

Journey with Jesus

Praying through the Gospel of Mark

Station 49 - and the Lord worked with them



- Find a place to sit quietly and close your eyes.
- Be aware of God's loving eyes watching over you.
- Take a deep breath in and breathe out slowly. As you breathe out pray the words from Nehemiah 8:10. *The joy of the Lord is my strength.*
- Repeat this three times.
- You might like to remember the words of Luke 24:51 *While he was blessing them, he left them and was taken up into heaven. Then they worshiped him and returned to Jerusalem with great joy.*
- As you do this you might like to ask for the grace of a deepening joy in you as you notice the presence of God in and through all things.
- You might like to listen to this Chorale for Ascension Day or to Here as in Heaven sung by Elevation Worship.



Bagong Kussudiardja Ascension (fair use).

The Ascension is the consummation of the Transfiguration. Our Lord does now go back into His primal glory; but He does not go back simply as Son of God; He goes back to God as Son of Man as well as Son of God. There is now freedom of access for anyone straight to the very throne of God by the Ascension of the Son of Man. As Son of Man Jesus Christ deliberately limited omnipotence, omnipresence and omniscience in Himself. Now they are His in absolute full power. As Son of Man Jesus Christ has all power at the throne of God. He is King of kings and Lord of Lords from the day of His Ascension until now.

Oswald Chambers



Read this passage from Mark chapter 16.
What words or phrases strike you?

He said to them, “Go into all the world and preach the gospel to all creation. Whoever believes and is baptised will be saved, but whoever does not believe will be condemned. And these signs will accompany those who believe: In my name they will drive out demons; they will speak in new tongues; they will pick up snakes with their hands; and when they drink deadly poison, it will not hurt them at all; they will place their hands on sick people, and they will get well.” After the Lord Jesus had spoken to them, he was taken up into heaven and he sat at the right hand of God. Then the disciples went out and preached everywhere, and the Lord worked with them and confirmed his word by the signs that accompanied it.

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Bagong Kussudiardja Ascension (fair use).

Read these words from Mark chapter 16 again slowly.

Stay with one of the words or phrases that catches you and hold it in the stillness before God.

He said to them, "Go into all the world and preach the gospel to all creation. Whoever believes and is baptised will be saved, but whoever does not believe will be condemned. And these signs will accompany those who believe: In my name they will drive out demons; they will speak in new tongues; they will pick up snakes with their hands; and when they drink deadly poison, it will not hurt them at all; they will place their hands on sick people, and they will get well." After the Lord Jesus had spoken to them, he was taken up into heaven and he sat at the right hand of God. Then the disciples went out and preached everywhere, and the Lord worked with them and confirmed his word by the signs that accompanied it.



A photograph of a sandy beach with numerous footprints leading towards the ocean. The water is a light blue-grey color, and the sky is not visible. The text is overlaid on the upper left portion of the image.

Now close your eyes and imagine yourself watching the scene as Jesus speaks to his disciples.

What does he say to them?

What does he say to you?

How do you want to respond?

Let your response become your prayer.

“Rejoice in your hearts! I will never leave you;
I will always remain with you in love,
and give you strength and dwell with you
for ever and ever, so that through my grace
you will never want for anything good...
I will dwell with you
from henceforth as a comforter, and keep you in
peace,
a steadfast strength in every place.

Christ II Cynewulf translated by Eleanor Parker



- This is the 49th station.
- Seven 'weeks' of seven 'days'.
 - You might like to take some time today to look back over the Journey you have done with Jesus from his baptism to his ascension.
 - You might like to look through your journal or the gospel of Mark to remind yourself of some of the stopping points.
 - What thoughts, feelings and images emerge?
 - How has the Spirit been at work in your heart as you have prayed?
 - You might like to listen to Epiphany Music play A Window on Eternity
 - You might also like to listen to Day 7 of Einaudi's Seven Days Walking, or to Bach's Well Tempered Clavier



Creative prayer

You might like to use a finger labyrinth to help you reflect on the last seven week Journey with Jesus.

- Choose one of the finger labyrinths from this [link](#) or draw your own simple or Chartres labyrinth.
- Place your finger at the edge of the labyrinth - this represents today.
- Look back and remember your Journey with Jesus as your finger moves toward the centre of the Labyrinth.
- When you get to centre of the labyrinth pause. Give thanks.
- As you come to journey out, remember again today's prayer station and the words of Jesus.
- Ask him how he wants you to work with him in going into the world and preaching to all creation.
- Finish by praying the Lord's Prayer.



Tealby Labyrinth by Annabel Barber

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