

Footsteps in Prayer

A journey through the Bible

1 and 2 Thessalonians



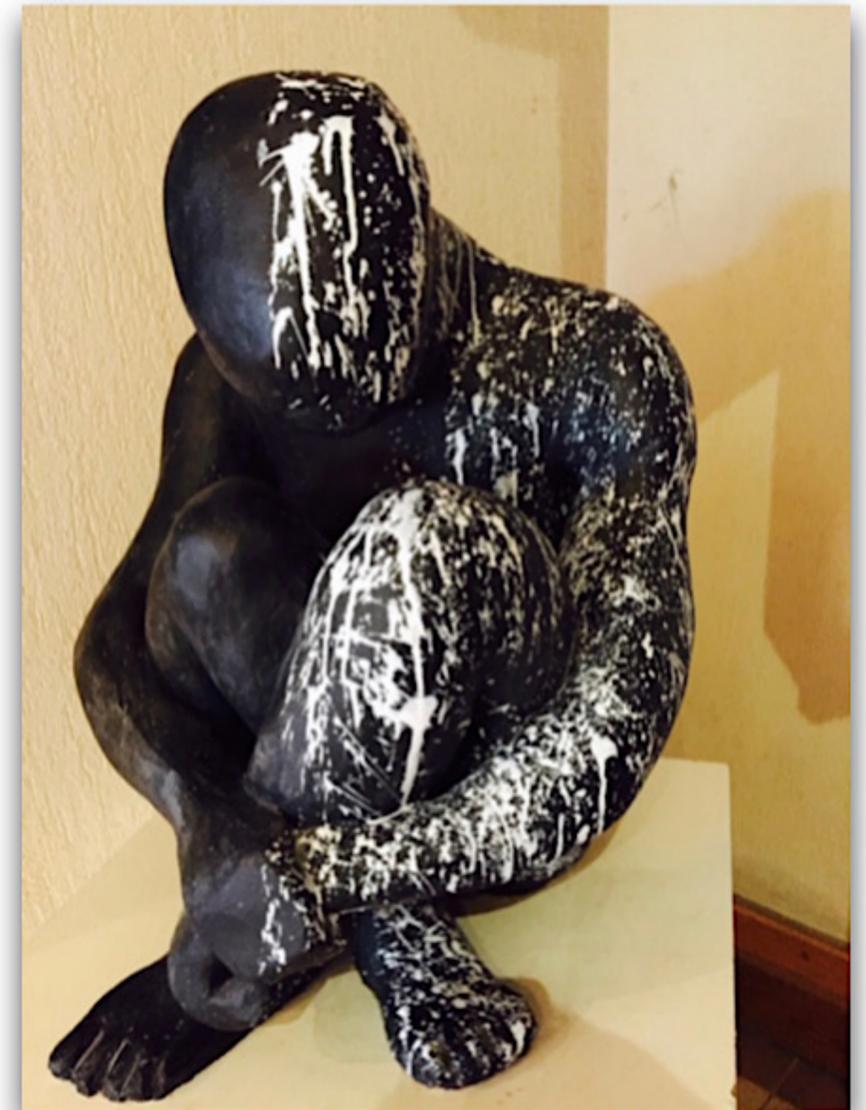
- Find a place to sit quietly.
- Be aware of God's loving eyes watching over you.
- Sit in a relaxed position and come to a place of stillness.
- Reflect on these words from Thessalonians 5:16-18:

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.
- You might like to ask God for the grace of deeper joy, constant prayer or gratitude.
- You might like to listen to My Song is Love Unknown sung by Tenebrae.
- You might like to listen to The Porter's Gate sing Wake Up Jesus or Nothing to Fear.
- You might like to listen to Alison Balsom play the Allegro from Bach's Concerto in D Major.



• You might like to listen to:

- Day 1: Praise my song the King of Heaven sung by Emu Music then click [here](#).
- Day 2: Take my life and let it be sung by Southern Seminary then click [here](#).
- Day 3: Be Thou my Vision sung by Audrey Assad then click [here](#).
- Day 4: I will sing the wondrous story sung by Emu Music then click [here](#).
- Day 5: Lo He comes with clouds descending sung by Maddy Prior then click [here](#).
- Day 6: The Blessing sung and signed then click [here](#).
- Day 7: God is our strength and refuge sung by Hillsong then click [here](#).



Day 1: 1 Thessalonians 1

For we know, brothers and sisters loved by God, that he has chosen you, because our gospel came to you not simply with words but also with power, with the Holy Spirit and deep conviction. You know how we lived among you for your sake. You became imitators of us and of the Lord, for you welcomed the message in the midst of severe suffering with the joy given by the Holy Spirit.

- Read this passage from 1 Thessalonians 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: 1 Thessalonians 2

We are not trying to please people but God, who tests our hearts. You know we never used flattery, nor did we put on a mask to cover up greed—God is our witness. We were not looking for praise from people, not from you or anyone else, even though as apostles of Christ we could have asserted our authority. Instead, we were like young children among you. Just as a nursing mother cares for her children, so we cared for you. Because we loved you so much, we were delighted to share with you not only the gospel of God but our lives as well. Surely you remember, brothers and sisters, our toil and hardship; we worked night and day in order not to be a burden to anyone while we preached the gospel of God to you.

- Read this passage from 1 Thessalonians 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?
- You might like to note these down in your journal.
- When you have finished click [here](#) to continue.



Day 3: 1 Thessalonians 2

For you know that we dealt with each of you as a father deals with his own children, encouraging, comforting and urging you to live lives worthy of God, who calls you into his kingdom and glory.



- ⌘ Read these words from 1 Thessalonians 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?
- ⌘ You might like to note these down in your journal.
- ⌘ When you have finished click [here](#) to continue.

Day 4: 1 Thessalonians 4

Now about your love for one another we do not need to write to you, for you yourselves have been taught by God to love each other. And in fact, you do love all of God's family throughout Macedonia. Yet we urge you, brothers and sisters, to do so more and more, and to make it your ambition to lead a quiet life: You should mind your own business and work with your hands, just as we told you, so that your daily life may win the respect of outsiders and so that you will not be dependent on anybody.

- Read these words from 1 Thessalonians 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.
- When you have finished click [here](#) to continue.



Day 5: 1 Thessalonians 5

But you, brothers and sisters, are not in darkness so that this day should surprise you like a thief. You are all children of the light and children of the day. We do not belong to the night or to the darkness. So then, let us not be like others, who are asleep, but let us be awake and sober. For those who sleep, sleep at night, and those who get drunk, get drunk at night. But since we belong to the day, let us be sober, putting on faith and love as a breastplate, and the hope of salvation as a helmet. For God did not appoint us to suffer wrath but to receive salvation through our Lord Jesus Christ. He died for us so that, whether we are awake or asleep, we may live together with him. Therefore encourage one another and build each other up, just as in fact you are doing.

- Read these words from 1 Thessalonians 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: 2 Thessalonians 2

But we ought always to thank God for you, brothers and sisters loved by the Lord, because God chose you as firstfruits to be saved through the sanctifying work of the Spirit and through belief in the truth. He called you to this through our gospel, that you might share in the glory of our Lord Jesus Christ. So then, brothers and sisters, stand firm and hold fast to the teachings we passed on to you, whether by word of mouth or by letter. May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.

- Read these words from 2 Thessalonians 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?
- 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: 2 Thessalonians 3

As for other matters, brothers and sisters, pray for us that the message of the Lord may spread rapidly and be honoured, just as it was with you. And pray that we may be delivered from wicked and evil people, for not everyone has faith. But the Lord is faithful, and he will strengthen you and protect you from the evil one. We have confidence in the Lord that you are doing and will continue to do the things we command. May the Lord direct your hearts into God's love and Christ's perseverance.

- Read these words from 2 Thessalonians 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?
- 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 Liturgical Folk play:

• Day 1: The Lord's Prayer

• Day 2: On Tabor

• Day 3: Trisagion

• Day 4: General Thanksgiving

• Day 5: Jesus your name

• Day 6: Decalogue

• Day 7: The Apostles Creed



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 favour as with a shield.

Proverbs 19:23

The fear of the Lord leads to life;
then one rests content, untouched by trouble.



Let Your God Love You

Be silent.
Be still.
Alone.
Empty
Before your God.
Say nothing.
Ask nothing.
Be silent.
Be still.
Let your God look upon you.
That is all.
God knows.
God understands.
God loves you
With an enormous love,
And only wants
To look upon you
With that love.
Quiet.
Still.
Be.
Let your God—
Love you.

Edwina Gateley



Creative prayer

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. Many of the images in this prayer station are of physical prayer stations made by different people for a spiritual direction course in Ely Diocese.

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



Footsteps in Prayer

A journey through the Bible

A graphic introduction to 1 Thessalonians can be found [here](#).

A graphic introduction to 2 Thessalonians can be found [here](#).

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

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

