

Footsteps in Prayer

A journey through the Bible

1 and 2 Peter

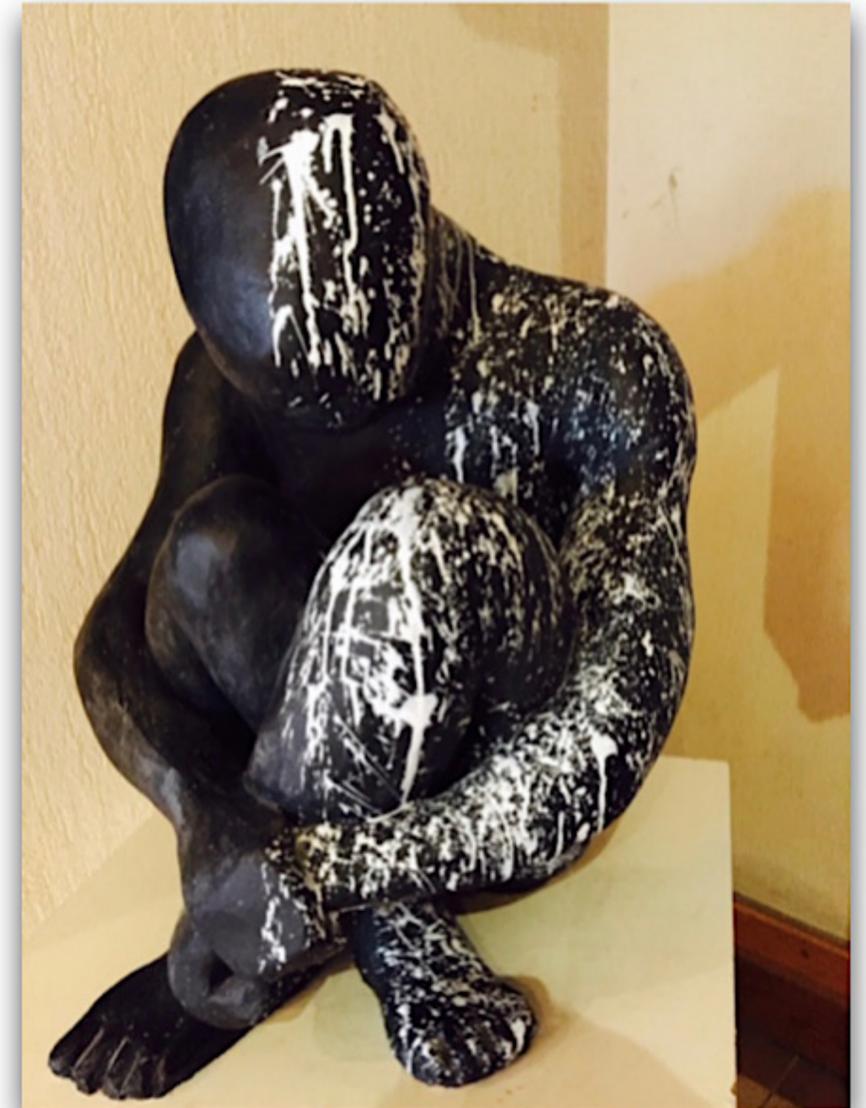


- Find a place to sit quietly.
- Be aware of God's loving eyes watching over you.
- Sit in a relaxed position.
- Repeat these words slowly until you come to a place of stillness:
 - Taste and see that the Lord is Good.
- You might like to listen to Out of Hiding sung by Steffany Gretsinger or to Paul Field sing Treasures in Heaven.
- You might like to listen to the Brooklyn Duo play Pachabel's Canon.



•&• You might like to listen to:

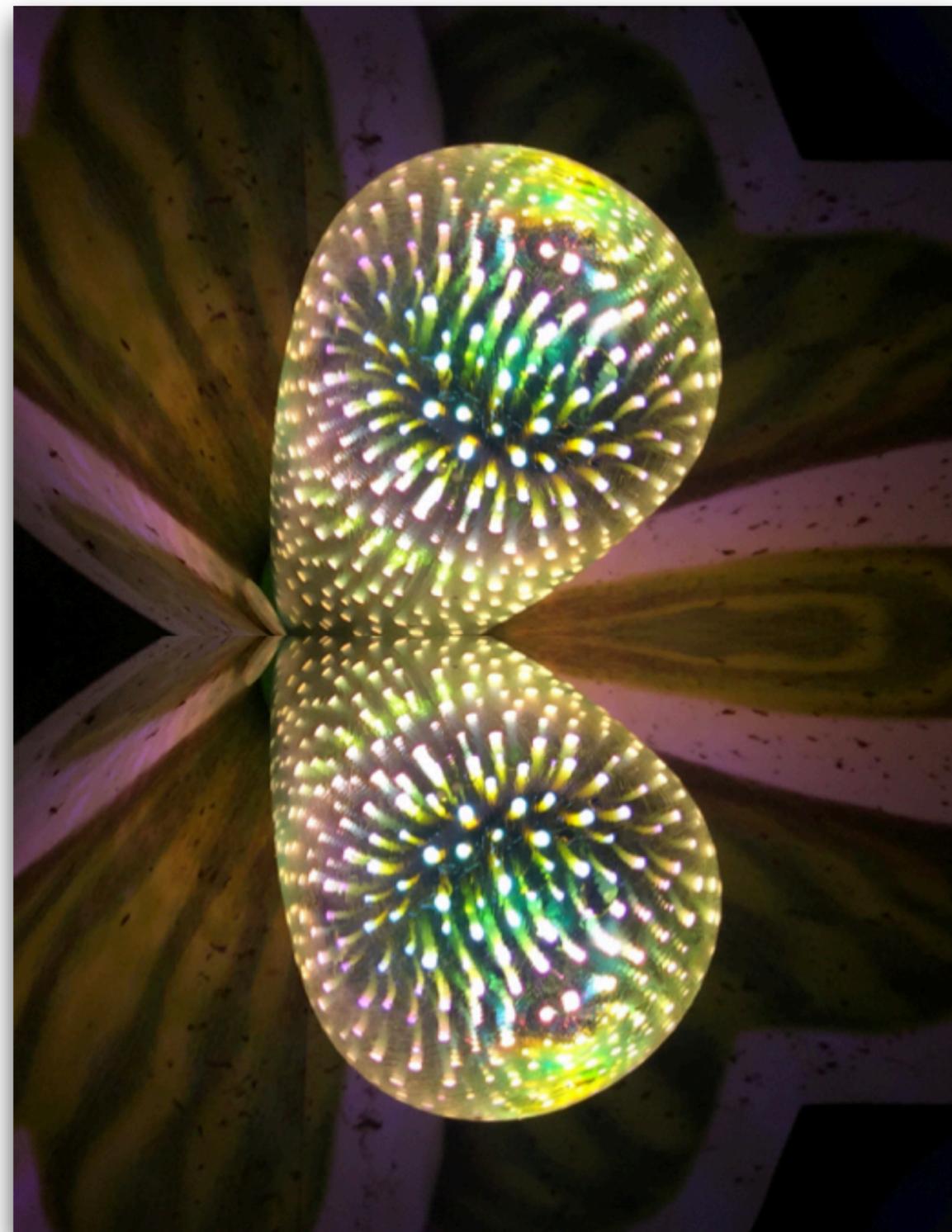
- &• Day 1: Living Hope sung by Phil Wickham then click [here](#).
- &• Day 2: The Lord is my Salvation sung by Kristen Getty then click [here](#).
- &• Day 3: God will provide a lamb sung by Michael Card then click [here](#).
- &• Day 4: Taste and see that the Lord is good then click [here](#).
- &• Day 5: Scandalon sung by Michael Card then click [here](#).
- &• Day 6: Jesus you are changing me sung by Marilyn Baker then click [here](#).
- &• Day 7: Better is one day in your house sung by The Acoustic Project then click [here](#).



Day 1: 1 Peter 1

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time.

- Read this passage from 1 Peter 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 Peter 1

In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honour when Jesus Christ is revealed. Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the end result of your faith, the salvation of your souls.

- Read this passage from 1 Peter 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?
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Day 3: 1 Peter 1

Since you call on a Father who judges each person's work impartially, live out your time as foreigners here in reverent fear. For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your ancestors, but with the precious blood of Christ, a lamb without blemish or defect. He was chosen before the creation of the world, but was revealed in these last times for your sake. Through him you believe in God, who raised him from the dead and glorified him, and so your faith and hope are in God.

- Read these words from 1 Peter 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?
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Day 4: 1 Peter 2

Therefore, rid yourselves of all malice and all deceit, hypocrisy, envy, and slander of every kind. Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, now that you have tasted that the Lord is good.

- Read these words from 1 Peter 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.
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Day 5: 1 Peter 2

As you come to him, the living Stone—rejected by humans but chosen by God and precious to him—you also, like living stones, are being built into a spiritual house. to be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ. For in Scripture it says:

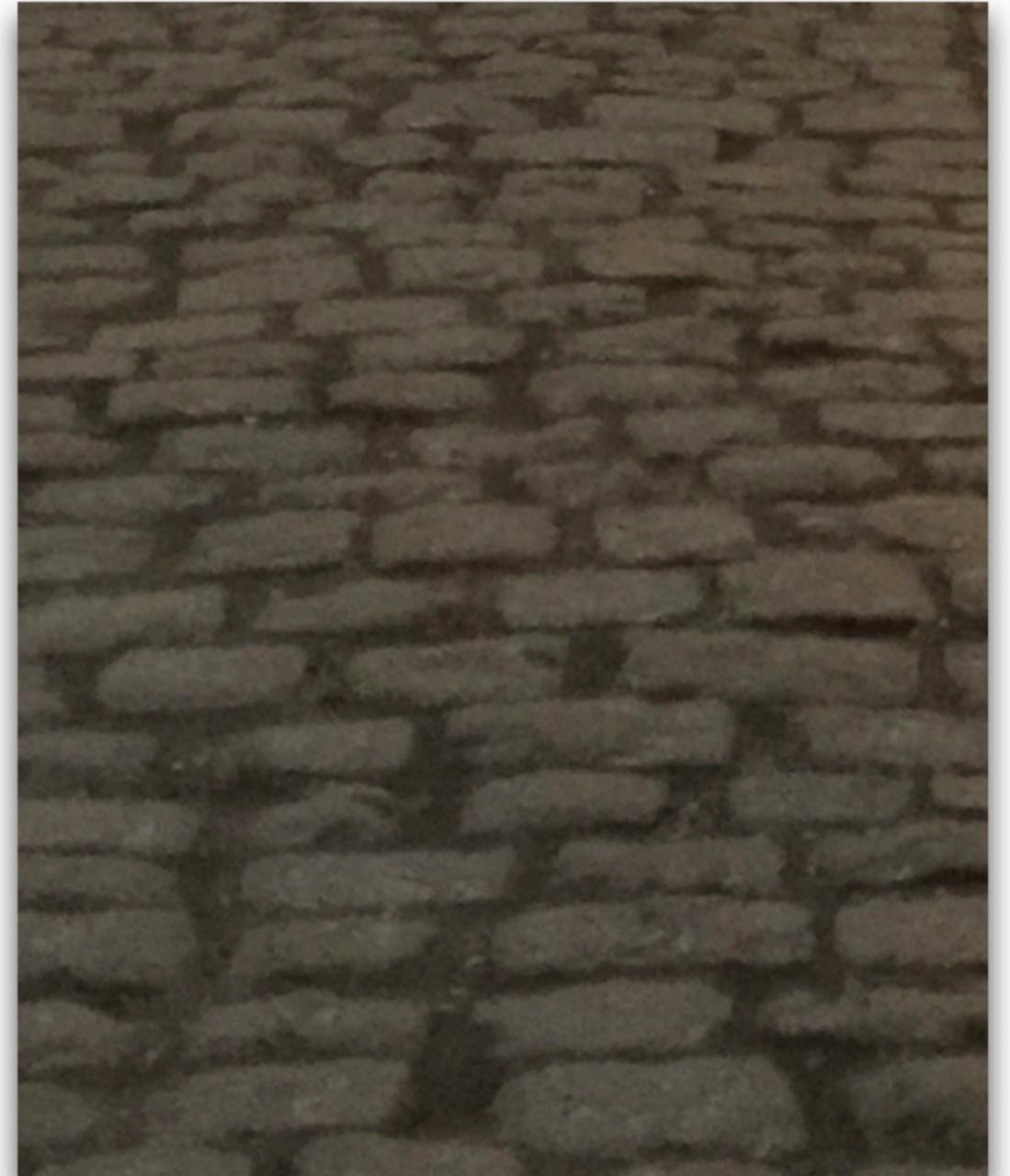
“See, I lay a stone in Zion,
a chosen and precious cornerstone,
and the one who trusts in him
will never be put to shame.”

Now to you who believe, this stone is precious. But to those who do not believe,

“The stone the builders rejected
has become the cornerstone,” and,
“A stone that causes people to stumble
and a rock that makes them fall.”

They stumble because they disobey the message—which is also what they were destined for.

- Read these words from 1 Peter 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.
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Day 6: 2 Peter 1

His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires. For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.

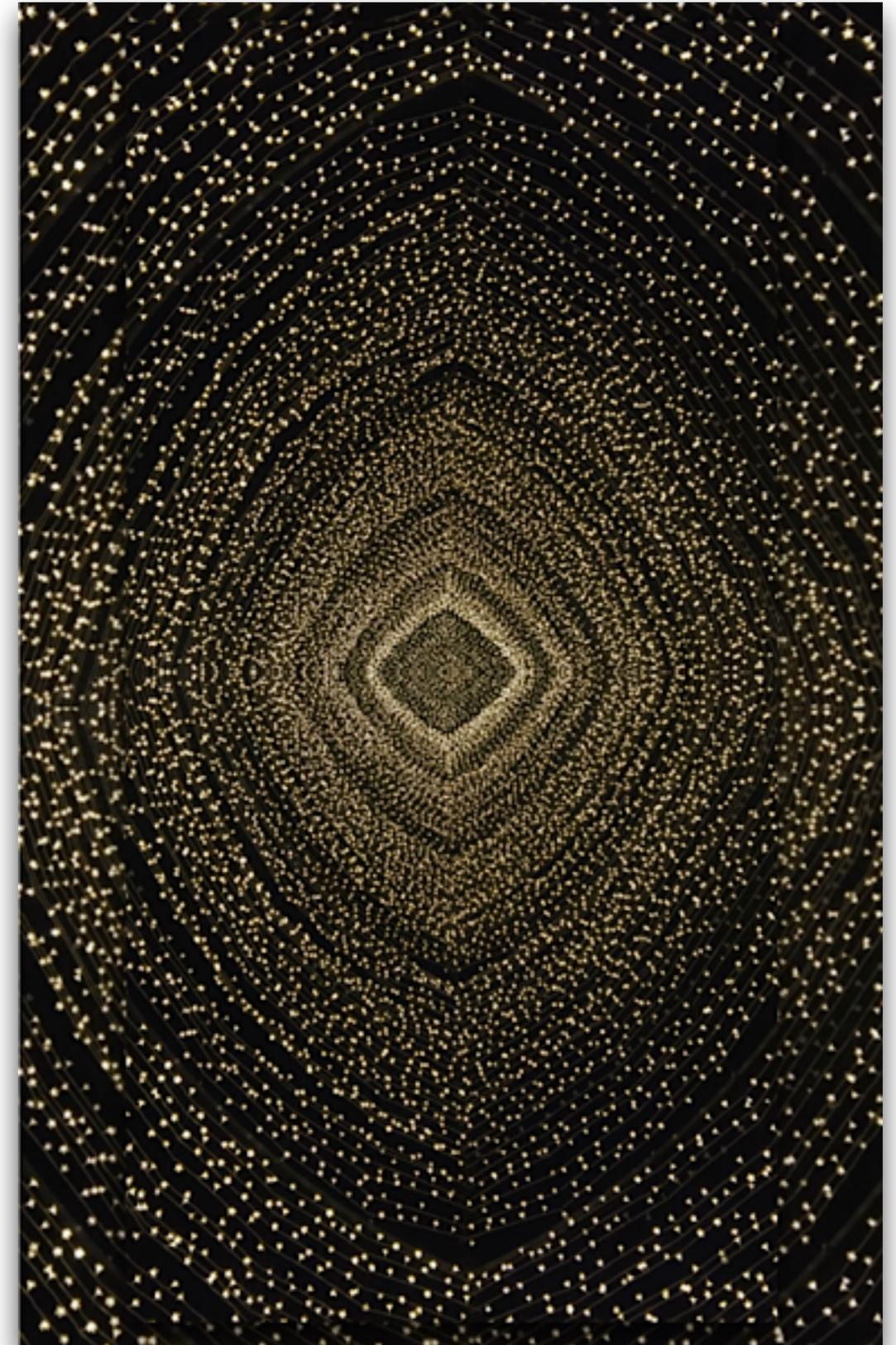
- Read these words from 2 Peter 1.
 - What words or phrases strike you?
- Read these words again slowly.
 - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- What thoughts, feelings and images have emerged?
- How has the Spirit been at work as you have prayed?
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Day 7: 2 Peter 3

But do not forget this one thing, dear friends: With the Lord a day is like a thousand years, and a thousand years are like a day. The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.

- Read these words from 2 Peter 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.
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• You might like to listen to this music by Paul Field:

• Day 1: To everything there is a season

• Day 2: All things new

• Day 3: Prayer

• Day 4: God of the moon and stars

• Day 5: Go peaceful

• Day 6: Stony Ground

• Day 7: Make a difference



Psalm 34

I will extol the Lord at all times;

his praise will always be on my lips.

I will glory in the Lord;

let the afflicted hear and rejoice.

Glorify the Lord with me;

let us exalt his name together.

I sought the Lord, and he answered me;

he delivered me from all my fears.

Those who look to him are radiant;

their faces are never covered with shame.

This poor man called, and the Lord heard him;

he saved him out of all his troubles.

The angel of the Lord encamps around those who fear him,

and he delivers them.

Taste and see that the Lord is good;

blessed is the one who takes refuge in him.

Fear the Lord, you his holy people,

for those who fear him lack nothing.

The lions may grow weak and hungry,

but those who seek the Lord lack no good thing.

Come, my children, listen to me;

I will teach you the fear of the Lord.



Whoever of you loves life
and desires to see many good days,

keep your tongue from evil
and your lips from telling lies.

Turn from evil and do good;
seek peace and pursue it.

The eyes of the Lord are on the righteous,
and his ears are attentive to their cry;
but the face of the Lord is against those who do evil,
to blot out their name from the earth.

The righteous cry out, and the Lord hears them;
he delivers them from all their troubles.

The Lord is close to the brokenhearted
and saves those who are crushed in spirit.

The righteous person may have many troubles,
but the Lord delivers him from them all;

he protects all his bones,
not one of them will be broken.

Evil will slay the wicked;
the foes of the righteous will be condemned

The Lord will rescue his servants;
no one who takes refuge in him will be condemned.

Proverbs 23:15-16

My son, if your heart is wise,
then my heart will be glad indeed;
my inmost being will rejoice
when your lips speak what is right.



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.



He said not 'Thou shalt not be tempested, thou shalt not be travailed, thou shalt not be dis-eased'; but he said, 'Thou shalt not be overcome.'

Julian of Norwich



Footsteps in Prayer

A journey through the Bible

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

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

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

