

Footsteps in Prayer

A journey through the Bible

Galatians



- 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 the Fruits of the Spirit.
 - What fruits would you like to ask God grow and help take deeper root in your life?
 - Ask for the grace of growth into fruitfulness.
- You might like to listen to Oxford Camerata sing Credo In Unum Deum.
- You might like to listen to Jonathan David and Melissa Helser sing No Longer Slaves or to Patrick Hawes' Fair Albion.



•✿ You might like to listen to:

•✿ Day 1: How great though art sung by Lauren Daigle then click here.

•✿ Day 2: The Love of God sung by Wintley Phipps then click here.

•✿ Day 3: Make us one then click here.

•✿ Day 4: Abba Father sung by Michael Card then click here.

•✿ Day 5: Great is the Lord sung by Maranatha singers then click here.

•✿ Day 6: Come Holy Ghost our souls inspire sung by Exsultet then click here.

•✿ Day 7: Who you say I am sung by Hillsong then click here.



Day 1: Galatians 1

Paul, an apostle—sent not from men nor by a man, but by Jesus Christ and God the Father, who raised him from the dead—and all the brothers and sisters with me, to the churches in Galatia: Grace and peace to you from God our Father and the Lord Jesus Christ, who gave himself for our sins to rescue us from the present evil age, according to the will of our God and Father, to whom be glory for ever and ever. Amen.

- ✧ Read this passage from Galatians 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: Galatians 2

For through the law I died to the law so that I might live for God. I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me. I do not set aside the grace of God, for if righteousness could be gained through the law, Christ died for nothing!

- Read this passage from Galatians 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?
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Day 3: Galatians 3

So in Christ Jesus you are all children of God through faith, for all of you who were baptised into Christ have clothed yourselves with Christ. There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus. If you belong to Christ, then you are Abraham's seed, and heirs according to the promise.



- Read these words from Galatians 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?
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Day 4: Galatians 4

But when the set time had fully come, God sent his Son, born of a woman, born under the law, to redeem those under the law, that we might receive adoption to sonship. Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, “Abba, Father.” So you are no longer a slave, but God’s child; and since you are his child, God has made you also an heir.

- ✧ Read these words from Galatians 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.
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Day 5: Galatians 5

You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. For the entire law is fulfilled in keeping this one command: “Love your neighbour as yourself.”

- ✧ Read these words from Galatians 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: Galatians 5

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other.

- Read these words from Galatians 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: Galatians 6

Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. Carry each other's burdens, and in this way you will fulfil the law of Christ. If anyone thinks they are something when they are not, they deceive themselves. Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, for each one should carry their own load. Nevertheless, the one who receives instruction in the word should share all good things with their instructor.

- ✧ Read these words from Galatians 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?
- ✧ 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 Patrick Hawes:

• Day 1: The Call

• Day 2: Reflexionem

• Day 3: Gloriette

• Day 4: Cantate Domino

• Day 5: After the rain

• Day 6: How Hill

• Day 7: Requiem Aeternam



Psalm 73

Surely God is good to Israel,
to those who are pure in heart.
But as for me, my feet had almost slipped;
I had nearly lost my foothold.
For I envied the arrogant
when I saw the prosperity of the wicked.
They have no struggles;
their bodies are healthy and strong.
They are free from common human burdens;
they are not plagued by human ills.
Therefore pride is their necklace;
they clothe themselves with violence.
From their callous hearts comes iniquity;
their evil imaginations have no limits.
They scoff, and speak with malice;
with arrogance they threaten oppression.
Their mouths lay claim to heaven,
and their tongues take possession of the earth.
Therefore their people turn to them
and drink up waters in abundance.
They say, “How would God know?
Does the Most High know anything?”
This is what the wicked are like—
always free of care, they go on amassing wealth.
Surely in vain I have kept my heart pure
and have washed my hands in innocence.
All day long I have been afflicted,
and every morning brings new punishments.



If I had spoken out like that,
I would have betrayed your children.
When I tried to understand all this,
it troubled me deeply
till I entered the sanctuary of God;
then I understood their final destiny.
Surely you place them on slippery ground;
you cast them down to ruin.
How suddenly are they destroyed,
completely swept away by terrors!
They are like a dream when one awakes;
when you arise, Lord,
you will despise them as fantasies.
When my heart was grieved
and my spirit embittered,
I was senseless and ignorant;
I was a brute beast before you.
Yet I am always with you;
you hold me by my right hand.
You guide me with your counsel,
and afterward you will take me into glory.
Whom have I in heaven but you?
And earth has nothing I desire besides you.
My flesh and my heart may fail,
but God is the strength of my heart
and my portion forever.
Those who are far from you will perish;
you destroy all who are unfaithful to you.
But as for me, it is good to be near God.
I have made the Sovereign Lord my refuge;
I will tell of all your deeds.

[A sung version of the Psalm can be found here](http://www.christart.co.uk/grow.htm)

Grow by Kate Austin <http://www.christart.co.uk/grow.htm> Used with permission

Proverbs 17:3

The crucible for silver and the furnace for gold, but the Lord tests the heart.



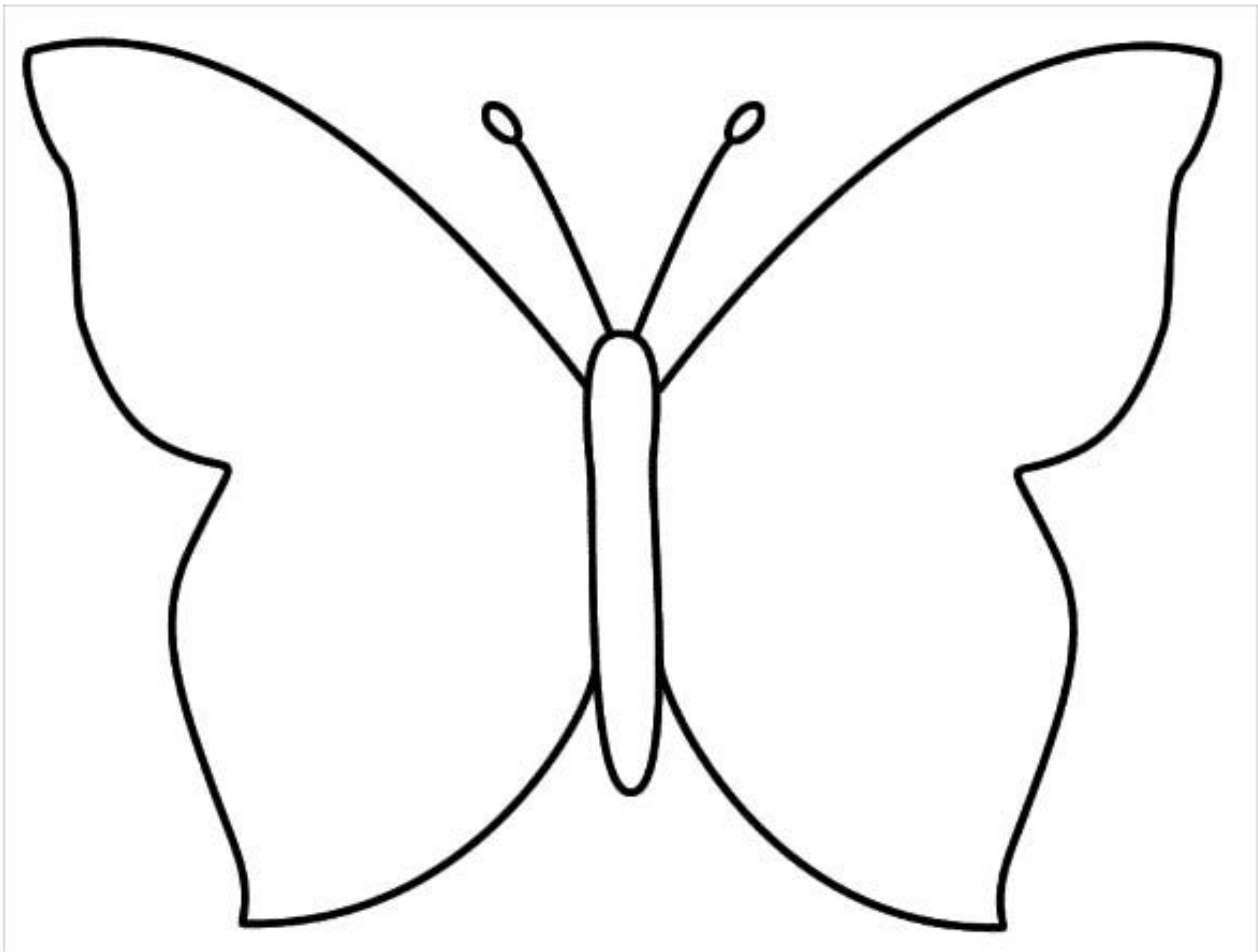
Chrysalis Prayer

Chrysalis is from the Greek word meaning Gold

- ✿ Find a cardboard tube and cut to about 4 inches in length.
- ✿ On a sheet of paper, cut out a butterfly - there is a template on the next slide.
- ✿ Think about each aspect of the Fruit of the Spirit in turn.
 - ✿ One by one write these onto the butterfly.
 - ✿ As you do ask God to grow the fruit deep in your heart.
 - ✿ When you have finished place the butterfly into the cocoon.
 - ✿ As you do, ask that the fruit God grows in your heart will be manifest in your life.
- ✿ Then use either some yellow wool or some golden paper to cover the cardboard tube and make a cocoon.
 - ✿ Place the cocoon in a place where it is protected yet visible.
- ✿ Place a note in your diary for a time to prayerfully open the cocoon at a later date.
 - ✿ As you do, read through the passage in Galatians again and give thanks for the seen and unseen work the Spirit has been doing in your life.



But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other. Galatians 5: 22-23



The caterpillar nourishes itself upon the mulberry leaves until, when it has grown large, people place near it small twigs upon which, of its own accord, it spins silk from its tiny mouth until it has made a narrow little cocoon in which it buries itself. Then this large and ugly worm leaves the cocoon as a lovely little white butterfly.

Teresa of Avila - Interior Castle



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

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

