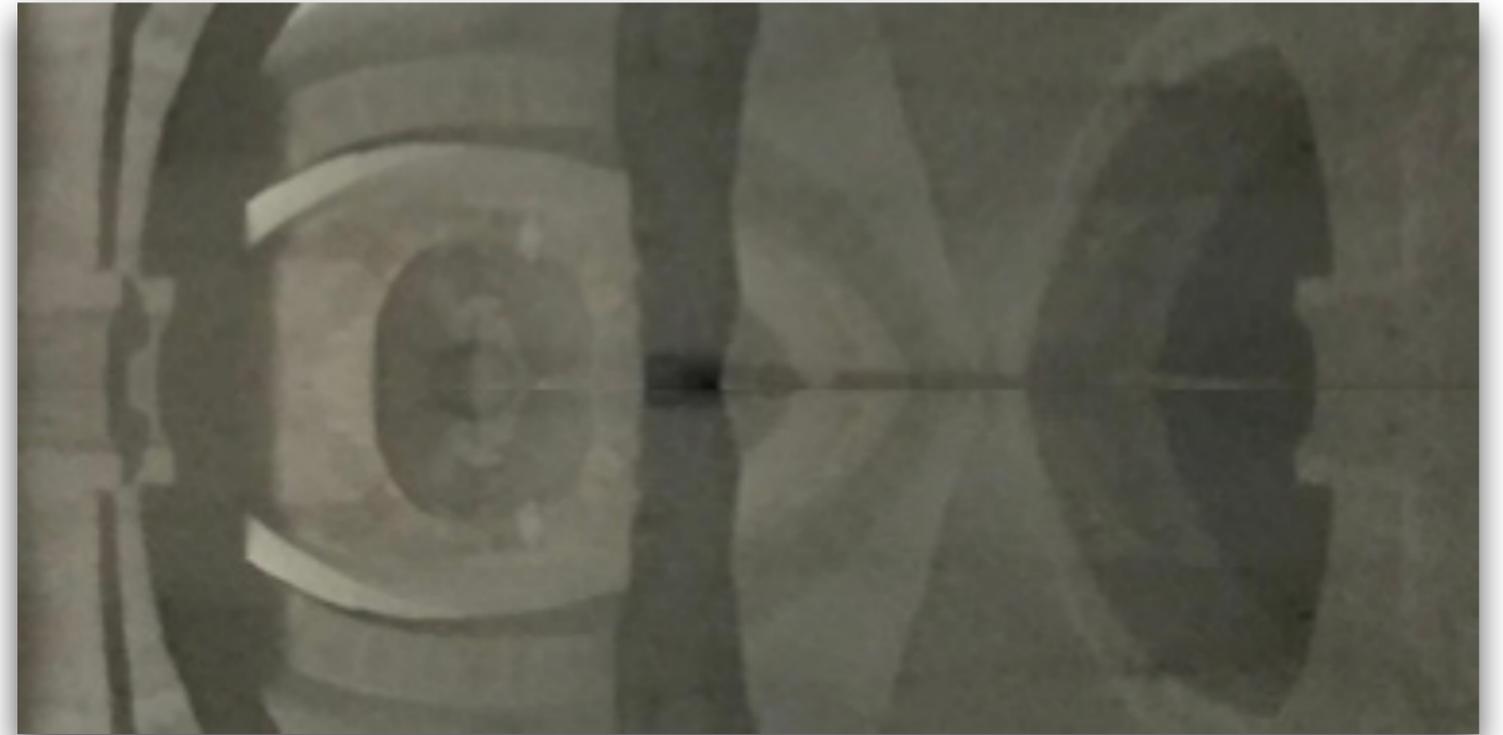
Photograph by Sister Maureen CSF
Used with permission

- Find a place to sit quietly.
- Sit in a relaxed position.
 - Become aware of your breathing
 - Notice its pattern
 - Is it deep or shallow
 - Is it fast or slow
 - Is it through your mouth or nose
 - Is it regular or irregular
 - Rest in the quietness that this awareness brings you.
- Be aware of God's loving eyes watching over you.
- As we Journey with Jesus ask God for the grace to see him more clearly.



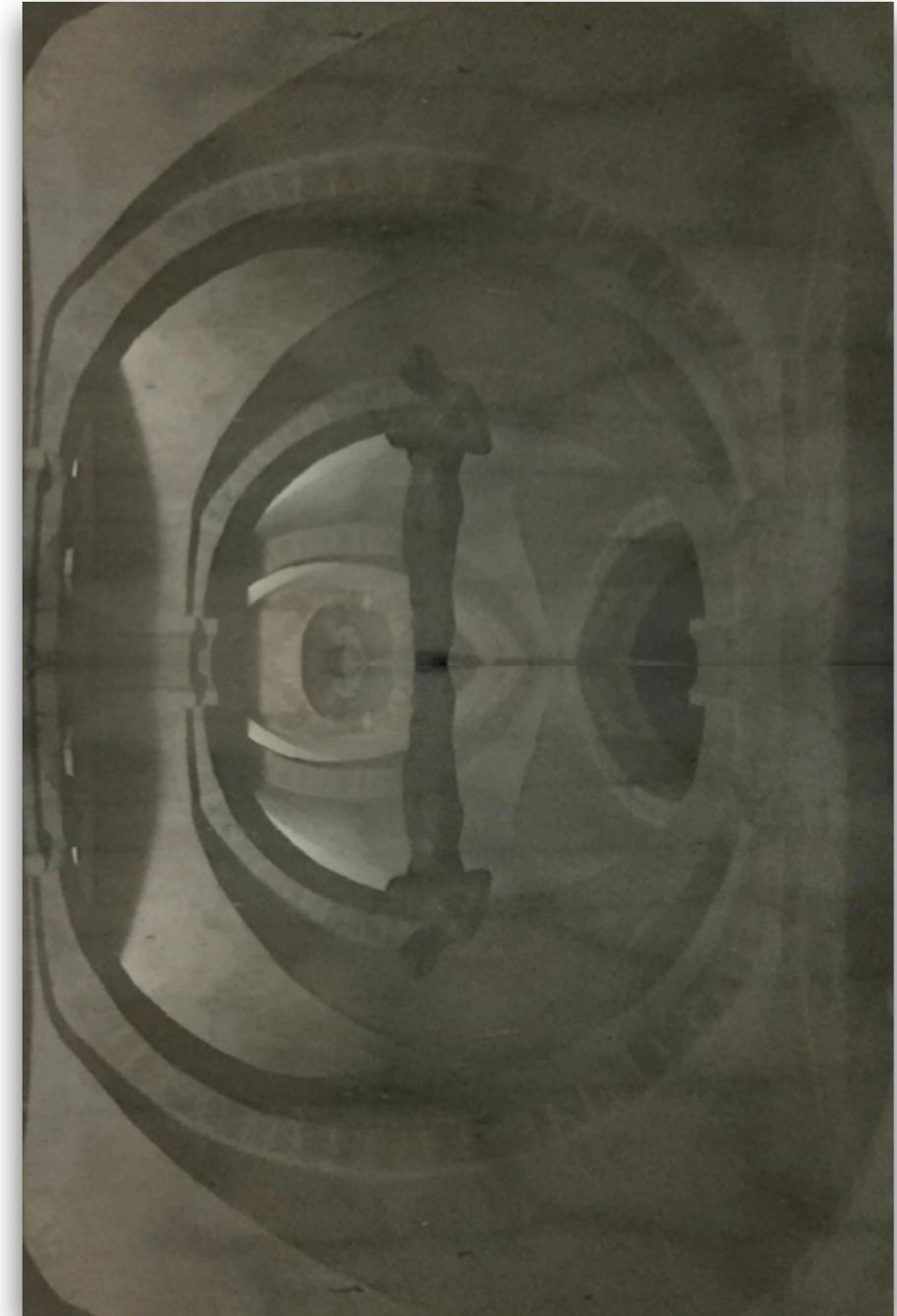
Then shall the eyes of the blind be opened,
and the ears of the deaf unstopped;
then shall the lame man leap as a hart,
and the tongue of the dumb shall sing

You might like to listen to these words from
Handel's Messiah



Read this passage from Mark chapter 7. What words or phrases strike you?

After he took him aside, away from the crowd, Jesus put his fingers into the man's ears. Then he spit and touched the man's tongue. He looked up to heaven and with a deep sigh said to him, "Ephphatha!" (which means "Be opened!"). At this, the man's ears were opened, his tongue was loosened and he began to speak plainly.



Read these words from Mark chapter 7 again slowly.
Stay with one of the words or phrases that catches you and hold it in the stillness before God.

After he took him aside, away from the crowd, Jesus put his fingers into the man's ears. Then he spit and touched the man's tongue. He looked up to heaven and with a deep sigh said to him, "Ephphatha!" (which means "Be opened!"). At this, the man's ears were opened, his tongue was loosened and he began to speak plainly.



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?

How might your ears have been opened and tongue loosened?

To whom might God want you to speak ?

You might like to jot down what has emerged from your prayer time in a journal.

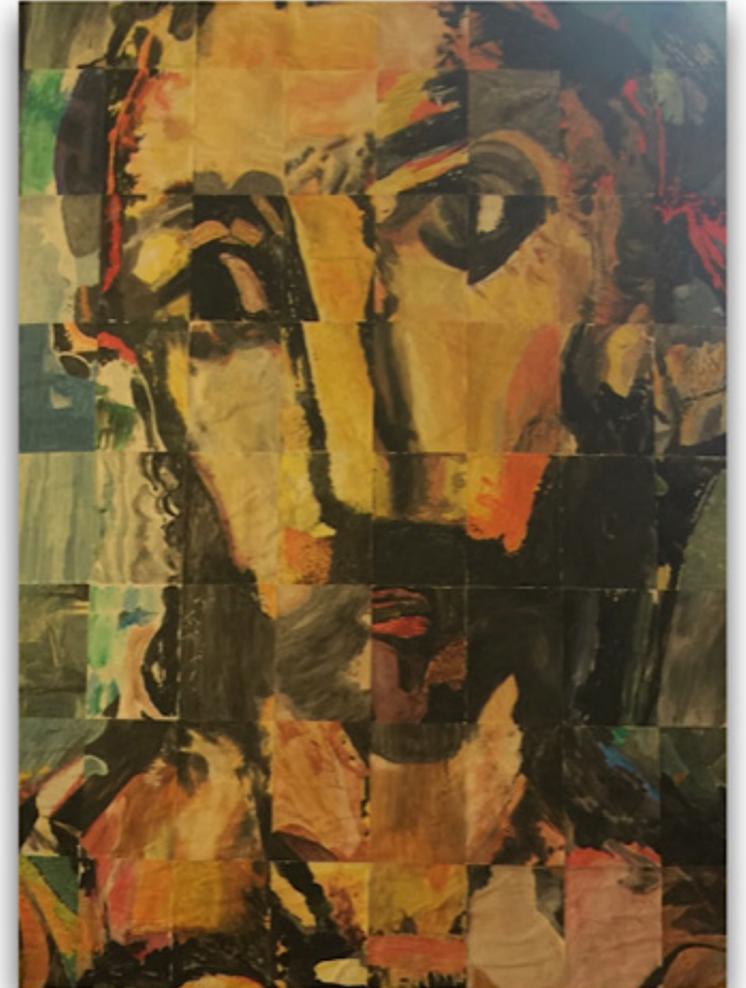
As you do, you might like to listen to Kari Jobe sing,
[You're the God of Miracles](#)



Creative prayer

The photo to the right was taken at St Peters Church in Hereford. The team there took a picture and turned it into a jigsaw, **A Broken Picture**, and gave a piece of the jigsaw to different people who then painted on an A4 sheet the section they had been given. The pieces were then brought together and made into a whole. **A Restored Picture.**

- Is there a picture that means something to the church community that you are a part of?
- Maybe you could suggest a similar project to your leadership team?
- This could all be done as a creative church project on line.



Creative prayer

- You may also, or indeed instead, choose to pray with a broken picture as you restore it.
- There are a number of free jigsaw making tools on line that enable you to do this.
 - One example can be found [here](#).
- As you restore the picture you can pray for the community you are a part of.
- You might like to listen to all of [Handel's Messiah](#) as you do so.



Journey with Jesus

A series of prayer stations based
on the gospel of Mark.



Thanks to Adrian Chatfield for the photograph of The Way of Life taken at Ely Cathedral