

# Footsteps in Prayer

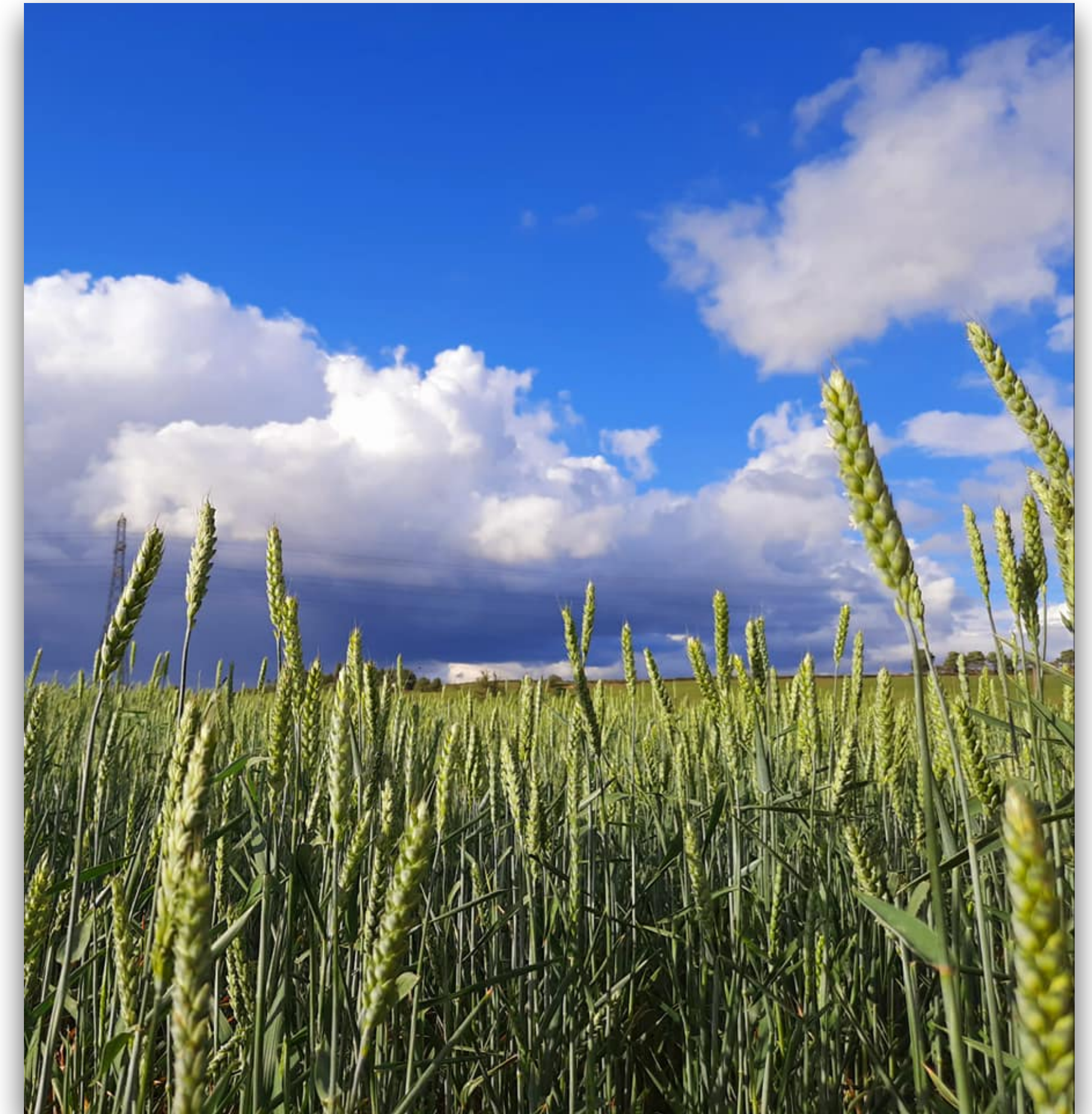
A journey through the Bible

Romans





- 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.
  - How has the good news of Jesus impacted in your life?
  - How does it impact on your life now?
  - How would you like it to impact more deeply on your life in the future?
  - Ask God for his transformative grace to be at work in you and in the world.
- You might like to listen to Judy Collins sing Amazing Grace or to Martin Smith sing If faith can move the mountains.
- You might like to listen to Tzvi Erez play Bach's Prelude no 1 in C Major.





•✿ You might like to listen to:

•✿ Day 1: I Stand in Awe then click here.

•✿ Day 2: Give Thanks sung by Janelle Salvador then click here.

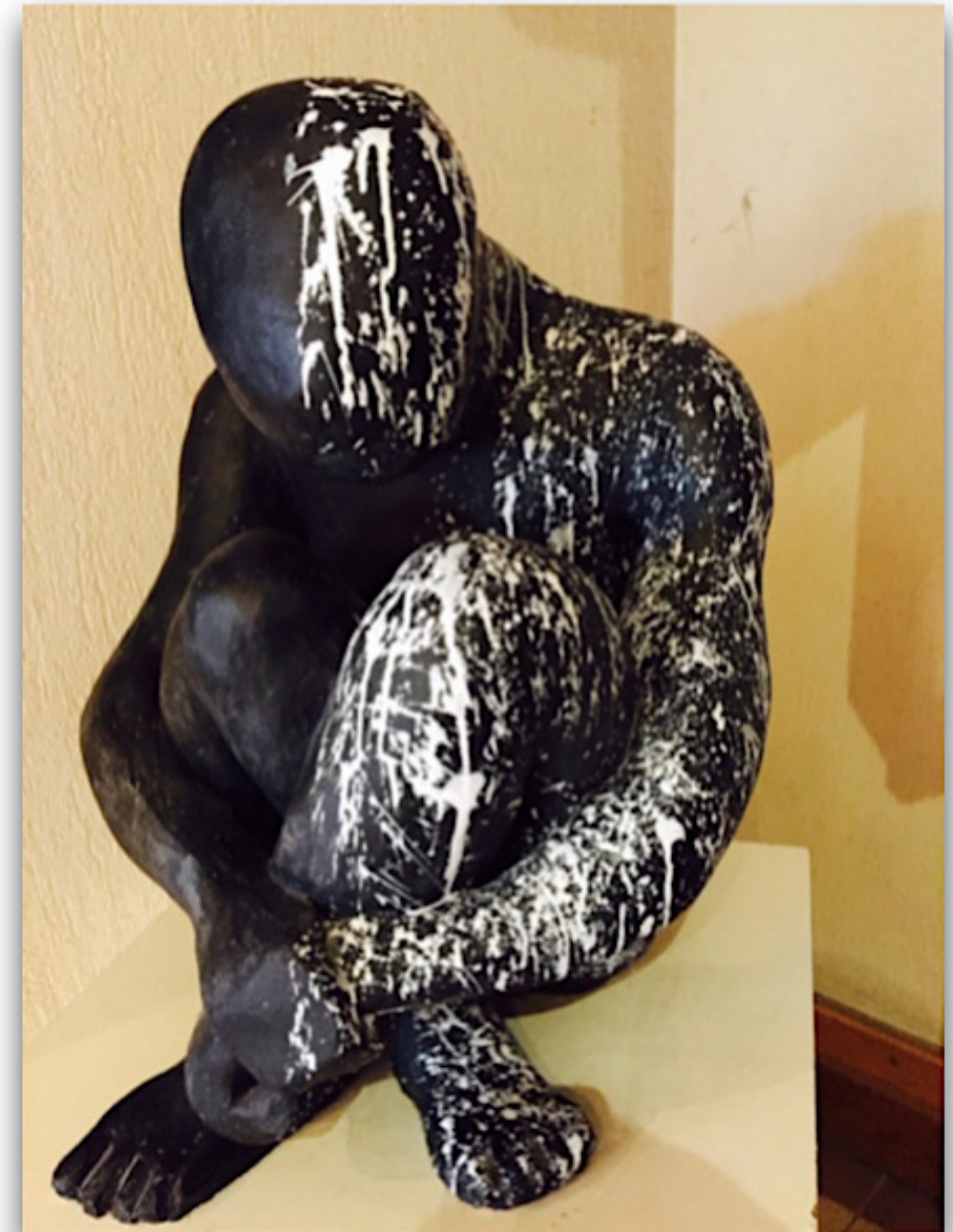
•✿ Day 3: New Wine sung by Hillsong then click here.

•✿ Day 4: All Creatures of our God and King Sung by Sovereign Grace then click here.

•✿ Day 5: I exalt thee sung by Joshua Aaron then click here.

•✿ Day 6: Love Divine all loves excelling sung by Jehovah Shalom Acapella then click here.

•✿ Day 7: Giants Fall sung by Francesca Batistelli then click here.





# Day 1: Romans 1

For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek. For in it the righteousness of God is revealed from faith for faith, as it is written, “The righteous shall live by faith.”

- Read this passage from Romans 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: Romans 3

But now the righteousness of God has been manifested apart from the law, although the Law and the Prophets bear witness to it—the righteousness of God through faith in Jesus Christ for all who believe. For there is no distinction: for all have sinned and fall short of the glory of God, and are justified by his grace as a gift, through the redemption that is in Christ Jesus, whom God put forward as a propitiation by his blood, to be received by faith. This was to show God's righteousness, because in his divine forbearance he had passed over former sins. It was to show his righteousness at the present time, so that he might be just and the justifier of the one who has faith in Jesus.

- Read this passage from Romans 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 3: Romans 5

Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

- Read these words from Romans 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 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: Romans 8

For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. For the creation waits with eager longing for the revealing of the sons of God. For the creation was subjected to futility, not willingly, but because of him who subjected it, in hope <sup>21</sup> that the creation itself will be set free from its bondage to corruption and obtain the freedom of the glory of the children of God. For we know that the whole creation has been groaning together in the pains of childbirth until now. And not only the creation, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies. For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? But if we hope for what we do not see, we wait for it with patience.

- Read these words from Romans 8.
  - 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?
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# Day 5: Romans 11

But if some of the branches were broken off, and you, although a wild olive shoot, were grafted in among the others and now share in the nourishing root of the olive tree, do not be arrogant toward the branches. If you are, remember it is not you who support the root, but the root that supports you. Then you will say, “Branches were broken off so that I might be grafted in.” That is true. They were broken off because of their unbelief, but you stand fast through faith. So do not become proud, but fear. For if God did not spare the natural branches, neither will he spare you. Note then the kindness and the severity of God: severity toward those who have fallen, but God's kindness to you, provided you continue in his kindness. Otherwise you too will be cut off. And even they, if they do not continue in their unbelief, will be grafted in, for God has the power to graft them in again. For if you were cut from what is by nature a wild olive tree, and grafted, contrary to nature, into a cultivated olive tree, how much more will these, the natural branches, be grafted back into their own olive tree.

- Read these words from Romans 11.
  - 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?
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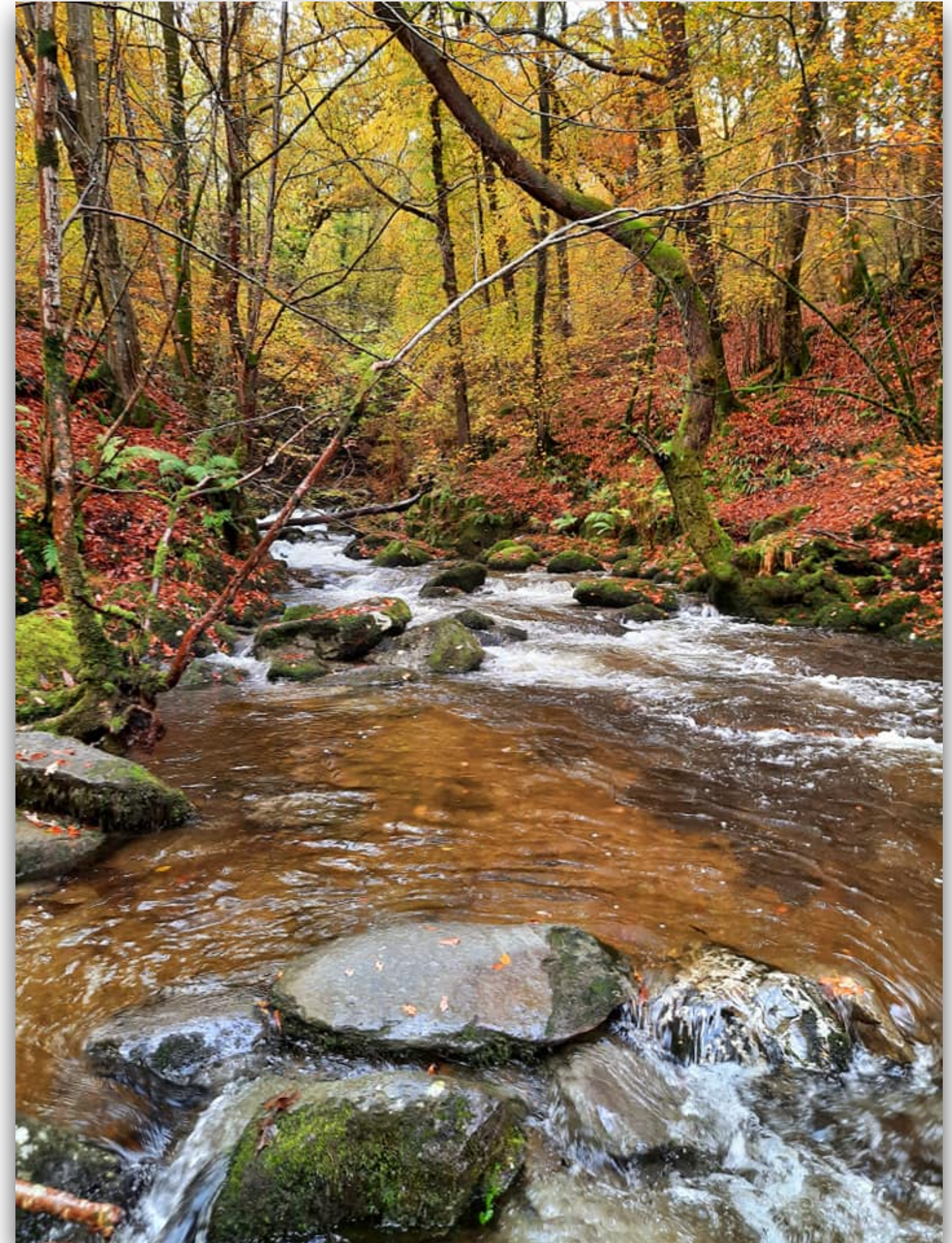




# Day 6: Romans 12

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

- Read these words from Romans 12.
  - 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?
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# Day 7: Romans 12

“Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight. Repay no one evil for evil, but give thought to do what is honourable in the sight of all. If possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, “Vengeance is mine, I will repay, says the Lord.” To the contrary, “if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head.” Do not be overcome by evil, but overcome evil with good.

- ✧ Read these words from Romans 12.
  - ✧ 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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• You might like to listen and pray with these pieces of classical music:

- **Day 1:** Ray Chen play the Largo from J.S. Bach's Sonata in C major
- **Day 2:** Peter Maxwell Davies play Farewell to Stromness
- **Day 3:** The Melos Quartet play Mozart's string quintet No 3 in G Minor
- **Day 4:** The Estonian Philharmonic Chamber Choir sing Arvo Part's Da Pacem
- **Day 5:** Hildegard Von Bingen's Hortus Deliciarum
- **Day 6:** Allegrì's Miserere sung by New College Choir
- **Day 7:** Faure's In Paradisum sung by Kings College Choir





## Psalm 5

Listen to my words, Lord,  
consider my lament.

Hear my cry for help,  
my King and my God,  
for to you I pray.

In the morning, Lord, you hear my voice;  
in the morning I lay my requests before you  
and wait expectantly.

For you are not a God who is pleased with wickedness;  
with you, evil people are not welcome.

The arrogant cannot stand  
in your presence.

You hate all who do wrong;  
you destroy those who tell lies.

The bloodthirsty and deceitful  
you, Lord, detest.

But I, by your great love,  
can come into your house;  
in reverence I bow down  
toward your holy temple.



Lead me, Lord, in your righteousness  
because of my enemies—

make your way straight before me.

Not a word from their mouth can be trusted;  
their heart is filled with malice.

Their throat is an open grave;  
with their tongues they tell lies.

Declare them guilty, O God!

Let their intrigues be their downfall.

Banish them for their many sins,  
for they have rebelled against you.

But let all who take refuge in you be glad;  
let them ever sing for joy.

Spread your protection over them,  
that those who love your name may rejoice in you.

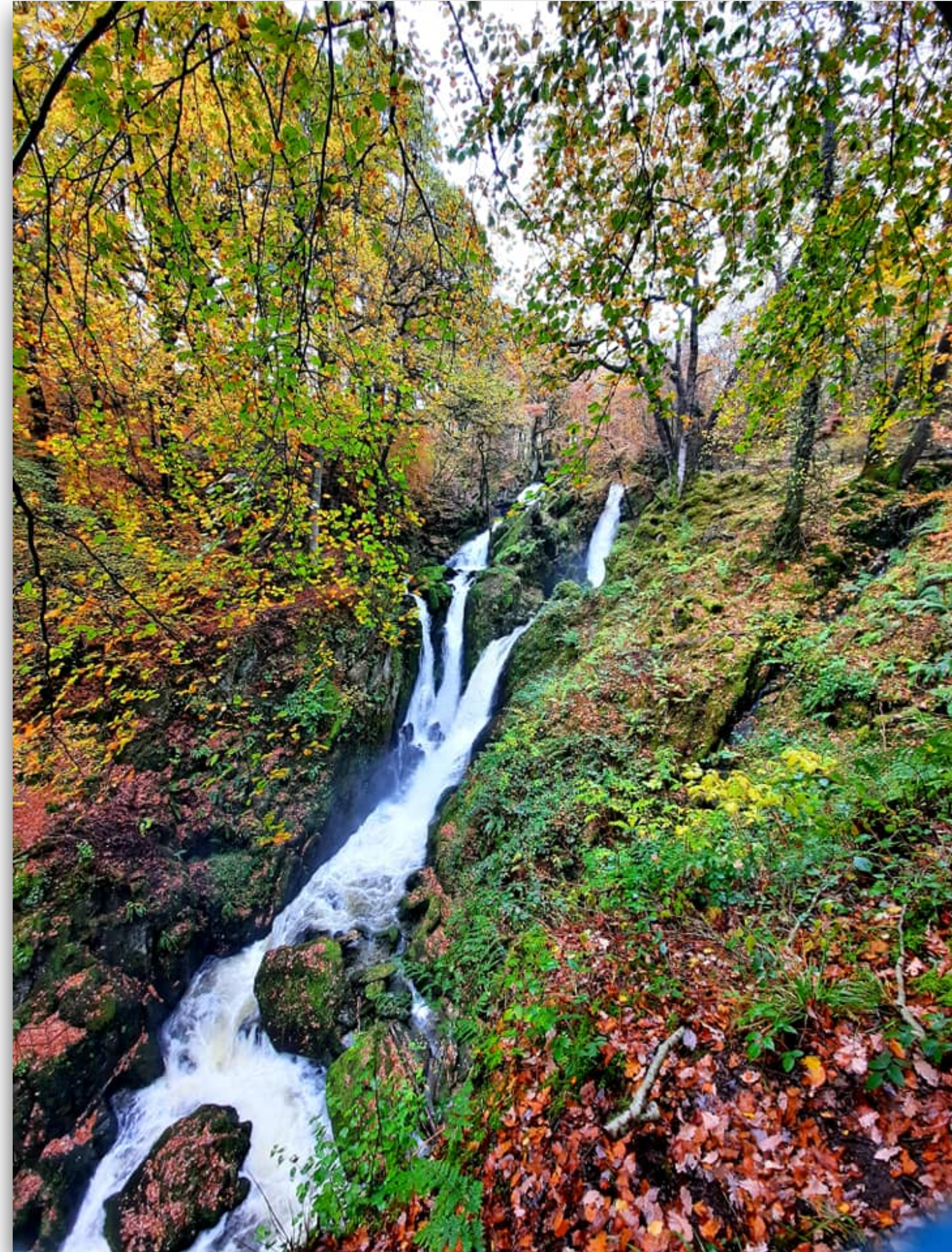
Surely, Lord, you bless the righteous;  
you surround them with your favor as with a shield.



## Proverbs 14:26-27

Whoever fears the Lord has a secure fortress,  
and for their children it will be a refuge.

The fear of the Lord is a fountain of life,  
turning a person from the snares of death.





## Praying with Photography

Many of us with a mobile phone which can take photos have a camera on us at all times and in all places.

As a result praying with our camera is something that is now being done by more and more people.

This week you might like to pray with your camera.

- Each day take some time to go outside and notice the beauty of creation.
  - What are you drawn to today?
  - Take a number of photographs of this with your phone or camera.
  - Spend some time looking through the photographs and choose one that captures what you were drawn to.
  - As you look at the image you might like to remember all the care and love God put into this part of his creation.
  - You might like to remember the words of Julian of Norwich
    - And in this vision, he showed me a little thing, the size of a hazelnut, lying in the palm of my hand, and to my mind's eye it was as round as any ball. I looked at it and thought, 'What can this be?' And the answer came to me, 'It is all that is made.' I wondered how it could last, for it was so small I thought it might suddenly disappear. And the answer in my mind was, 'It lasts and will last forever because God loves it; and in the same everything exists through the love of God.'
- You might like to save this image in a folder, share it with others, or even print it out.

## Creative prayer





Lord be in my eyes  
So I may find your beauty,  
Be in my hands  
So I may capture your art  
Be in my heart  
So I may do so with humility  
And in a manner that glorifies your work

Ignatius of Loyola





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A journey through the Bible

A graphic introduction to Romans 1-4 can be found [here](#).

A graphic introduction to Romans 5-16 can be found [here](#).

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

