

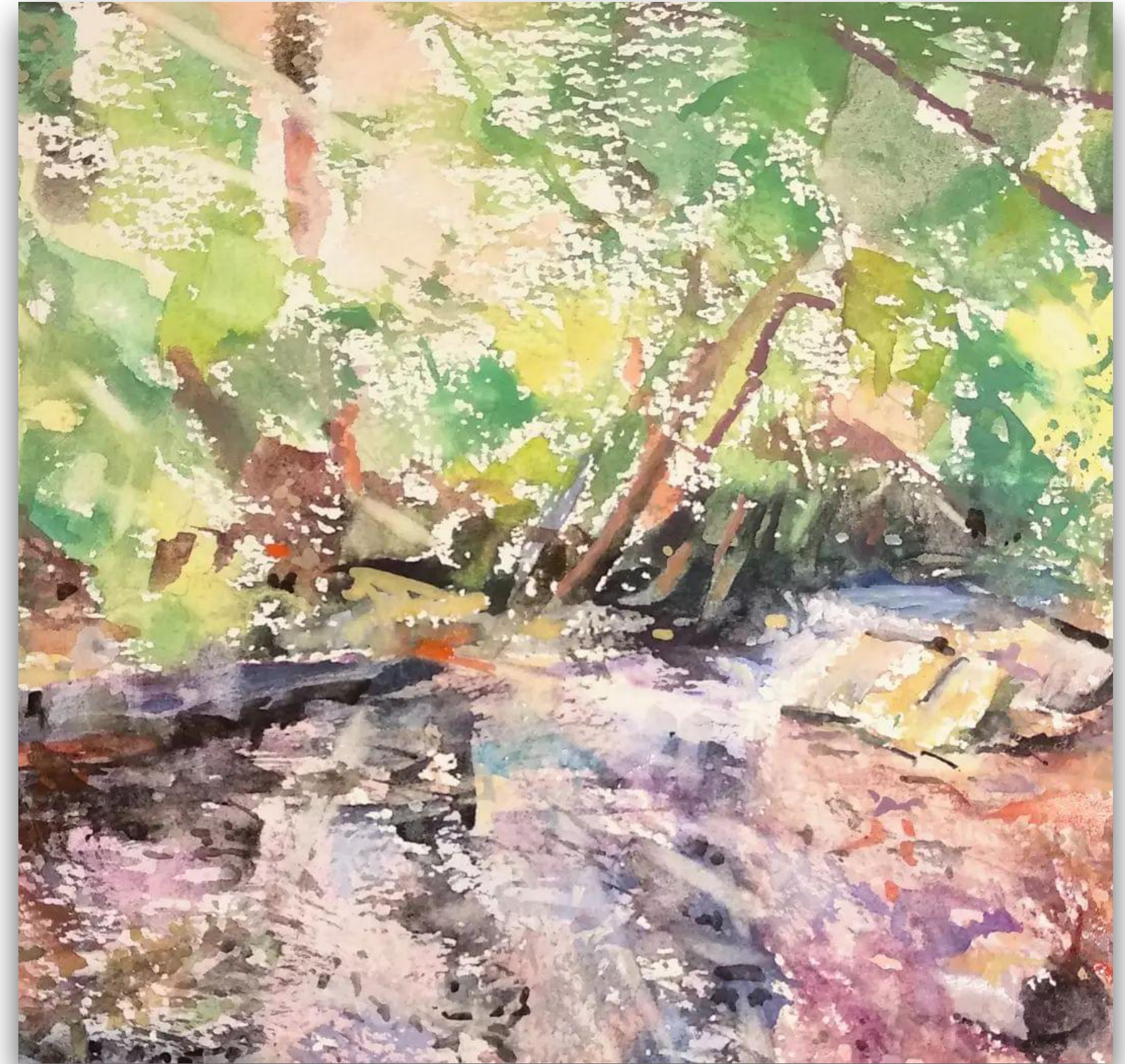
Journey with Jesus

Praying through the Gospel of John

Week 5



- Find a place to sit quietly.
- Sit in a relaxed position.
- Close your eyes.
- Breathe normally being aware that God holds you in every breath you take.
- Be aware of God's loving eyes watching over you.
- Take some time to look back over your life and see where you have seen or experienced the healing of God.
- You might like to listen to Kari Jobe sing Healer.
- You might like to listen to Chris Tomlin sing I lift my hands.
- You might like to listen to Harpa Dei sing Psalm 91.



Artwork by Gordon Lamb. Used with Permission

➤ You might like to listen to:

➤ Day 1: Healer by Hillsong then click here.

➤ Day 2: Tremble sung by Lauren Daigle then click here.

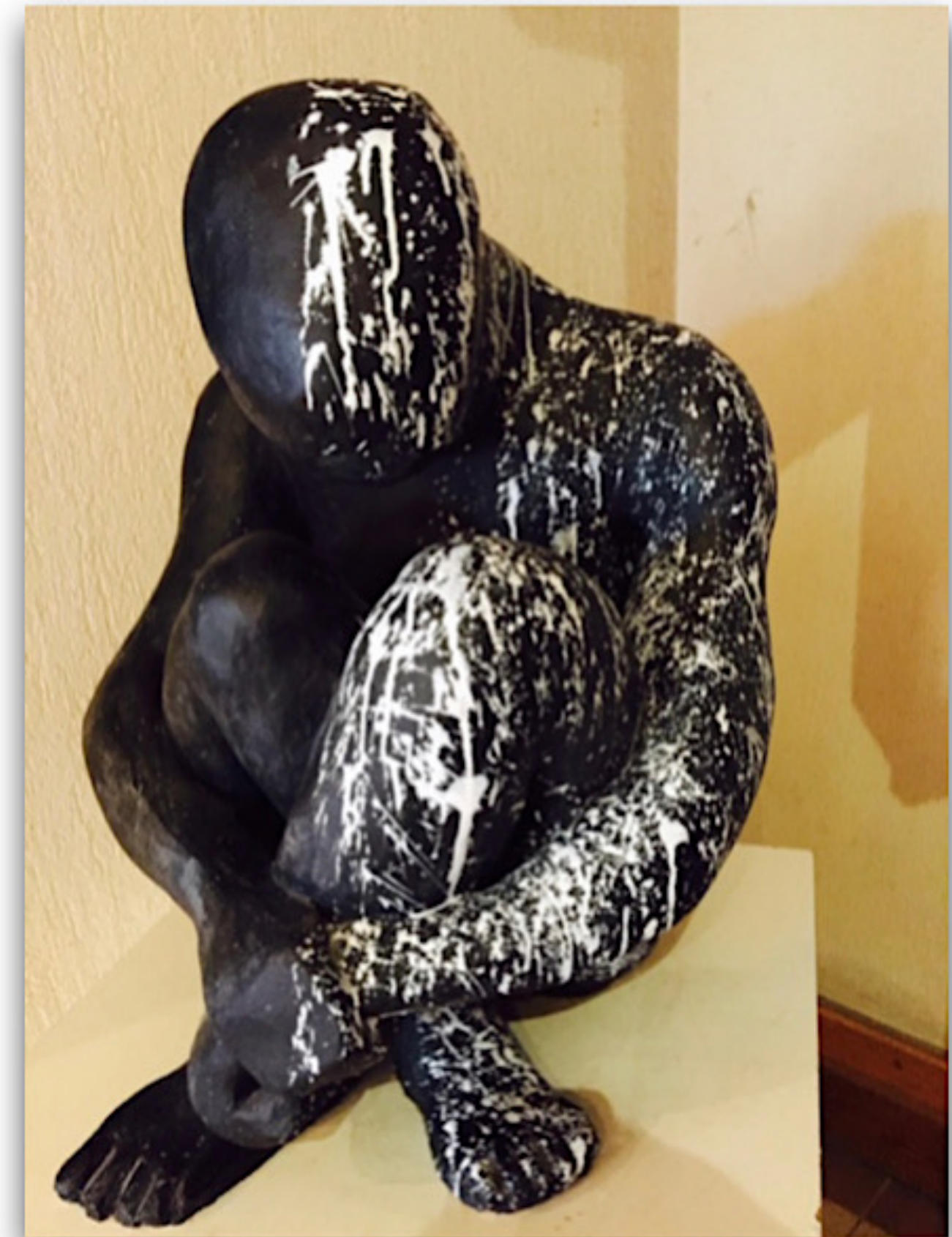
➤ Day 3: Your name is power sung by Rend Collective then click here.

➤ Day 4: Jesus shall take the highest honour sung by Chris Bowater then click here.

➤ Day 5: Kristyn Getty sing Resurrection song then click here.

➤ Day 6: Take my life sung by Toyin Poju - Oyemade then click here.

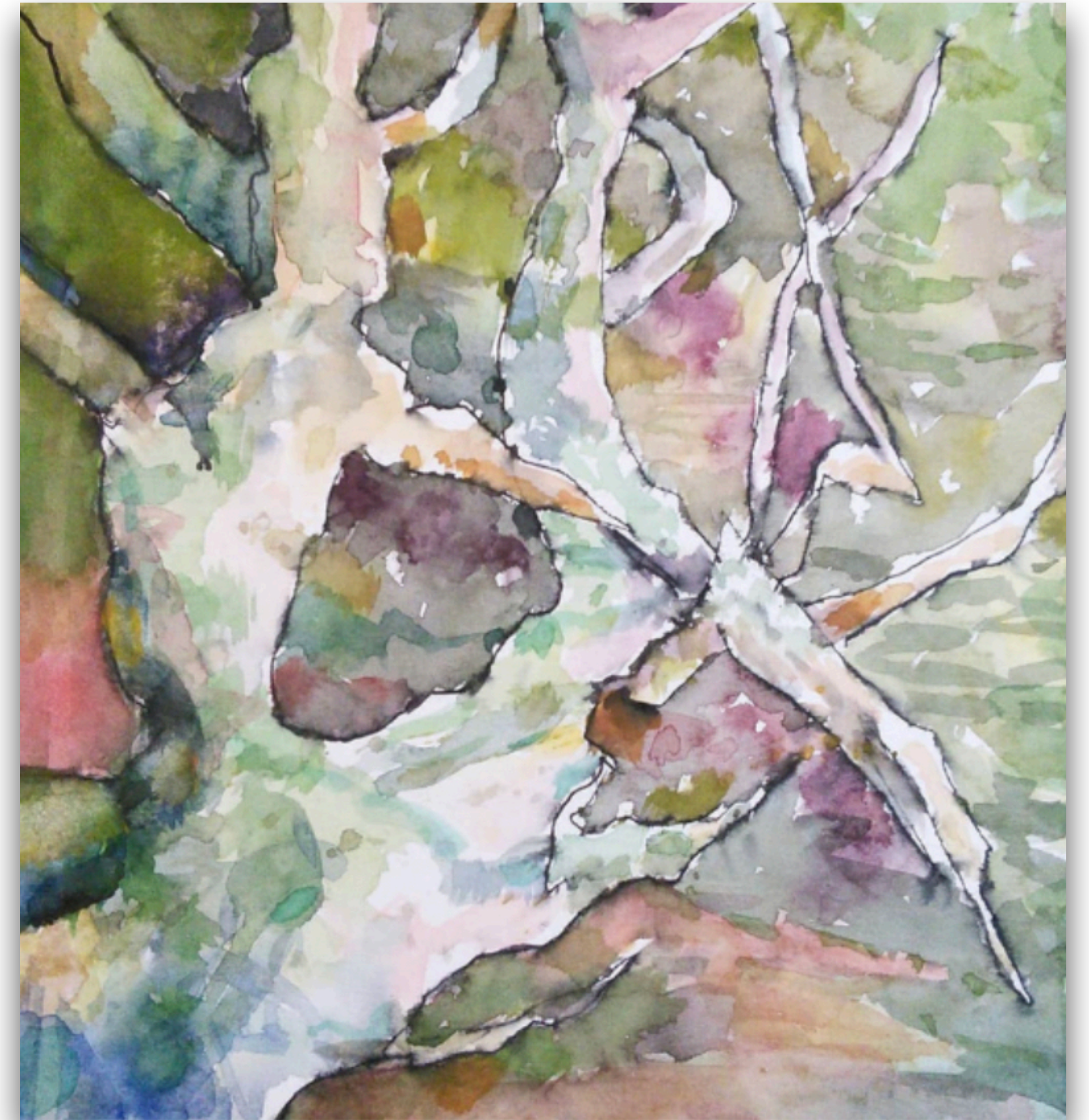
➤ Day 7: God alone is enough sung by John Michael Talbot then click here.



Day 1: John 5:1-6

Some time later, Jesus went up to Jerusalem for one of the Jewish festivals. Now there is in Jerusalem near the Sheep Gate a pool, which in Aramaic is called Bethesda and which is surrounded by five covered colonnades. Here a great number of disabled people used to lie—the blind, the lame, the paralysed. One who was there had been an invalid for thirty-eight years. When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, “Do you want to get well?”

- Read this passage from John 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?
- You might like to note these down in your journal.
- When you have finished click [here](#) to continue.

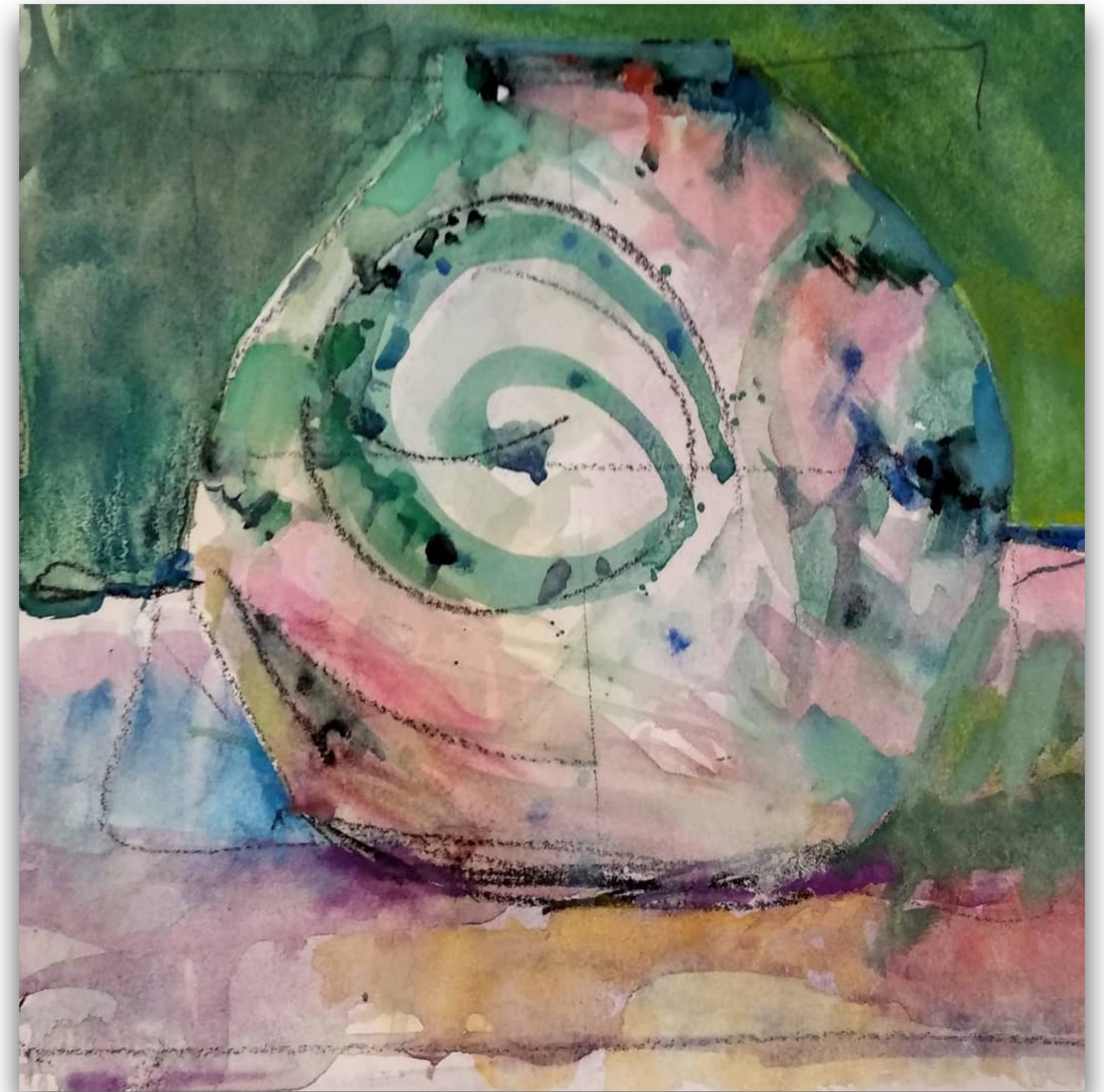


Artwork by Gordon Lamb. Used with Permission

Day 2: John 5:7-15

“Sir,” the invalid replied, “I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me.” Then Jesus said to him, “Get up! Pick up your mat and walk.” At once the man was cured; he picked up his mat and walked. The day on which this took place was a Sabbath, and so the Jewish leaders said to the man who had been healed, “It is the Sabbath; the law forbids you to carry your mat.” But he replied, “The man who made me well said to me, ‘Pick up your mat and walk.’ ” So they asked him, “Who is this fellow who told you to pick it up and walk?” The man who was healed had no idea who it was, for Jesus had slipped away into the crowd that was there. Later Jesus found him at the temple and said to him, “See, you are well again. Stop sinning or something worse may happen to you.” The man went away and told the Jewish leaders that it was Jesus who had made him well.

- Read this passage from John 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?
- You might like to note these down in your journal.
- When you have finished click [here](#) to continue.



Artwork by Gordon Lamb. Used with Permission

Day 3: John 5:16-18

So, because Jesus was doing these things on the Sabbath, the Jewish leaders began to persecute him. In his defence Jesus said to them, “My Father is always at his work to this very day, and I too am working.” For this reason they tried all the more to kill him; not only was he breaking the Sabbath, but he was even calling God his own Father, making himself equal with God.



Artwork by Gordon Lamb. Used with Permission

- Read this passage from John 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?
- You might like to note these down in your journal.
- When you have finished click [here](#) to continue.

Day 4: John 5:19-23

Jesus gave them this answer: “Very truly I tell you, the Son can do nothing by himself; he can do only what he sees his Father doing, because whatever the Father does the Son also does. For the Father loves the Son and shows him all he does. Yes, and he will show him even greater works than these, so that you will be amazed. For just as the Father raises the dead and gives them life, even so the Son gives life to whom he is pleased to give it. Moreover, the Father judges no one, but has entrusted all judgment to the Son, that all may honour the Son just as they honour the Father. Whoever does not honour the Son does not honour the Father, who sent him.

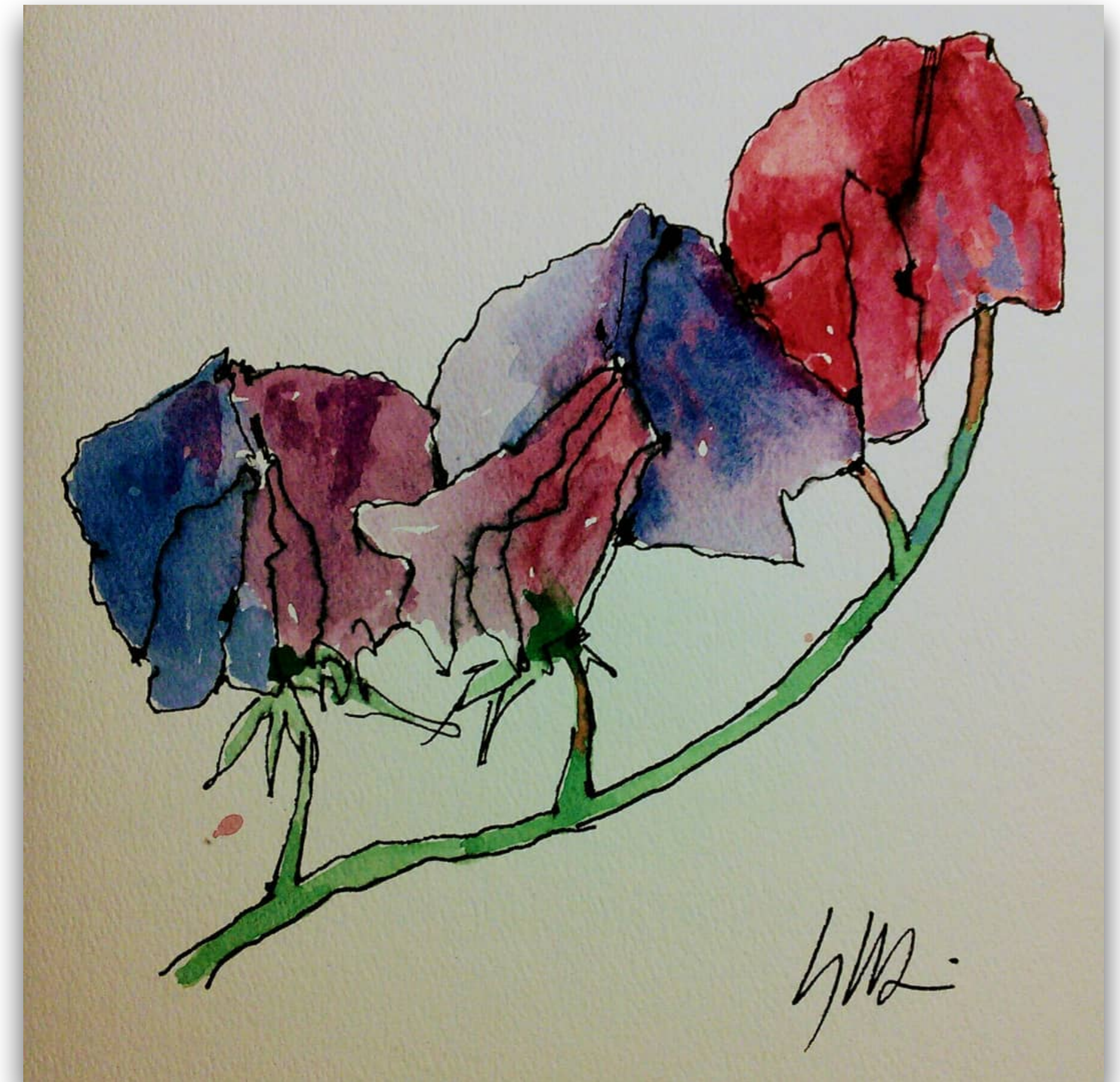
- Read this passage from John 5.
 - What words or phrases strike you?
- Read these words again slowly.
 - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- What thoughts, feelings and images have emerged in this time of prayer?
- How has the Spirit been at work in your heart as you have prayed?
- You might like to note these down in your journal.
- When you have finished click [here](#) to continue.



Day 5: John 5:24-27

“Very truly I tell you, whoever hears my word and believes him who sent me has eternal life and will not be judged but has crossed over from death to life. Very truly I tell you, a time is coming and has now come when the dead will hear the voice of the Son of God and those who hear will live. For as the Father has life in himself, so he has granted the Son also to have life in himself. And he has given him authority to judge because he is the Son of Man.

- Read this passage from John 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?
- You might like to note these down in your journal.
- When you have finished click [here](#) to continue.

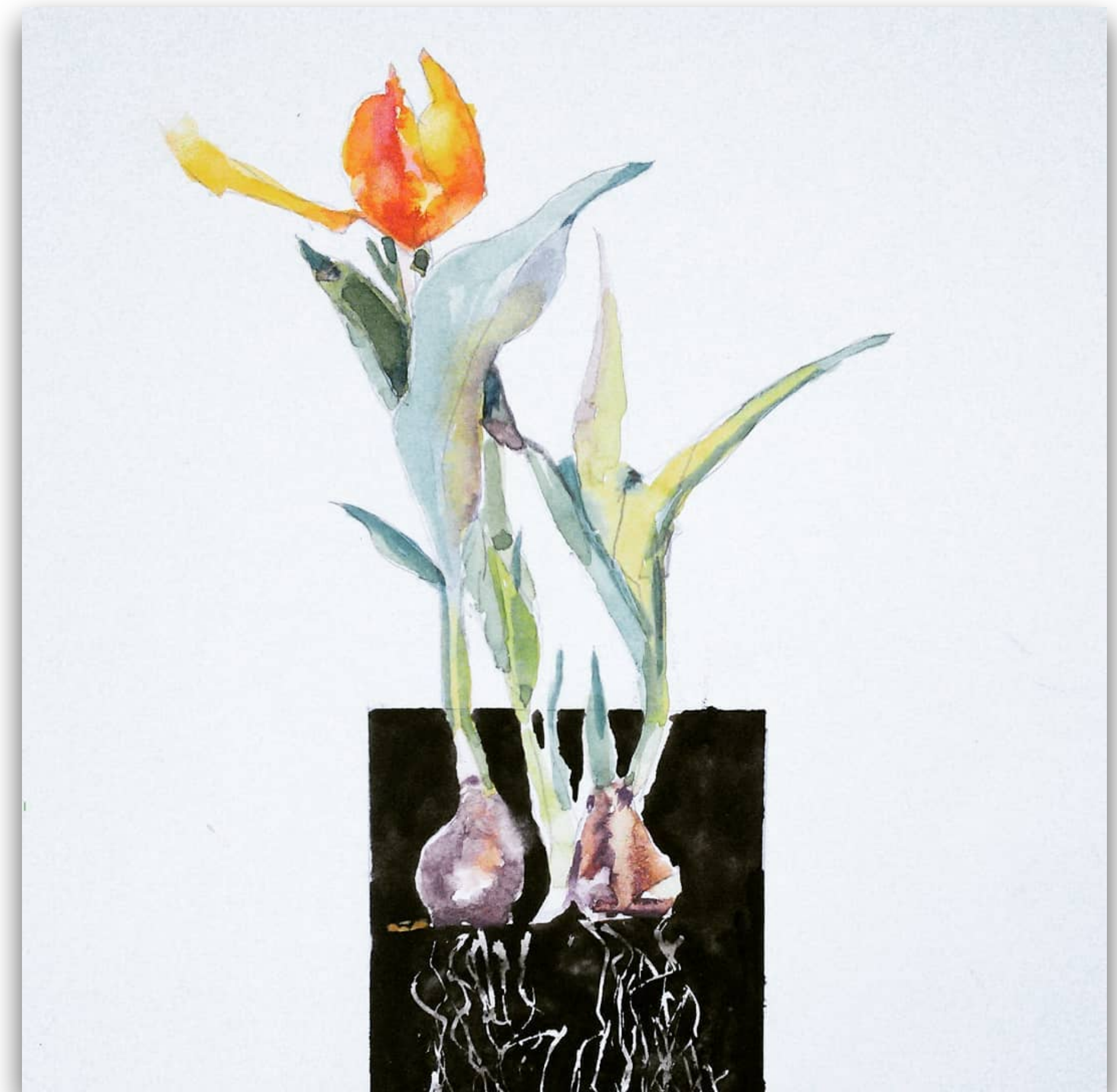


Artwork by Gordon Lamb. Used with Permission

Day 6: John 5:28-30

“Do not be amazed at this, for a time is coming when all who are in their graves will hear his voice and come out—those who have done what is good will rise to live, and those who have done what is evil will rise to be condemned. By myself I can do nothing; I judge only as I hear, and my judgment is just, for I seek not to please myself but him who sent me.

- Read this passage from John 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?
- You might like to note these down in your journal.
- When you have finished click [here](#) to continue.

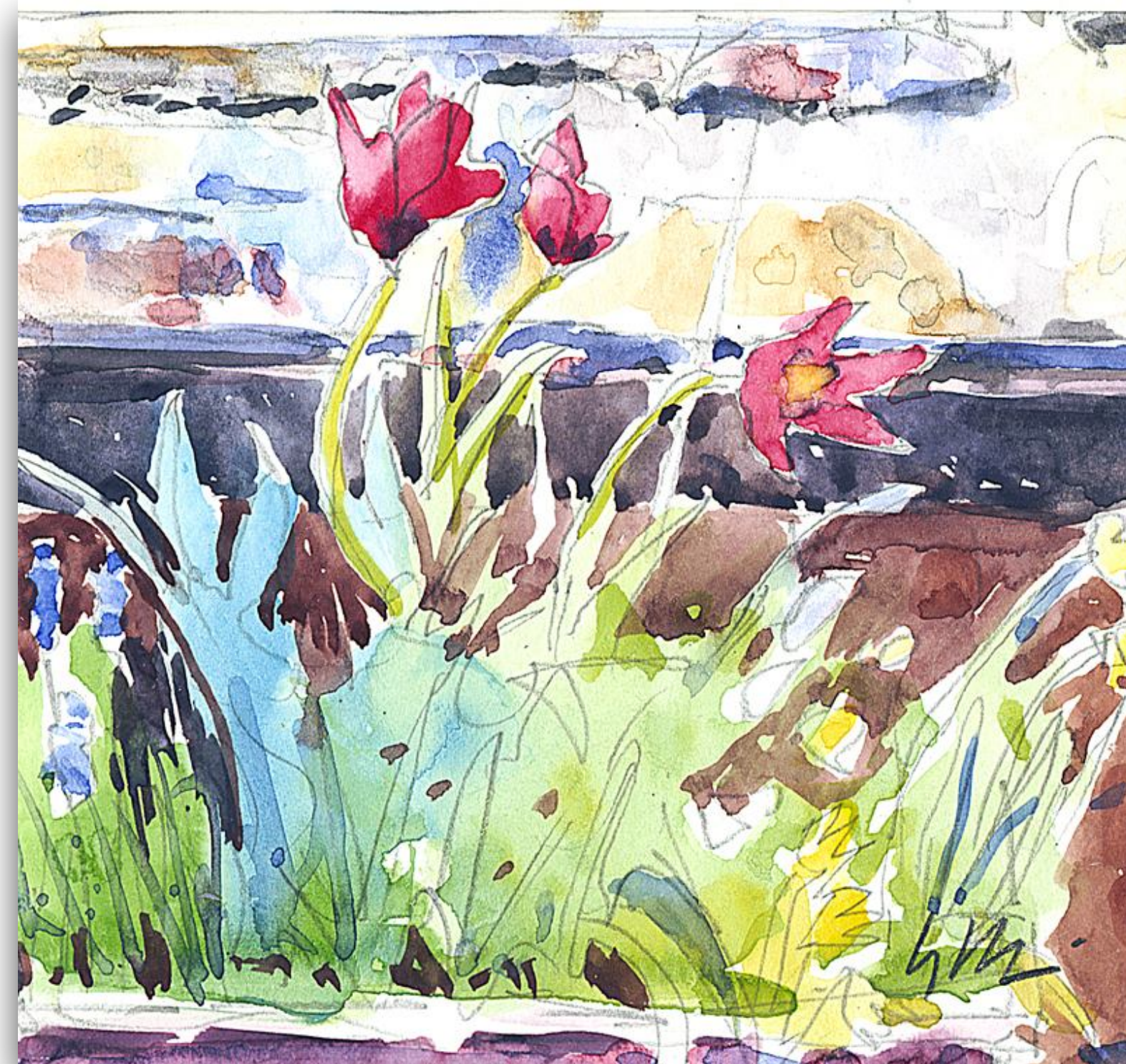


Artwork by Gordon Lamb. Used with Permission

Day 7: John 5:31-40

“If I testify about myself, my testimony is not true. There is another who testifies in my favour, and I know that his testimony about me is true. “You have sent to John and he has testified to the truth. Not that I accept human testimony; but I mention it that you may be saved. John was a lamp that burned and gave light, and you chose for a time to enjoy his light. I have testimony weightier than that of John. For the works that the Father has given me to finish—the very works that I am doing—testify that the Father has sent me. And the Father who sent me has himself testified concerning me. You have never heard his voice nor seen his form, nor does his word dwell in you, for you do not believe the one he sent. You study the Scriptures diligently because you think that in them you have eternal life. These are the very Scriptures that testify about me, yet you refuse to come to me to have life.

- Read this passage from John 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?
- 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: To a guardian angel

➤ Day 2: Out of the depths

➤ Day 3: Angel Prelude 1 Seraphim

➤ Day 4: Quem Pastores

➤ Day 5: Angel Song

➤ Day 6: Factum Est Silencium

➤ Day 7: Angel Prelude 2 Cherubim



Creative prayer

We often talk about spiritual, physical, psychological and social wellbeing, realising that health can be compromised in so many ways: loneliness, poverty, grief, illness, worry, unemployment, feeling unlovely or unloved.

- You might like to take some time with God to reflect over areas of wellbeing in your life.
- You might like to complete the Wellbeing Wheel that can be downloaded [here](#).
- You might like to read [this article](#) on rhythms and well being
- You might like to read [this article](#) on understanding the body

Wellbeing Wheel

This is an adaptation of a tool used to enable reflection on different aspects of wellbeing.

You might like to:

Consciously be aware of being in the presence of God.

Ask the Holy Spirit to guide, lead and bring insight as you complete this exercise.

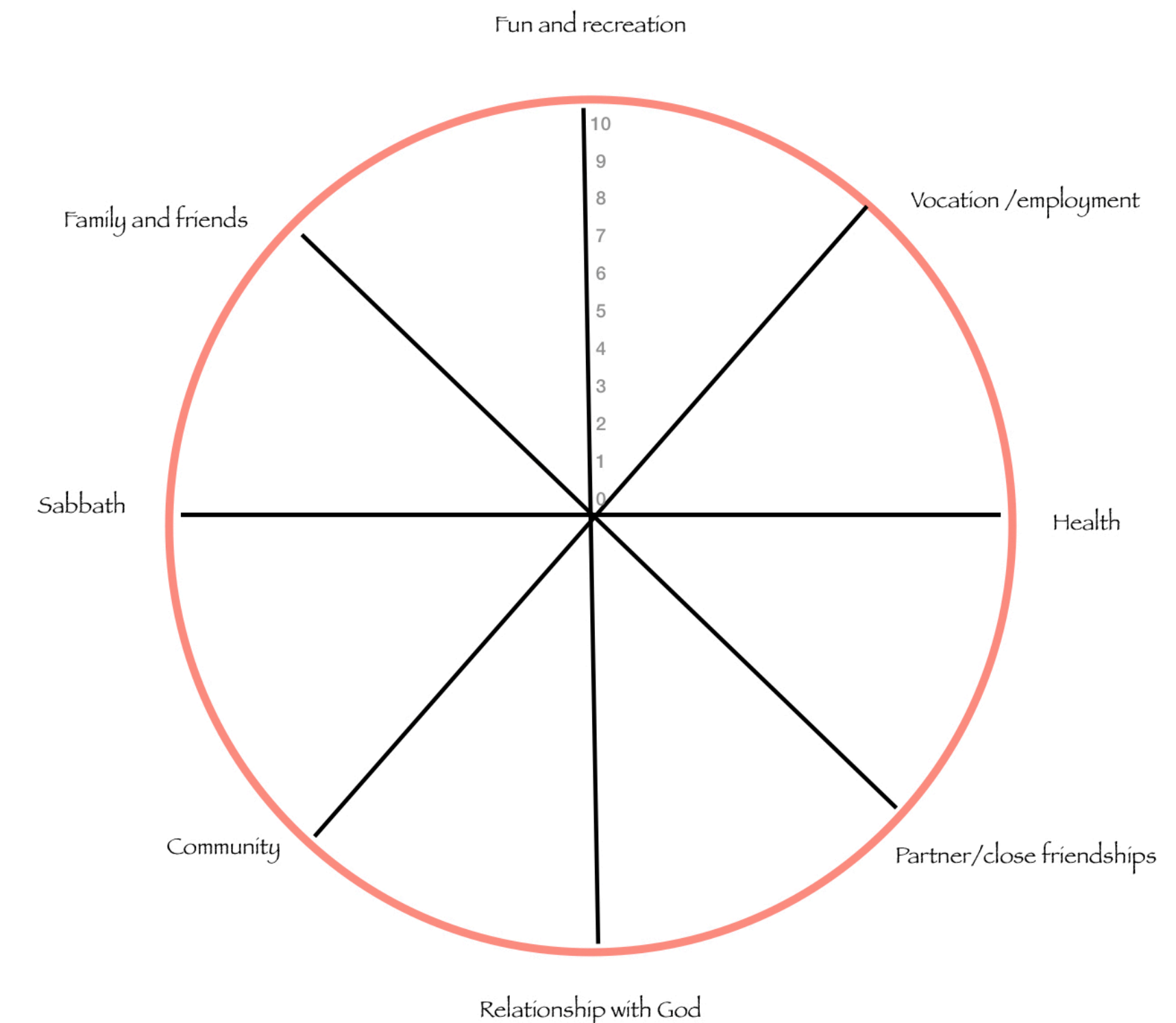
Plot your level of wellbeing on each of the spokes of the wheel, from 0 - 10.

Once you have done this join the dots together and look at the image.

Talk with God about what you notice, think and feel about this.

What areas might God like you to consider and act on?

How might God be leading you to do this?



I Am the Way, the Truth and the Life

Wherever someone knows that they are lost,
And cries for help to find the way back home,
And turns towards their father's house at last
You are their Way before they know your name.

Wherever someone searches for the truth
And tests each easy answer in its turn,
Stressing the question, pressing to the pith,
You are the Truth they cannot yet discern.

Wherever someone sorrows over death
Yet seems to glimpse a gate beyond the grave,
A living spirit in the dying breath,
You are the Life within the life they love.

You come to us before we ask or pray
Till you become our Life, our Truth, our Way.

Malcolm Guite.

Parable and Paradox: Sonnets on the sayings of Jesus and other poems
Malcolm Guite Canterbury Press. Used with the poet's permission



Journey with Jesus

Praying through the Gospel of John

Week 5

THE HOLY BIBLE, NEW INTERNATIONAL VERSION®, NIV® Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.®
Used by permission. All rights reserved worldwide.
This prayer station and other resources can be found at [The Prayer Room](#)

