

Footsteps in Prayer

A Creative Prayer Journey through the Bible
From The Prayer Room



The Old Testament

A Creative Prayer Journey through the Bible from **The Prayer Room**.

These creative approaches to prayer are taken from the Footsteps in Prayer journey through the Bible.

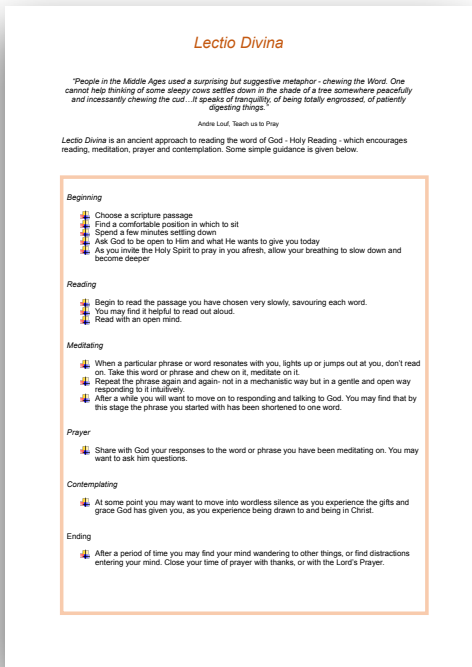
- Click on the name of the book of the Bible to be taken to a webpage with an introduction to the book and a link to the prayer station.
- Click on the link at the bottom right of the slide and you will be taken directly to the prayer station.
- A YouTube playlist for Footsteps in Prayer can be found **here**.
- A YouTube playlist of Footsteps Meditations can be found **here**.



Genesis : Praying with the Word

Lectio Divina is an ancient approach to reading the word of God - Holy Reading - which encourages reading, meditation, prayer and contemplation. Some simple guidance is given to the right and a link to a PDF that can be downloaded can be found by clicking on the image below.

You might like to choose some other scripture passages from Genesis to read and pray with this way.



People in the Middle Ages used a surprising but suggestive metaphor - chewing the Word. One cannot help thinking of some sleepy cows settled down in the shade of a tree somewhere peacefully and incessantly chewing the cud...It speaks of tranquillity, of being totally engrossed, of patiently digesting things.

Andre Louf, Teach us to Pray

Beginning

- Choose a scripture passage
- Find a comfortable position in which to sit
- Spend a few minutes settling down
- Ask God to be open to Him and what He wants to give you today
- As you invite the Holy Spirit to pray in you afresh, allow your breathing to slow down and become deeper

Reading

- Begin to read the passage you have chosen very slowly, savouring each word.
- You may find it helpful to read out aloud.
- Read with an open mind.

Meditating

- When a particular phrase or word resonates with you, lights up or jumps out at you, don't read on. Take this word or phrase and chew on it, meditate on it.
- Repeat the phrase again and again- not in a mechanistic way but in a gentle and open way responding to it intuitively.
- After a while you will want to move on to responding and talking to God. You may find that by this stage the phrase you started with has been shortened to one word.

Prayer

- Share with God your responses to the word or phrase you have been meditating on. You may want to ask him questions.

Contemplating

- At some point you may want to move into wordless silence as you experience the gifts and grace God has given you, as you experience being drawn to and being in Christ.

Ending

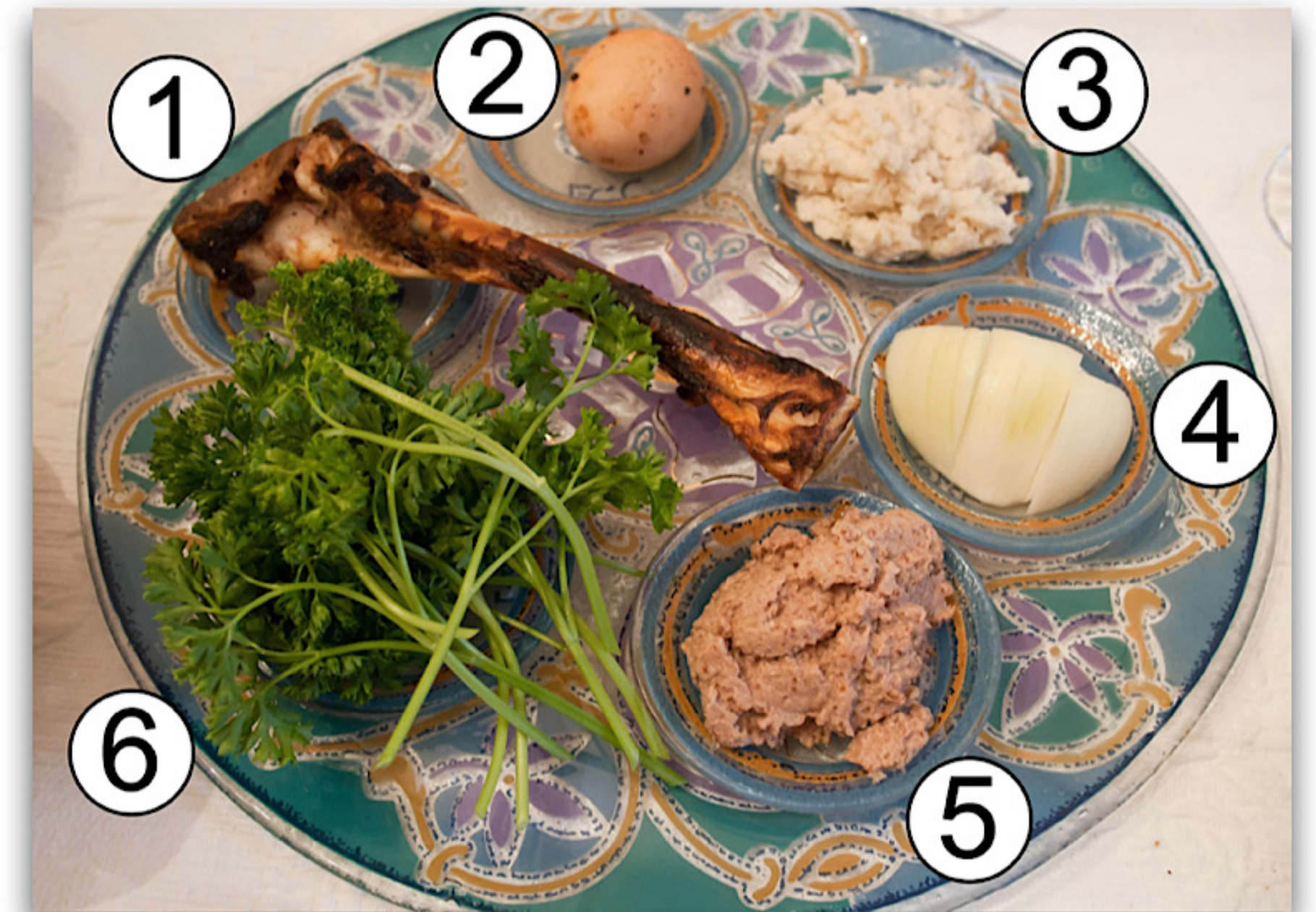
- After a period of time you may find your mind wandering to other things, or find distractions entering your mind. Close your time of prayer with thanks, or with the Lord's Prayer.

Exodus : Passover

- You might like to pray through the story of the Passover in Exodus 12.
- You might like to read a liturgy for a Passover Supper for use in churches and homes.
- You may like to make up a Passover Seder plate with all the ingredients.
- You may like to make some Charoseth from one of the recipes here.
- You might like to listen to all of Handel's Israel in Egypt here.
- As you do, look back at your life and see where God has brought you out of exile or released you from bondage and give thanks.
- You might also like to start a thanksgiving journal where you give thanks each day for all God's providence and provision - like the manna and quail in the desert.

The ingredients on a Passover Seder plate include:

1. The shank-bone of a lamb representing the Passover lamb
2. A roasted egg as a symbol of the festival offering
3. Horseradish grated as bitter herbs representing the bitterness of slavery
4. Another bitter herb, for example onion, to use with the horseradish
5. Charoseth representing the mortar and bricks used by the Hebrew slaves
6. Parsley dipped in salt water representing hope and tears

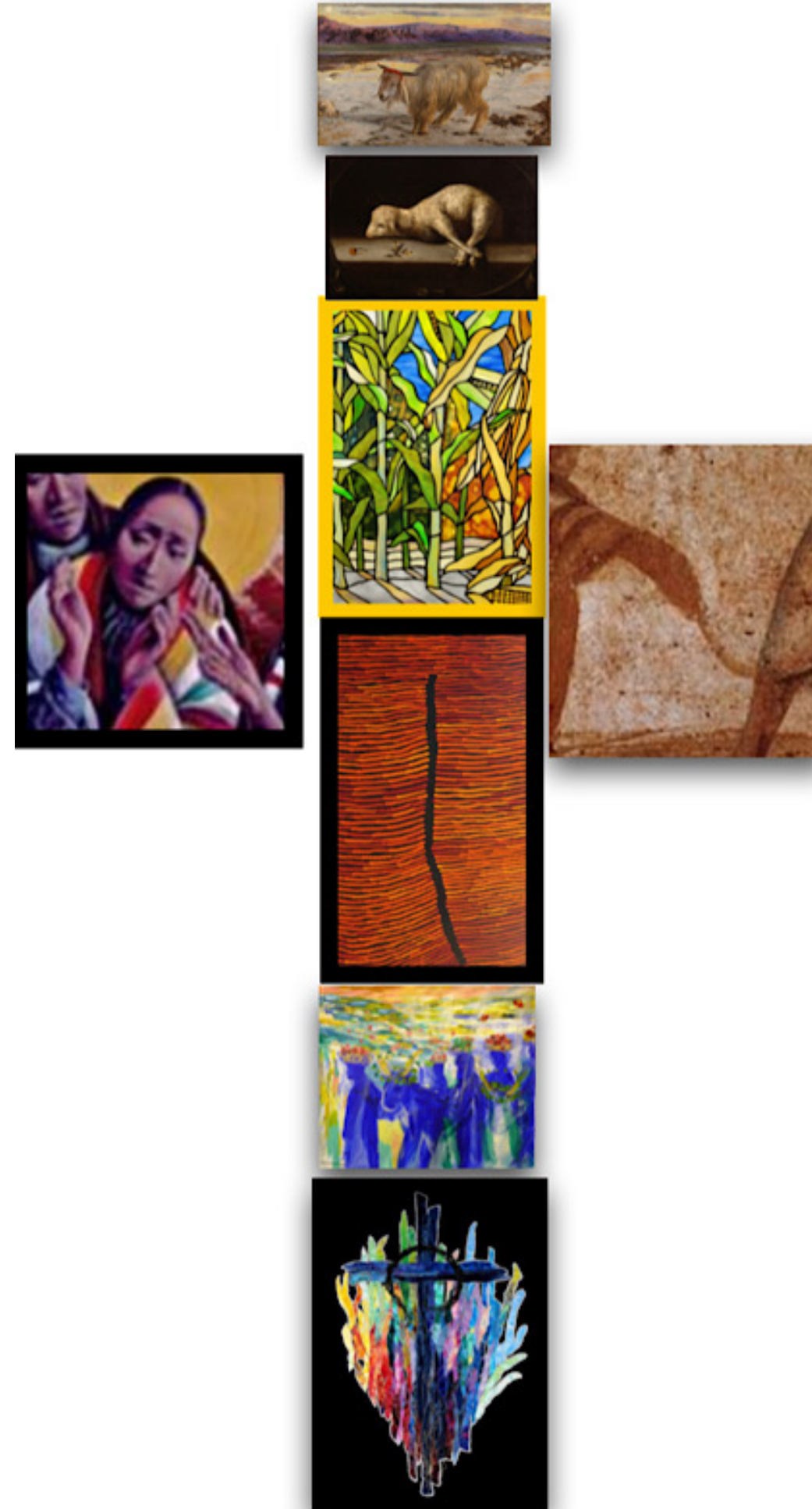


Edsel Little CC BY-SA 2.0

The prayer station from which this resource comes can be found at **The Prayer Room**

Leviticus : Praying with images

- While the bible is written with words it contains many detailed descriptions that we see as pictures.
- In the same way we can look at images and be led to the word of God and to a deeper understanding of his presence and call in our lives.
- Images are also ways of helping us take the teaching of God deep into our being and when we see that image again we are reminded of what God has shown us.
- You might like to choose an image and use the guide to praying with images that you can download by clicking on the picture to the right.
- You might like this link to 2 hours of instrumental hymns played on guitar.



Praying with Images

Chris Cook and Brenda Clift Heales in *Seeding the Spirit: the Appleseed workbook* developed a process of 'lectio divina' for use with images. This was adapted by Neil Thorogood the Principal of Westminster Theological College below.

Response to a Picture (Allow yourself 20 minutes in total)

First 5 minutes

- ✚ Position the picture so you can see it easily.
- ✚ Position yourself so that you are comfortable but mindful.
- ✚ Satisfy yourself with the name of the painter, picture title, date, etc. if you can.
- ✚ Identify what is in the picture if you can and need to.

Next 5 minutes (LOOKING AT THE PICTURE)

- ✚ Write, without censoring your words or worrying about spelling and grammar, responses to your picture. Let words and phrases come. Write lines or lists, whatever is comfortable
- ✚ It may help to respond to:
 - o Colours
 - o Shapes
 - o Lines and marks
 - o Patterns
 - o Objects (if any)
 - o People (if any)
 - o Tones (darks and lights)
 - o Mood and atmosphere

Next 5 minutes (LOOKING WITHIN)

- ✚ How do you feel about this picture?
- ✚ What thoughts is it bringing to your mind?
- ✚ What associations does the picture have for you?
- ✚ How does it connect to your life in the past?
- ✚ How does it connect to your life now?
- ✚ Why did you choose it (or why did it choose you)?

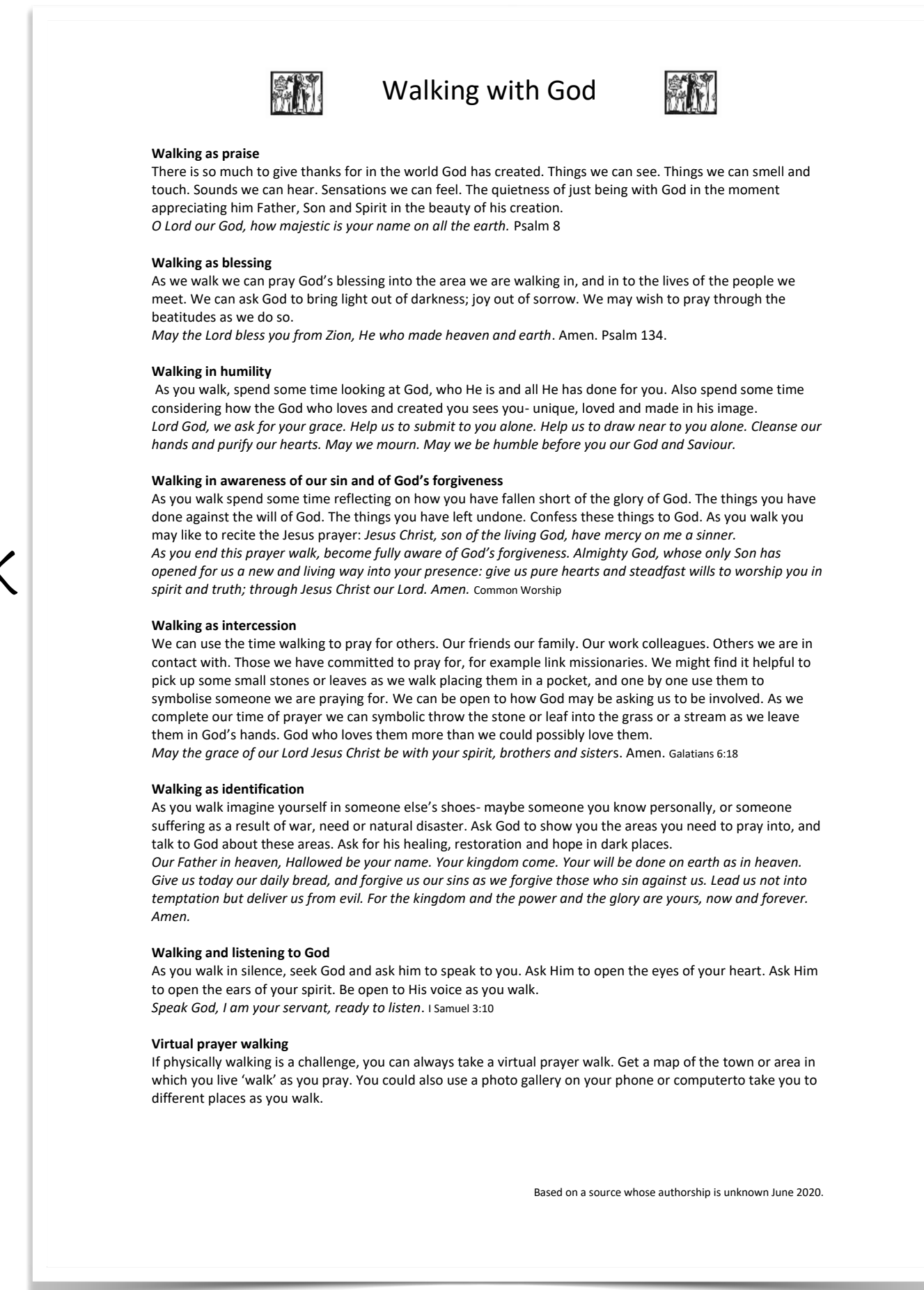
Last 5 minutes (LOOKING AROUND)

- ✚ Which biblical passages resonate with or challenge your reflections so far?
- ✚ Which aspects of the realm of God does your picture open up?
- ✚ Which aspects of the Church's mission does your picture open up?
- ✚ Which aspects of your ministry (ordained or lay) does your picture open up?

Write something (a word, phrase, short sentence) to round off the activity – something important that time with this picture has given you

Numbers : Walking with God

- The Israelites walked from place to place as God led them.
- This creative prayer encourages us to walk with God and to record the stages of the journey.
- By clicking on the right you can access a PDF of different ways of walking with God.
- For those of you for whom physical walking is not easy there are ideas for virtual prayer walking.
- You might even like to take a 70 day virtual walk from Lands End to John of Groats with Mark Moxon who has recorded the different stages of his journey. As you do you could pray for the different parts of the UK he walks through.



Deuteronomy : Layers of life

➤ This video is just beautiful. Just watching it becomes worship as we are drawn close to God and see the refining work he has done in our lives. The layers and textures, the beauty, the joy and the sorrows... and as we look back at his faithfulness we can trust for tomorrow. This very much reminds us of the story of God's people in the first five books of the bible - the Torah. By looking back at God's faithfulness the Israelites could trust God for the future. **Click on the image on the right to watch the video on YouTube.**



➤ You might like to create your own layered image of your life or the life of your church or family , and the faithfulness of God.

➤ You might like to try Gelli Printing. A YouTube clip introducing it can be found [here](#).

Supplies can be bought [here](#).

➤ You might like to work with paper and make a layered collage.

➤ You might like to use paint layers, as Kate Austin has done, to the right.

➤ You might also find it fun to listen to this children's song from the Singing Bible: **The books we love the best** . As we move from the Torah to the rest of the Old Testament this song helps us keep a bit of an order in our heads.



Joshua: Ebenezer – stone of help

- The use of rocks and stones are well embedded in scripture. They are often used as memory stones - to remind people of the words and actions of God. In the journey of prayer so far we have met:
 - Jacob who put a stone under his head at Bethel and after his dream set it up as a pillar and poured oil on it (Genesis 28).
 - Moses who came down from Sinai with two tablets of stone inscribed by the finger of God (Exodus 31:18) and who also placed 12 stone pillars at the foot of mount Sinai representing the twelve tribes of Israel (Exodus 28).
- In Joshua 4 we encounter the Israelites picking up 12 stones and placing them as a memorial of the crossing of the Jordan on dry ground.
- For this creative prayer look back over your life and pick one particular event where God spoke or acted for you. Remember that event in detail and give thanks. You might like then to represent this memory in a rock painting. There are two approaches to this that can be found by **clicking on the images to the right**. One is painting on a rock, and the other is a watercolour painting of rocks.
- You might like to listen again to Chris Tomlin sing [Come Thy Fount of Every Blessing](#).



Judges : Praying with Gideon

- Gideon wasn't the most trusting or courageous character and the story of the fleece seems more about the patience and generosity of God than the faith of Gideon.
- For this creative prayer station read the passage on Gideon and the fleece in Judges 6:36-40.
 - Take a facecloth or tea towel and place it on the grass or windowsill at night.
 - As you get up in the morning go and feel the facecloth - how wet is it? How does it compare to the surrounding ground or window sill?
 - Squeeze out the facecloth or tea towel. How much water is there?
 - How much of this is rain water and how much dew?
 - How does what you find compare to the story of Gideon?
 - What does this say to you about God?



Ruth : I have called you by name

Like Rahab the Canaanite, Ruth the Moabite chooses to follow Yahweh, and both their names are mentioned in the genealogy of Jesus in Matthew. In the book of Ruth names are significant

- **Yahweh** is the Hebrew name of God.
- **Bethlehem** means house of bread.
- **Elimelech** means My God is King.
- **Naomi** means pleasant, lovely, delightful.
- **Mara** means bitter.
- Mahlon and Chilion are likely to be old Canaanite names.
 - **Mahlon** is probably rooted in the word to be sick.
 - **Chilion** is probably rooted in a word meaning failing or pining.
 - The meanings of Ruth and Orpah, Moabite names, are less clear.
- Isaiah 43:1 tells us we are called by name.
- Revelation 2:17 says 'To the one who is victorious, I will give some of the hidden manna. I will also give that person a white stone with a new name written on it, known only to the one who receives it.'
- What is your name? Who gave it to you? What does it mean to you?
- What name does God call you?
- What does it mean to you for God to call you by that name?
- You might like to make some straw hearts and write on the names of five people you want to pray will choose, like, Ruth, to follow Yahweh. You might like to pray this musical version of **Psalm 16** over them



Click on image above to go to YouTube instructions of how to make these straw hearts.

1 and 2 Samuel : In the hands of the master craftsman

Paper cutting prayer - you pray as you cut and see the paper take shape and form. A simple YouTube guide to paper cutting can be found [here](#) and a guide to more intricate paper cutting can be found [here](#).

Written instructions can be found [here](#).

As you do this, give thanks, that your life, like Hannah, Samuel and David, is in the hands of the master craftsman. “For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.” Jeremiah 29:11



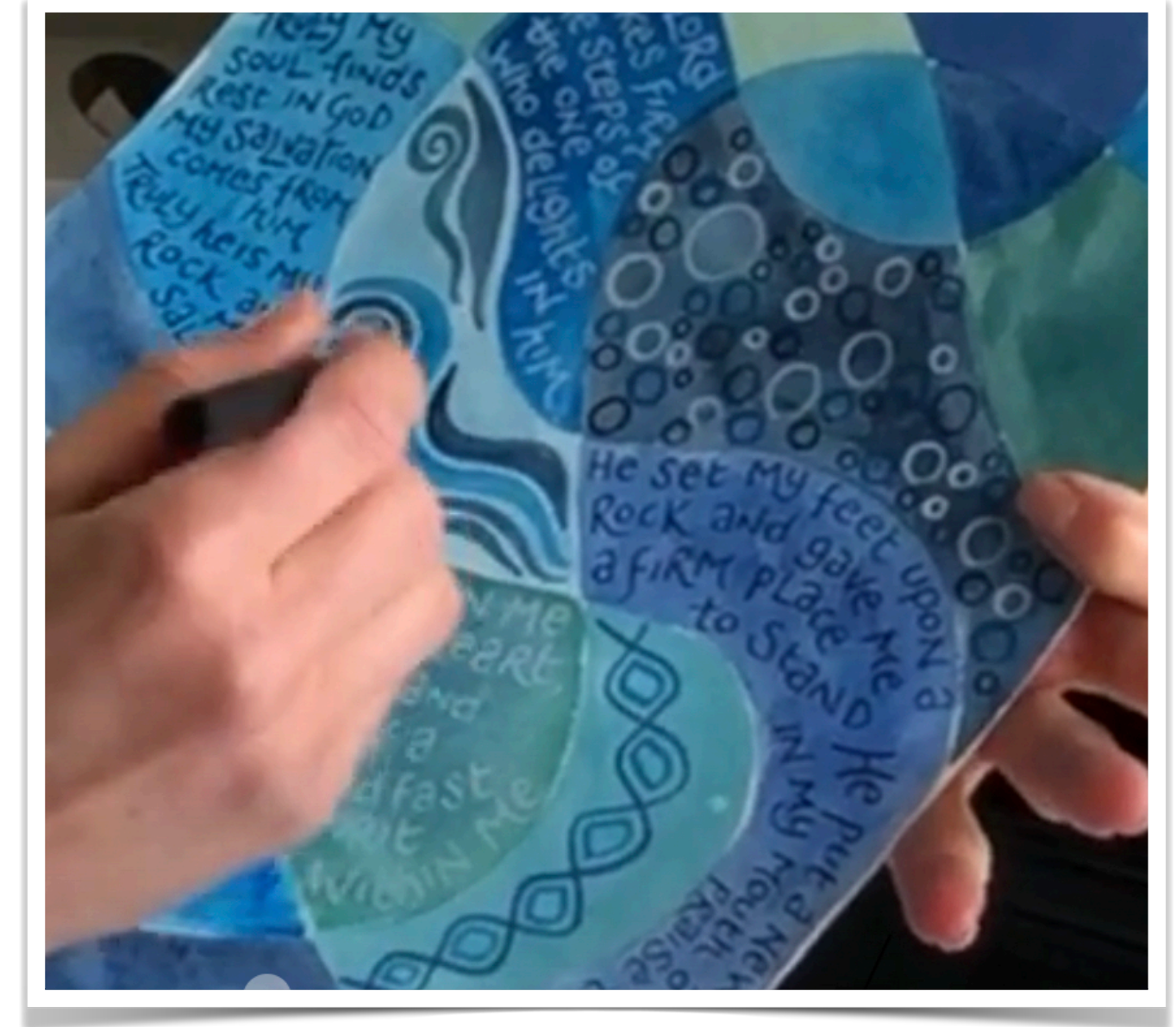
Click on image above to go to YouTube instructions of how to make this paper cross with scissors and paper.

1 and 2 Kings : Deep calls to deep

At times our lives can seem like a bit of a patchwork. Some patches are adorned beautifully with rich and bold colours. Other patches are plain and quiet. Some patches speak of joy. Others of pain.

The creative prayer this week is to paint a patchwork. Hannah Dunnet, shows us how to paint a patchwork and to embellish it with words from scripture. You might like to pray with Psalm 42 as you do this.

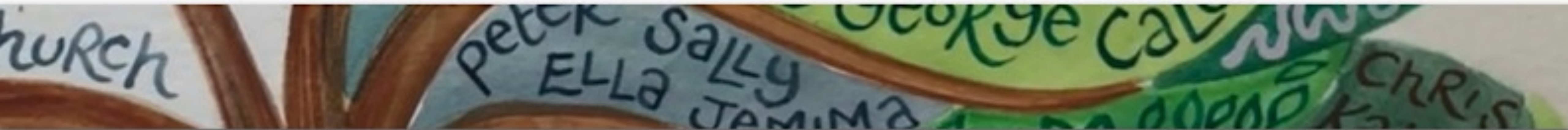
Deep calls to deep
in the roar of your waterfalls;
all your waves and breakers
have swept over me.



Click on image above to go to YouTube to see how to do this.
All you need is paint, paper, a brush and some pens.

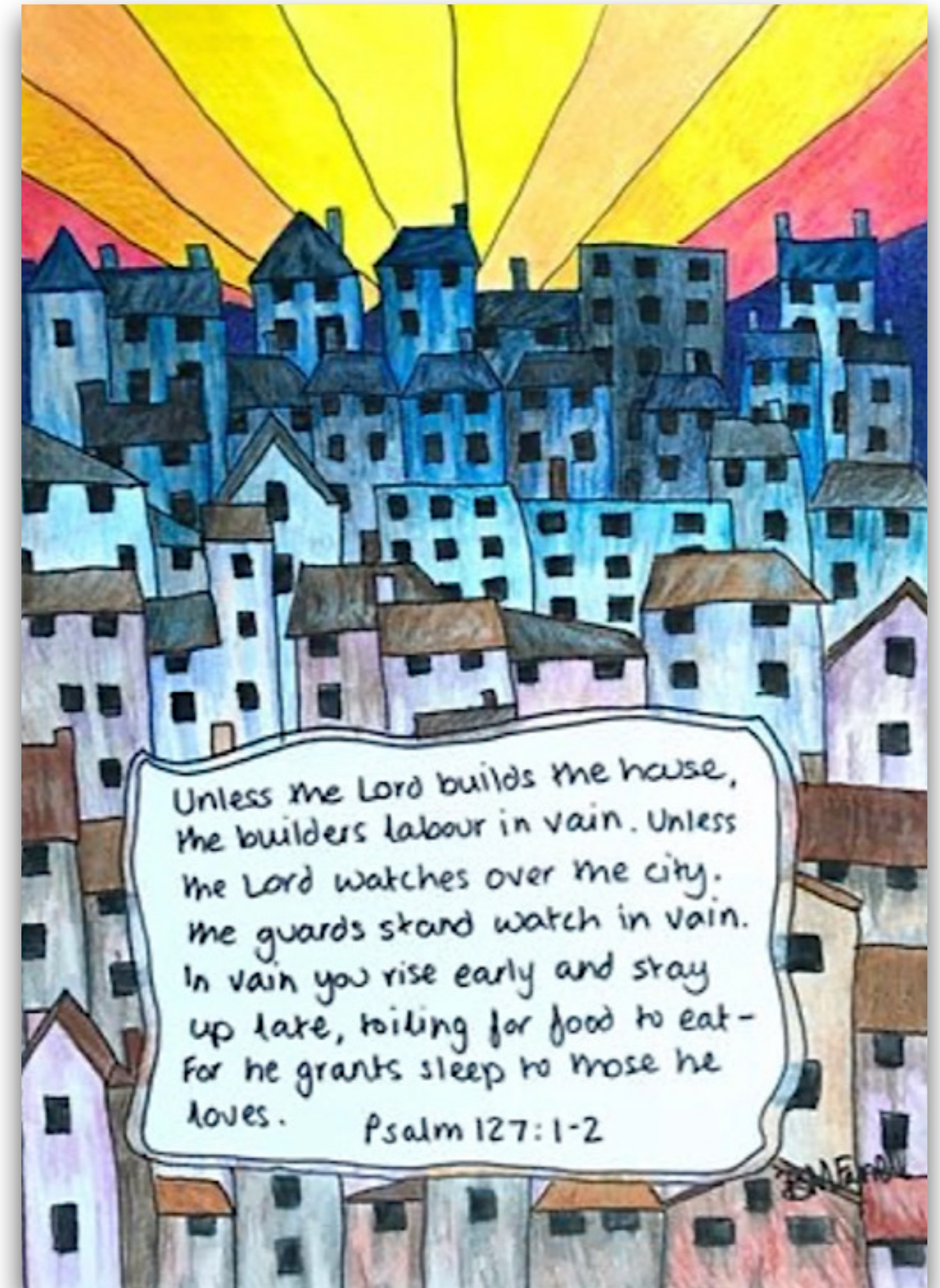
1 and 2 Chronicles : An inheritance

- The book of Chronicles is full of names of people and of communities.
- This creative prayer is making a prayer tree.
- The two ways illustrated here are by Hannah Dunnett.
- Her guide to how to create them can be found [here](#).
- As you write in the names of people and communities you want to pray for, commit each one into God's hands.
- Place the prayer tree in a place that you will see it each day.
- As you do stop and pause and pray specifically once more.



Ezra and Nehemiah : Unless the Lord

Hannah Dunnett explores how to move from Scripture to Picture.
You might like to look at the video clip and then creatively pray with
a verse of your own choice, or with these words from Psalm 127:
Unless the Lord build the house the labourers labour in vain.



Esther : Stitch and pray

- The image by Marilyn Belford of Ruth and Mordecai is quilted. This [YouTube](#) clip teaches you the basics of quilting. This may be something that you might like to use as prayer.
- One way might be to use old material from family clothing, and as you stitch make it a time of intercession for those family members. Old torn children's clothing and bedding is a good source of recycling material.
- Another possible way it to take some time each day to stitch and pray. Sometimes being active with our hands can keep us more focussed on God, particularly if life has been a bit chaotic and busy.



Job : The goodness of God

- You might like to get a bowl.
 - In it place items to illustrate the tragedies and traumas of life.
 - Then, write on it one of the passages from Job that God has placed in your heart that helps you trust him.
 - Place this in the bowl as well.
 - As you do know his goodness and that he holds the bigger picture.
- You might like to make your own paper bowl using the instructions [here](#).
 - You might like to do this using newspaper or an old prayer calendar.
 - As you do pray about the different situations on the print.
 - After painting the bowl add on some words from Job that you have been meditating on, for example “I know that my redeemer lives.”



Ecclesiastes : One word

And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. Hebrews 12:2.

- You might like to try some simple embroidery using one of the words that God has spoken to you this week.
- There is a simple guide to doing this by Charis Esther [here](#).
- Other short instruction videos can be found [here](#).
- As you do reflect on what it means to fix your eyes on Jesus.



Song of Songs : A pleasing fragrance

Your presence releases a fragrance so pleasing
—over and over poured out.

For your lovely name is “Flowing Oil.” (Song of Songs 1:3)

Fragrance and oil steep the book of the Song of Songs.

- You might like to look around the house for different fragrances: soap, shower gel, aftershave, perfume. Smell them slowly one by one. What do the fragrances make you think, feel and remember?
- You might like to make your own fragrant oil. Simple instructions can be found [here](#).
- You might like to listen to this beautiful Celtic Blessing: [Now may the fragrance of his peace](#) .



Isaiah : Hymn writing

Charles Jennens wrote the words for Handel's Messiah. The Old Testament book he quoted most was Isaiah.

You might like to look at and listen to [this electronically generated sound track](#) and video, which shows Handel's autographed manuscript and the Isaiah Scroll from the Dead Sea Scrolls. It brings together the story of God as it is told by different people of different generations. You might instead like to watch this modern staged version of [Messiah](#).

As you do you might like to ponder how the good news of Jesus is told and heard by different generations today.

You might also like to take a passage of Isaiah and write a worship song or hymn to God. You might like to look at [Ally Barrett's website](#) where she explains the background to some of her hymn writing to help you.



Walking through water and fire by Ally Barrett
Used with permission

Jeremiah : Creative lament

Jeremiah is often called the weeping prophet. In Jeremiah 13:17 we read

But if you will not listen,
my soul will weep in secret for your pride;
my eyes will weep bitterly and run down with tears,
because the Lord's flock has been taken captive.

Psalms 12 is a psalm of communal lament - and is hard to read - as are most prayers of lament.

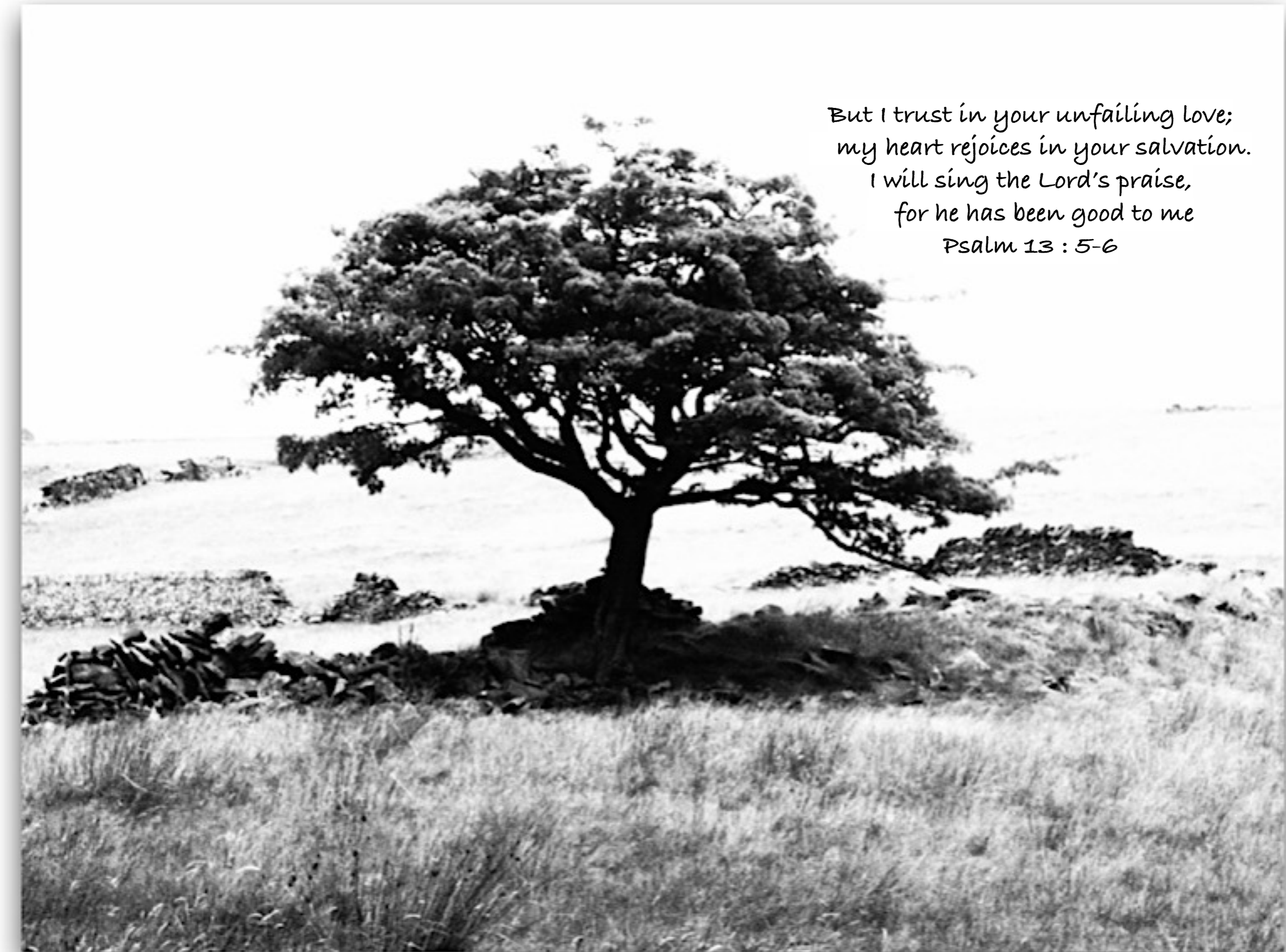
We can often find it difficult to come to God in times of pain. We can feel that we cannot be angry with God. It takes a short look at the books of Jeremiah, Psalms, Lamentations, Job and Habakkuk to realise that this is not the case. These are full of laments - prayers and psalms of: complaint and protest; anger and questioning; despair and doubt.

The psalms of lament begin in the pain and desolation. In all of the psalms, except Psalm 88, a turning point is reached with a realisation of the greatness of God. The prayer ends with declarations of trust and expressions of hope.

Choose one of the psalms of lament for example psalms 3, 6, 10, 12, 13, 22, 25, 44, 57, 60, 79, 80 or 88.

Pray through it aloud - and as you do let it give voice to your pain.

Let God comfort you, and let an awareness of who He is fill you.



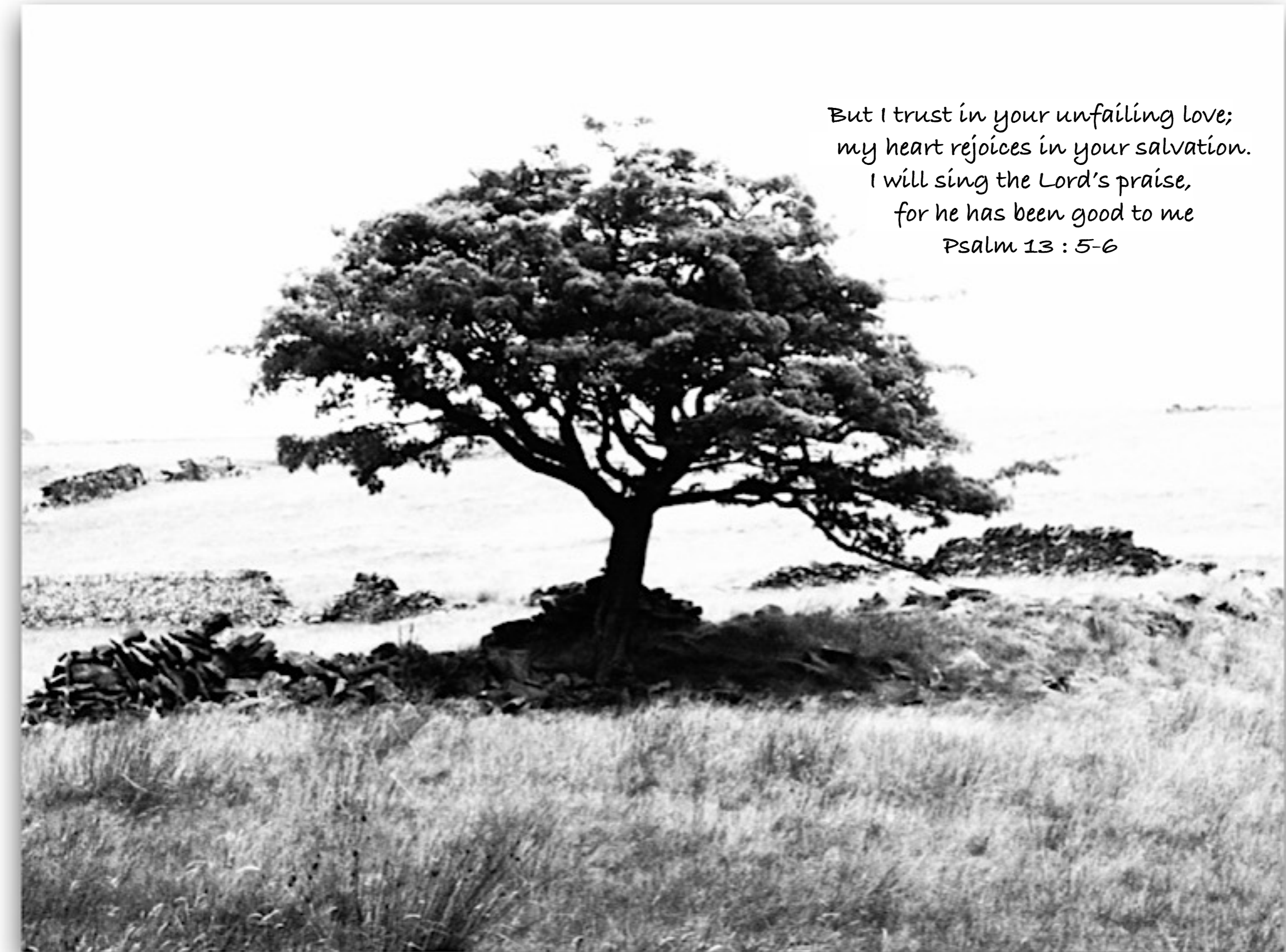
Lamentations : Personal lament

Prayer is a time to be honest with God. It is not a time to pretend. Psalm 13 is an example of this kind of honesty. It is a Psalm of Lament as the psalmist cries out 'How Long?'

The psalms of lament begin in pain and desolation. A turning point is reached with a realisation of the greatness of God. The prayer ends with declarations of trust and expressions of hope and praise.

For this creative prayer you might like to write and pray your own psalm of lament as you

- take to God your questions, your pain, your doubts, your fears, your disappointment and your confusion.
- make your declaration of trust.
- turn to praise.



But I trust in your unfailing love;
my heart rejoices in your salvation.
I will sing the Lord's praise,
for he has been good to me
Psalm 13 : 5-6

Ezekiel : Story telling

God often asked Ezekiel to demonstrate his message in street theatre and with illustrations.

You might like to watch this performance of the story of Ezekiel and the valley of the dry bones performed by Amanda Hays [here](#).

You might like to look at this video clip of a Godly Play telling of the book of [Ezekiel](#).

You might like to look at Ezekiel 47, and consider how you might tell this story for others using either a dramatic performance or with illustrative props. You could write a script for this, and even try to perform and record this.



Daniel : Three times a day

Daniel always prayed to God three times every day. Three times every day, he bowed down on his knees to pray and praise God. Even though Daniel heard about the new law, he still went to his house to pray. He went up to the upper room of his house and opened the windows that faced toward Jerusalem. Then Daniel bowed down on his knees and prayed just as he always had done. (Daniel 6:10 ERV)

For the next week you might, like Daniel, like to pray three times a day. A link to a liturgy for morning, midday and evening prayer from the Northumbria Community can be found [here](#).

You may instead like to pray using your body. The monastery of San Marco in Florence has a number of frescos illustrating nine different ways of praying with your body, used by Saint Dominic. A link to praying as we bow can be found [here](#).

As you do you might like to listen to [**Shane and Shane**](#) or [**City Alight**](#) sing Ancient of Days.



Hosea and Joel : Advent through the year

- Make your own Advent Calendar
 - Collect 25 used envelopes
 - As you think of the first coming of Christ, what 12 images or words spring to mind?
 - Write the words down on separate pieces of card
 - Find the images on the internet and print them out
 - As you think of the second coming of Christ, what 12 images or words spring to mind?
 - Write the words down on separate pieces of card
 - Find the images on the internet and print them out
 - Place one card or image in each of the envelopes and seal them with tape.
 - Number the envelopes from 1-24 in any order
 - Place in a basket
 - Print the image on this slide and place it in the final envelope and number this number 25
 - Add this to the basket
 - Put the basket away until advent
 - Each day over advent take the envelope that corresponds to the date, open it and ponder over the words or image you have selected, and talk with Jesus about it
- On Christmas Day, open the final envelope
 - Look at the image
 - In your prayer take the baby Jesus in your arms, look into his eyes and speak to him



Image by Wendy Oldershaw, used with permission.

The prayer station from which this resource comes can be found at **The Prayer Room**

Amos and Obadiah : Promises

Rainbows are signs of God's promises - the roots of this going back to the story of Noah in Genesis. For many, rainbows are also a sign of hope.

As you think and pray about the hope we have in God you might like to:

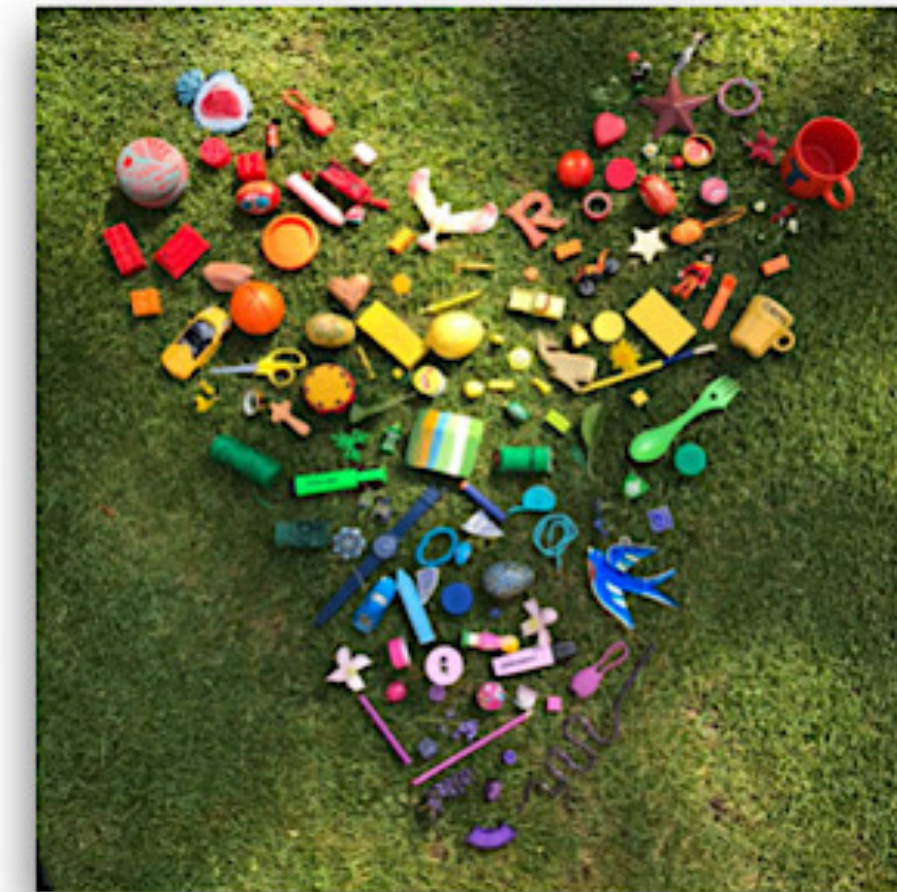
- Look at [this you tube clip](#) about how to make a rainbow stamp by Sarah Anderson.
- To do this yourself you will need an eraser, carving tools, and an inking stamp.

You might instead like to:

- Create a rainbow from coloured objects in the house as Rachel Volland illustrates.
- Then take a photograph of this as a reminder of the hope we have in God.
- You might like to use this rainbow as a screensaver on your phone, or print it out as a bookmark.

You might also like to:

- Watch for rainbows in the sky after storms. As you do, remember the message of hope of the minor prophets and of the return of Christ.



Rainbow in Cambridge by Sam Frampton (used with permission)
Rainbow in the grass by Rachel Volland (used with permission)

Jonah and Micah : Creative whales

Jonah was swallowed by a big fish, but many of the songs and works of art show a whale. Jesus tells the Pharisees and teachers of the law 'For as Jonah was three days and three nights in the belly of a huge fish, so the Son of Man will be three days and three nights in the heart of the earth.'

As you ponder the story of Jonah, you might like to look at [this you tube clip](#). As you do be reminded of the words of Psalm 104:

'How many are your works, Lord! In wisdom you made them all; the earth is full of your creatures. There is the sea, vast and spacious, teeming with creatures beyond number—living things both large and small. There the ships go to and fro, and Leviathan, which you formed to frolic there.'

You might like to try to make a whale key ring or necklace as a reminder of God's delivering of Jonah and the people of Nineveh, and of the resurrection it foretells.



Nahum, Habakkuk, Zephaniah and Haggai : Restoration

Sometimes we can not be very good at looking after ourselves. What does your self-care plan look like? Do you have one? If not you might like to think about the following questions...

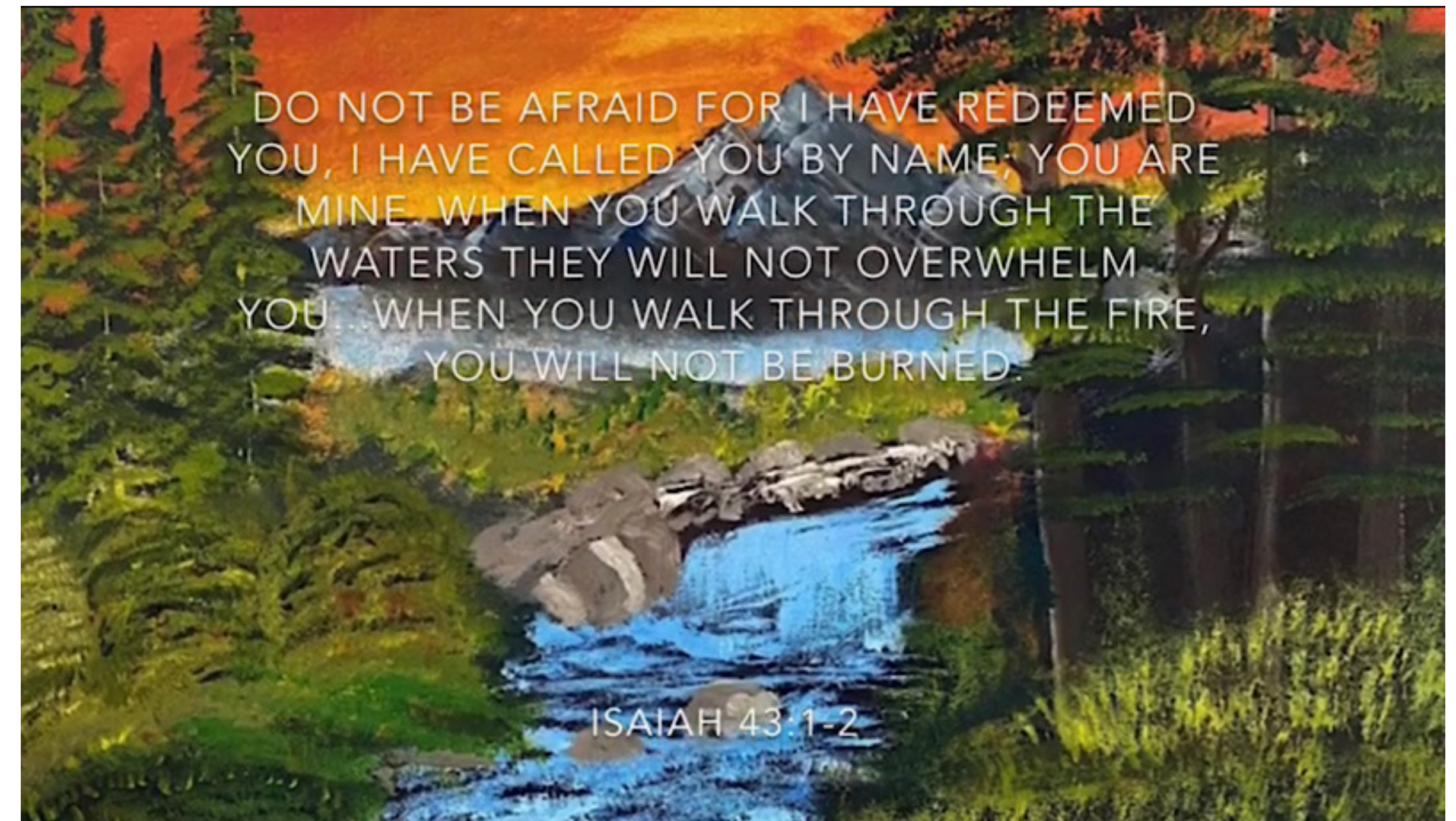
- What draws you close to God?
- What sustains your relationship with God?
- What do you love to do?
- What do you give thanks for?
- What do you do and where do you go for restoration?
- What do your still waters and green pastures look like?
- What resources do you have in place for rest and restoration?

Talk to Jesus about these.

What practices might he encourage you to put in place?

How are you going to make sure that you make this happen?

As you do you might like to look at this [you tube video](#) that assures us of God's presence with us in it all.



Zechariah and Malachi : Old and New

We often use the phrase 'out with the old, in with the new' about entering a new year. - and sometimes this has the feeling that we want to forget what has happened and just move forward. Jesus said that every teacher of the law who has become a disciple brings out of their storehouse treasures old and new (Matthew 13:52). When we talk about the Bible we often hear people say 'the New is in the Old concealed, the Old is in the New revealed.'

As we come to the last prayer station in the Old Testament and before we move into the New take some times to consider what treasures God has given to you, shared with you and revealed to you on the journey.

You might like to find some old buttons in the house to represent each of these treasures, and turn them into something new. You might like to make a picture using these buttons or a Christmas tree decoration. The YouTube clip links will show you how.

As you make this celebration of your journey in the Old Testament, give thanks for all the treasures has God revealed to you, and as you look at the image or decoration you make, let it remind you of God's gift of his word to us in Scripture and his gift of the Word made flesh.



- What to make with buttons and straws
- Button Christmas Trees
- 50 ideas with buttons
- Painting buttons

The New Testament

A Creative Prayer Journey through the Bible from **The Prayer Room**.

These creative approaches to prayer are taken from the Footsteps in Prayer journey through the Bible.

- Click on the name of the book of the Bible and you will be taken directly to the prayer station.
- A YouTube playlist for Footsteps in Prayer can be found [here](#).
- A YouTube playlist of Footsteps Meditations can be found [here](#).



Matthew 1 : The Jesse Tree

The Jesse Tree is a traditional way of reflecting on the story of scripture in advent.

What ever time of year it is - you might to prepare for advent this year by making the items for a Jesse tree.

One approach is by making 3D ornaments for the Christmas Tree - a guide can be found [here](#).

Another approach is by making and colouring 2D ornaments for the Christmas Tree or to decorate the house - a guide can be found [here](#).

Or if you prefer a set of ornaments that only need to be cut out, they can be downloaded [here](#).



Matthew 2 : Prayer cards

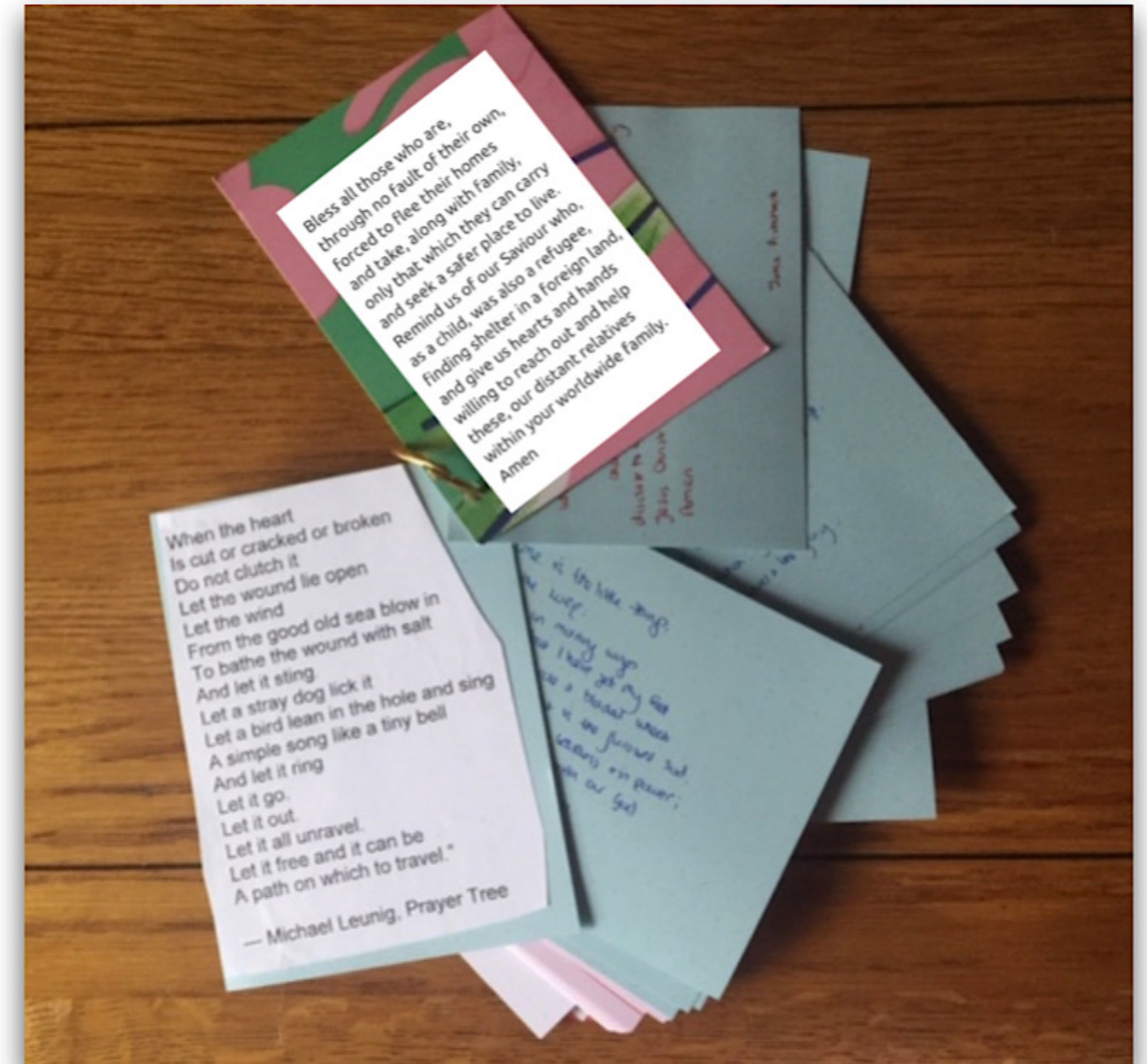
Praying for the refugee

The number of refugees in the world is increasing.

A number of prayers for the refugee can be found here.

You might like to print or write these out and make your own prayer book where you gather written prayers to use when you cannot find the words you want to say.

You might like instead to get a set of revision cards and place the prayers in there and add to these.



Mark 1 : Water

- You might like to get a bowl of water.
 - Sit down with it in front of you.
 - Place your hands in it and feel it run over and drip.
 - Reflect on your prayer time today.
- Now, or when you take your next shower or bath and feel the water wash over you, you might like to pray a prayer of renewal of your baptismal vows.
- An example of such a prayer is this:

Gracious God, through water and the Spirit you claimed me as your own servant
and priest to bring the world to you.

Deliver me, O God from the way of sin and death. Cleanse me from sin and give
me new life. Open my heart to grace and truth and bind me to your service.

Renew me in the covenant you made with me in baptism. Keep me in the faith
and communion of your church. Fill me with the power of your Holy Spirit. Send
me into my daily tasks to be a witness to your love.

Empower me to strive for peace and justice in all the earth. Enable me to serve
you with joy, and bring me at last to your kingdom beyond the final river.

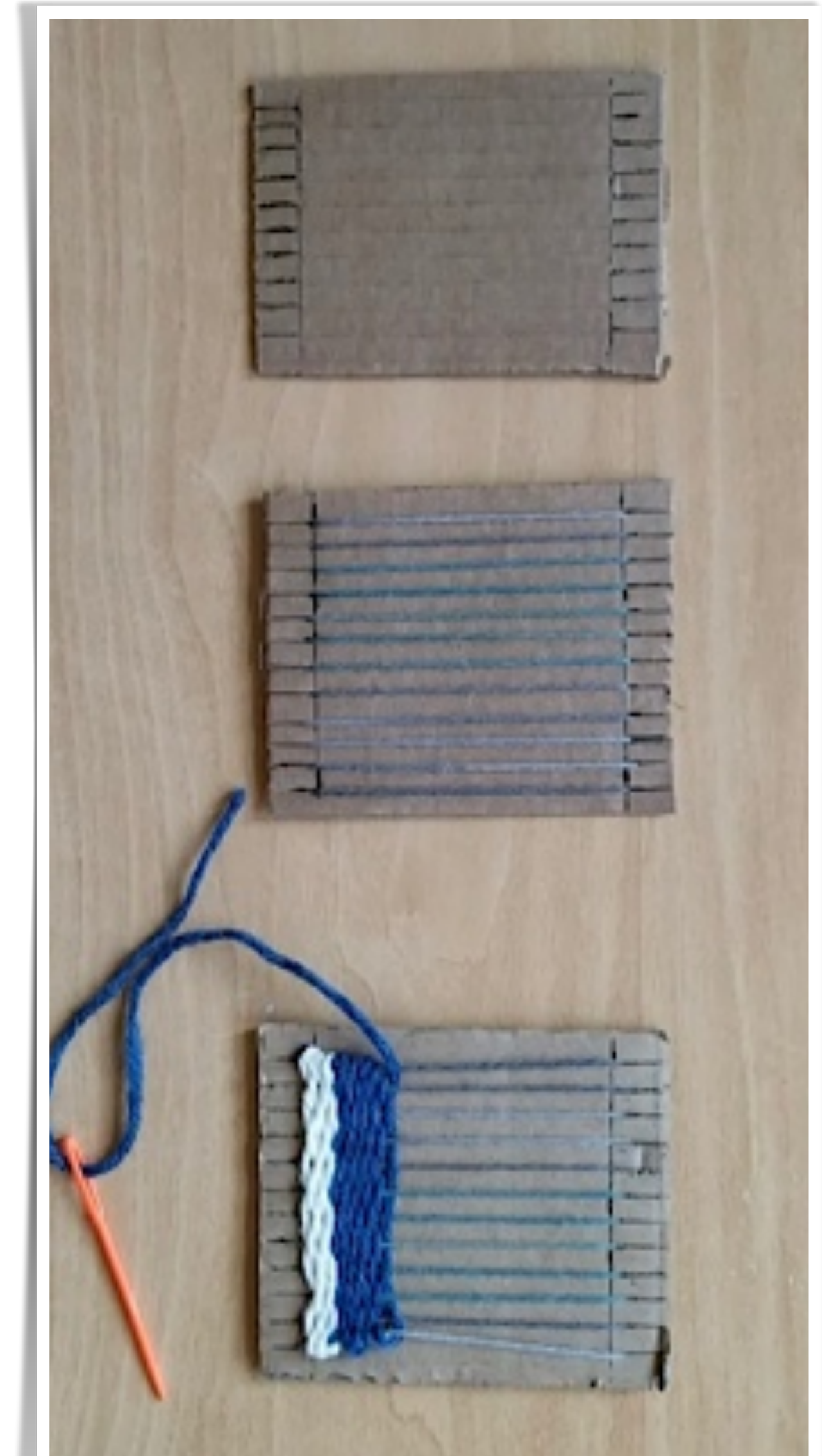
Grant, O Lord, that all who are baptised into the death of Jesus Christ the Son
may live in the power of his resurrection, and look for him to come in glory, who
lives and reigns, now and forever. Amen.



Mark 2 : Weave a prayer

As we look at the lives of people in the gospels, we see just glimpses of their unfolding stories that are being woven over time and in community. In this creative prayer you are being invited to pray as you make and use a cardboard loom.

- Ask God the master weaver to be with you as you pray.
- Then, choosing your colours and threads to represent different people, or different strands of your life, or different parts of the world, or different places in your community, weave them into a wordless prayer.
- When you have finished look at your woven prayer.
 - What do you notice?
 - Talk about this to God.
- Instructions for making a cardboard loom can be found [here](#).



Luke 1 : A prayer shawl

We are told in Luke that the woman touched the fringes of Jesus' cloak. She possibly touched the tassels of his prayer shawl (the Tzitzit of his Tallit).

- You might like to knit a prayer shawl for someone else.
 - As you knit, you pray for them and hold them before God.
- You might like to knit a prayer shawl for yourself.
 - Each row you knit becomes a year of your life.
 - As you knit notice where God was present in your life that year.
 - As you continue to knit after you reach the number of rows equivalent to your age, commit your future into God's hands.
 - Ask to grow in greater freedom in him.
 - As you cast off give thanks to God for his love and faithfulness.
- A guide to making a shawl can be found [here](#).



Luke 2 : Watch a watercolour

We often talk of God as an artist - God who made a world full of colour.

- Take time to watch an artist at work, seeing a picture develop.
- You can see Gordon Lamb create a watercolour [here](#).

In watercolours the pigments move with the water and bend with other colours.

- As you watch gives thanks for God the creative artist.
- Give thanks for those you know who use creativity to enrich and bless the world.
- Ask God to be creatively at work in others who are in need.
- Ask God to be creatively at work in you.

You might like to get your own paper, pencil and watercolour and create your own painting.

- Notice how the colours and water intermingle.
- When you have finished look at it - what do you notice?
- Talk about this to God.



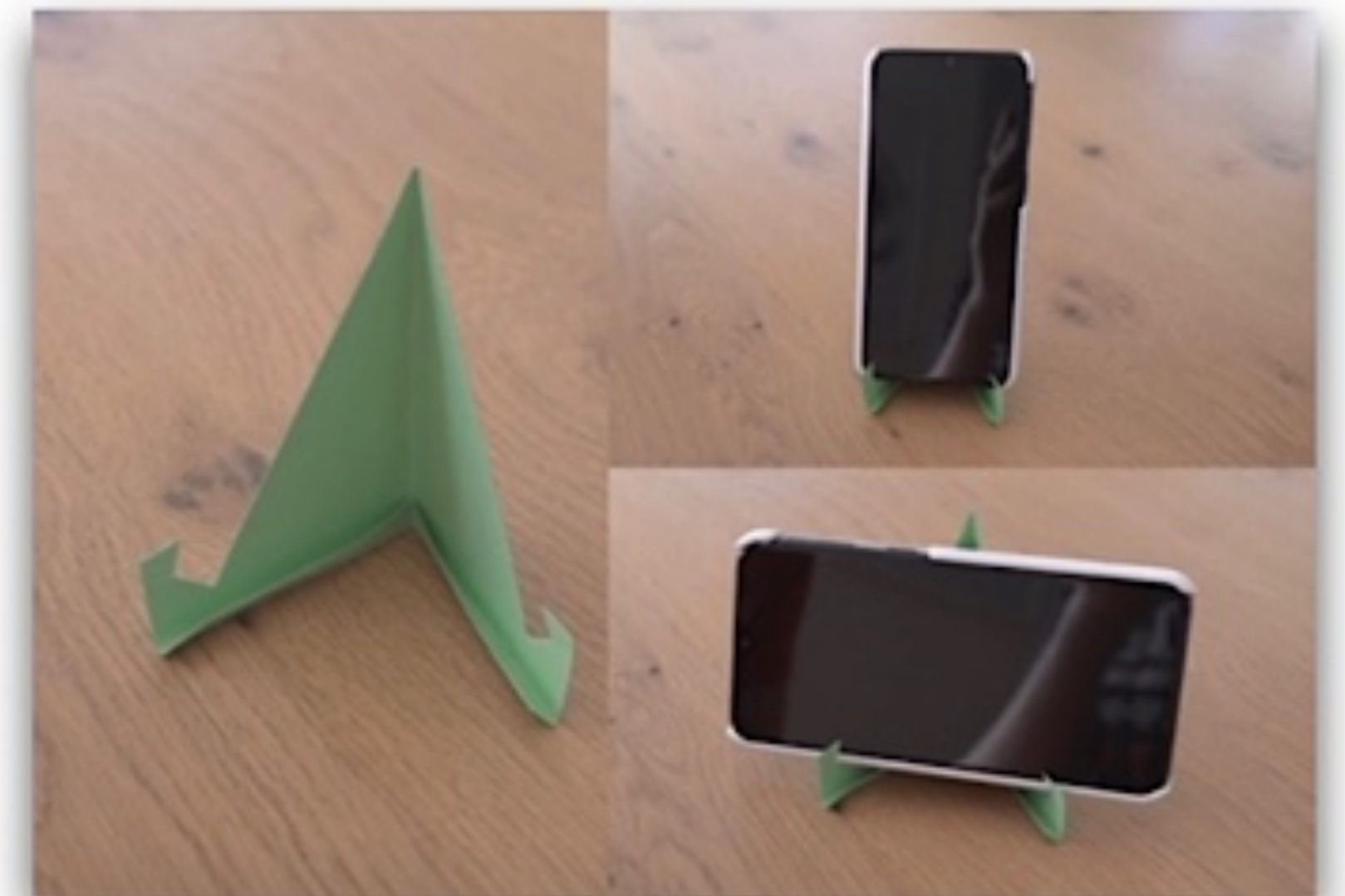
John 1 : Phone prayer

Most of us have a mobile phone

- Some of us just use it to talk to people
- Others use it just for emergencies
- Some of us are attached to it most of the day using it for worship, prayer and work

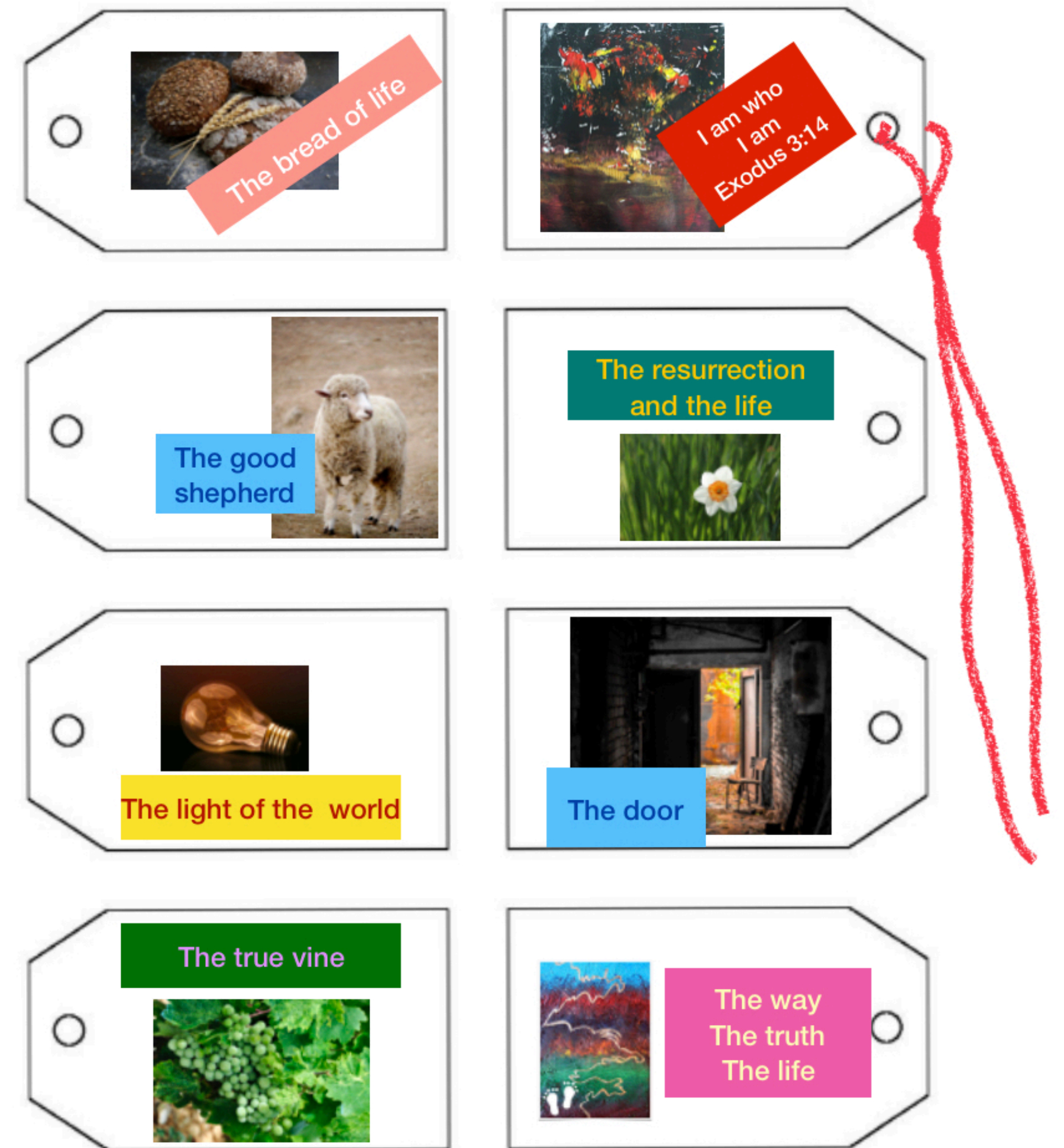
For this prayer station:

- Take a piece of card. Following the instructions [here](#) make a phone stand.
- After stage three in the instructions write the names of all the people you connect with over the phone on to the piece of card.
- As you do pray for each person, placing them into the loving arms of God.



John 2 : “I am”

- In John’s gospel we encounter the seven ‘I am’ statements of Jesus.
- You might like to look out some old gift tags or cut some new ones out of old cardboard and make a hole with a hole punch.
- Using paper, magazines, pens or paint you might like to focus on one or more of the ‘I am’ sayings of Jesus.
- As you do, pray again with the wider passage from which the saying is taken.
- You might then like to add a ribbon and use it to bookmark the passage in John - or in another book as a reminder of who Jesus is.
- You might also like to do this for the passage in Exodus where God reveals himself as ‘I am who I am’.



Holy Week : Ropes and beads

- The Jesus Prayer is a prayer that has been used for many years in the Orthodox Church.
 - **Lord Jesus Christ, Son of the Living God, have mercy on me a sinner**
- The prayer is repeated slowly as a way of stilling the body, mind and spirit to help us enter more deeply into the presence of God.
- Many people use a similar approach using other words from scripture.
 - **You are the resurrection and the life**
 - **You are the way, the truth and the life**
 - **You are the light of the world**
- Some people find using a prayer rope or prayer beads helpful in maintaining focus on God.
 - Instructions to make a prayer rope can be found [here](#)
 - Instructions for some 'anglican' prayer beads can be found [here](#)
 - Instructions for a bracelet rosary can be found [here](#)
- You pray the prayer slowly and repetitively - one bead or one knot at a time.
 - Click here to continue



Acts 1 : Icon Martyrs

In the book of Acts we come across Stephen and James the first Christian martyrs. We also read of Paul speaking murderous threats against the Lord's disciples. Sadly many people still continue to be martyred for their faith in Christ today.

Paul Hobbs has created thirteen icons to commemorate modern saints from a range of countries and in different situations where believers suffer for their faith in Christ.

- You might like to visit Paul's website [here](#) and look at each of the images, giving thanks for the lives of those who have died for their faith, and interceding for those being persecuted today.
- You might like to look at the [Open Door](#) and [Christian Solidarity Worldwide](#) websites and seek God as to how you might respond.
- You might like to download an [Open Door](#) or [CSW](#) prayer diary.
- You might like to create your own icon using newspaper clippings as you pray for countries of the world where Christians are persecuted today.



Acts 2 : Many parts

God has an amazing way of integrating the different parts of our lives - the people who have shaped us, the experiences we have had, the way we see God at work in all things.

- ✂ You might like to watch this video of a collage made of many different materials.
- ✂ What do you notice as you watch?
- ✂ How is God calling you to be both a fish and a fisher of people?
- ✂ You might like to make your own collage of a fish and as you do to pray for the mission and ministry of the church of God.
- ✂ You might like to look to join a creative arts retreat and have some protected time with God to refresh and restore. Click on the image to the right to see some opportunities there might be to do this.
- ✂ You might like to ponder. The disciples were told they would be fishers of men. This year, what would you like to declare about God, so that others might know him better for themselves?



Romans : Camera prayer

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.

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.



Corinthians : Praying for the body

Take a moment to look at the image to the right and copy it on to a piece of paper and cut it out.
What does it say to you about body of Christ? Note these thoughts down on one side of the paper.

Take a few moments to consider the body of Christ in the world today.

Where do you see injustice? Where do you see disadvantage? Where do you see privilege?

Note this down on the other other side of the paper.

Now take some time to look over your life..

Where have you experienced injustice?

How have you been privileged? How have you been disadvantaged?

By your economic circumstances?

By your education?

By your skin colour?

By your family background?

By your gender?

By your sexuality?

By your culture?

By your cultural history?

By your abilities?

By your age?

Bring your thoughts and feelings around these questions to God asking for his healing and restoration.

Consider how God might be calling you to act justly, to love mercy and to walk humbly with him.



Galatians : 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.
- ✧ Think about each aspect of the Fruit of the Spirit from Galatians 5 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.



Ephesians : Praying with the body

Read the passage from Ephesians 6 on the armour of God - then find a place in the room to stand with space around you.

Stand firm.

Stand in your room - notice your feet planted securely on the floor. Ask for strength to stand firm on the rock.

Buckle on the belt of truth.

The truth sets free. Ask for the truth to dwell in and speak from your heart.

Touch your chest and be aware of your beating heart.

Be aware of the righteousness of God and ask for his breastplate of righteousness to protect you.

Notice and move your feet.

Ask that they be fitted with ready footwear coming from the gospel of peace, shalom meaning not merely an absence of war but a state where things are the way they should be.

Lift your arm and on it place the shield of faith.

Be aware of this shield that can surround you and cover you and with which you can extinguish the darts of the evil one.

Put on the helmet of salvation.

For it is by grace that you have been saved. Be aware of God's saving love.

Finally pick up your sword, polished and clean.

Ask that the sword of the spirit, God's word, be deeply hidden in your heart, transforming you and your ways.

Finally lift your hands up in praise and thanksgiving and give thanks to the Lord. You might like to listen or speak out Psalm 145 as you do this.



Philippians : Hidden in the heart

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus - Philippians 4: 7

I have hidden your word in my heart - Psalm 119: 11

Philippians is a book about Jesus. It tells of who Jesus is, what he has done, what this means for the Philippians and what it means for us today. It is a book of joy, the word joy being used five times and rejoice eight times. It is also a book that encourages us to think differently.

You might like to read slowly through the whole book of Philippians.

What verses really strike you?

Write these verses each on a piece of card.

Place the cards into a small tin or match box.

Carry them around with you and memorise each of the verses in turn.

As you do this let the verse remind you of the book of Philippians.

Hide God's word in your heart.

Consider using this approach for some of the other books of the Bible.

You could even create a 66 tin library.



Colossians : Hearts of thanksgiving

The Greek word for thanks gives us the word Eucharist.

- ✂ Psalm 95 is a psalm of thankfulness.
- ✂ Colossians is a book about thankfulness.
- ✂ Seven times in the book of Colossians Paul talks of thankfulness or gratitude.
- ✂ As we read this book, we are reminded of what and how we can be thankful for each and everyday. This is not a thanks FOR all circumstances, but a thanks IN all circumstances.
- ✂ Indeed, a thankful heart has been recognised as a key aspect of maintaining wellbeing in times of adversity.
- ✂ Over the next month you might like to keep a thanksgiving journal.
- ✂ You can find a PDF version of a thanksgiving journal to download [here](#).



Eucharisto:
A thanksgiving journal

Come, let us sing for joy to the Lord;
let us shout aloud to the Rock of our salvation.
Let us come before him with thanksgiving
and extol him with music and song.
Psalm 95:1-2

Thessalonians : Prayer stations

Create a prayer station for your church or school or home group

Prayer spaces and prayer stations are ways of enabling people to encounter God creatively.

You might like to create a physical prayer station relating to one of the passages from the letters to the Thessalonians.

You might instead like to make one of the prayer stations outlined in these guides.

Surround the whole process in prayer - and think and pray for those who will use the prayer station as you do.

Going for Growth

Transforming church

24/7



1 and 2 Timothy : Scripture scribbles

Get a small book.

Each day choose a verse from your quality time with God, or choose a favourite Bible verse.

Scribble this verse a number of times on the page of the book to create a background.

Embellish the page with images or collage.

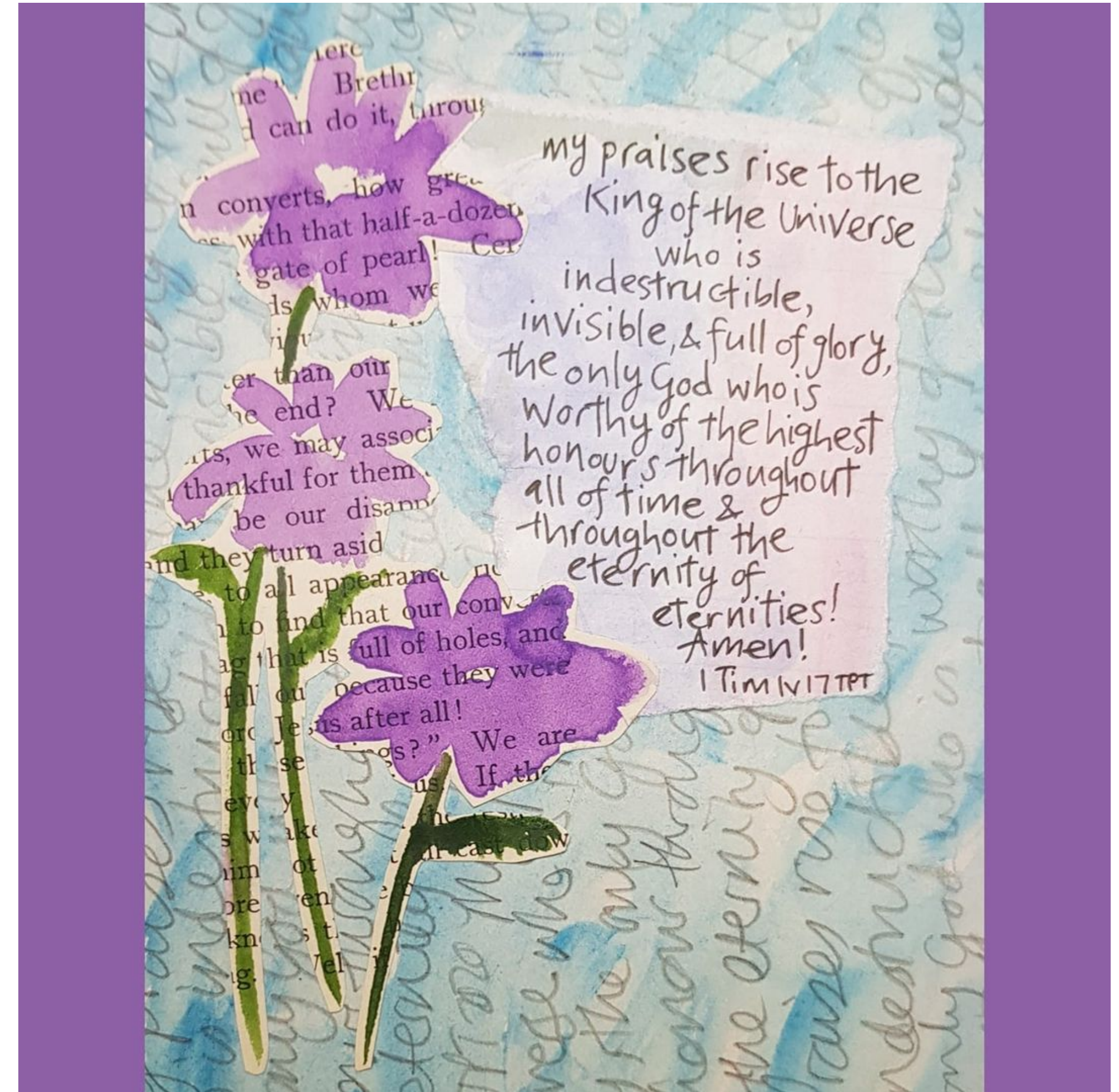
Then write the Bible verse out once more on a piece of card or paper.

Carry this verse around with you and memorise it sealing it in your heart.

Then glue the verse onto the background...

And choose another scripture to scribble.

You can see a YouTube guide by Deborah Gregg [here](#).



Titus, Philemon and Hebrews : Faith art journalling

- ✿ You might like to spend time looking at this YouTube clip on faith art journalling.
 - ✿ You might like to find a book to journal your journey with God, using some of the approaches Jenna describes in her YouTube clip.
- ✿ You might like to find some bits and pieces of 'stuff' that hold memories of who God is and has been to you, to decorate the outside of the journal.
- ✿ You might like to use a word, rather like Denise Weyhrich has on the word Provision, as illustrated by the image on this slide, to create a collage journal, or to embellish a book that you have read that God has spoken to you through.



James : Prayer against poverty

- ✂ 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](#).



Peter : Taste and see

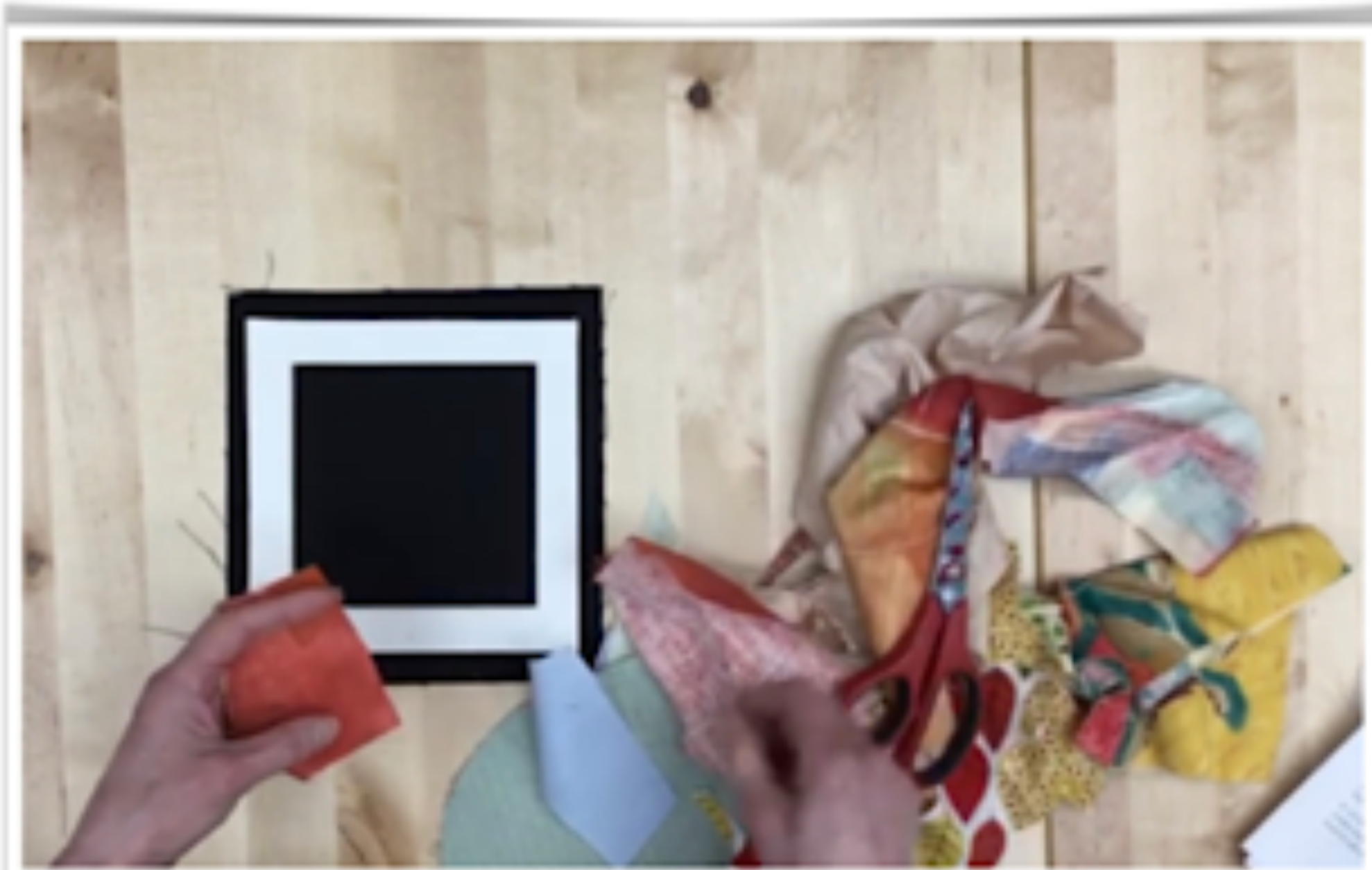
Creative prayer

- ✧ Our sense of taste helps us enjoy the food we eat and the fluids we drink.
- ✧ Select a piece of fruit, salad or a favourite sweet.
- ✧ Slowly chew the fruit or suck the sweet.
- ✧ Notice the flavours.
- ✧ Notice how the saliva in your mouth increases as you taste the food.
- ✧ Think of all the good things in your life and give thanks.
- ✧ Ponder over the words from Psalm 34.
 - ✧ Taste and see that the Lord is good.



John's letters and Jude : Patchwork prayer

- ✂️ Stitch and sew a patchwork prayer.
- ✂️ You will need a needle, some scraps of material and maybe some beads, ribbon and buttons.
- ✂️ Take a look at [this video from Harlequin Arts](#).
- ✂️ Stitch as you pray and as you pray be aware of God's loving presence with you.
- ✂️ For those who do not want to sew, watching the video without stitching can itself become prayer.



Revelation 1 : Praise

- ✧ What do you have to praise God for?
- ✧ Many of the psalms are songs of praise
- ✧ Take a moment to reflect on the times where you praise and worship God
- ✧ What do you notice:
 - ✧ In your heart
 - ✧ In your soul
 - ✧ In your mind
 - ✧ In your body
 - ✧ In relation to others
 - ✧ In relation to God
- ✧ Maybe take some time on your own and listen to one of the versions of Psalm III
 - ✧ Psalm III sung by Jason Silver
 - ✧ Psalm III sung by Esther Mui
 - ✧ Psalm III sung by the choir of Westminster Abbey
 - ✧ Psalm III sung by Miqidem
- ✧ You might like to use your body more freely in prayer moving as the Spirit leads
 - ✧ You might like to dance
- ✧ How does praising God more freely in your body make you draw closer to God?



As you read Revelation 21, where we hear of the new heaven and the new earth, you might like to spend some time praying the prayer that Jesus taught us.

You might like to create some prayer beads of the Lord’s Prayer - some for your self and some for a friend.

The pattern for the beads is described below and they can be threaded on elastic to make a bracelet or on to waxed cotton to make a key fob.

You might like to listen to the Lord’s Prayer in [Arabic](#), [Aramaic](#) , [Hebrew](#) or [English](#).

Our Father in heaven	Praying hands / blue bead
Hallowed be your name	Golden bead
Your Kingdom come	Ring bead
Your will be done on earth	Leaf bead / green bead
As it is in heaven	Wings / two white buttons
Give us today our daily bread	Communion bead / bread shaped bead
And forgive us our debts	Red bead
As we also have forgiven our debtors	White bead
And lead us not into temptation	Glittery bead
But deliver us from the evil one	Cross / red bead
For yours is the kingdom the power and the glory	Silver bead
For ever and ever	Ring bead
Amen	Brown bead



Revelation 2: The Lord’s Prayer

Footsteps in Prayer

As we come to the end of the Footsteps in Prayer journey spend some time looking back at the last year where you have walked prayerfully through the Bible.

- ✂ What stations did you stop at and linger?
- ✂ Which ones did you decide to leave for another time?
- ✂ If you need a quick reminder all the stations can be found here: <https://revrhona.wixsite.com/website/footsteps-in-prayer>.

Now look through your journal or reflect on what you have noticed or made as part of the journey.

- ✂ What strikes you about the journey of the last year in unprecedented times?
- ✂ Where have you noticed the Good Shepherd walking with you?
- ✂ Where have you encountered the love of God the Father?
- ✂ Where has the Spirit - the go between God - been at work?
- ✂ Give thanks.

Now look at the image on this slide, created by Karen Herrick for the end of our Footsteps in Prayer journey.

A guide to help you pray with an image can be found [here](#).

- ✂ As you rest in the present be aware of the presence of God within and without.
- ✂ When you are ready, talk with Jesus about his invitation to you as you step into the future with him.
- ✂ What grace would you like to ask him for as you step into the next stage of the journey with him?



Footsteps in Prayer

A journey through the Bible

A YouTube playlist that includes one of the music links from each book of the Bible in the prayer stations can be found [here](#).

A YouTube playlist of Footsteps Meditations can be found [here](#).

The Pathway by Kate Austin (Adapted). Used with permission.

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

