

Journey with Jesus

Praying through the Gospel of John

Week 1



- 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.
- As you do, turn your eyes towards Jesus.
- Ask for the grace of his peace and stillness within.
- You might like to listen to Hillsong sing Turn Your Eyes Upon Jesus.
- You might like to listen to Kari Jobe sing God of Miracles.
- You might like to listen to Satie's Gymnopedie no 2.



➤ You might like to listen to:

➤ Day 1: In the beginning by Joel Payne then click here.

➤ Day 2: You are the light of the world sung by Michael Card then click here.

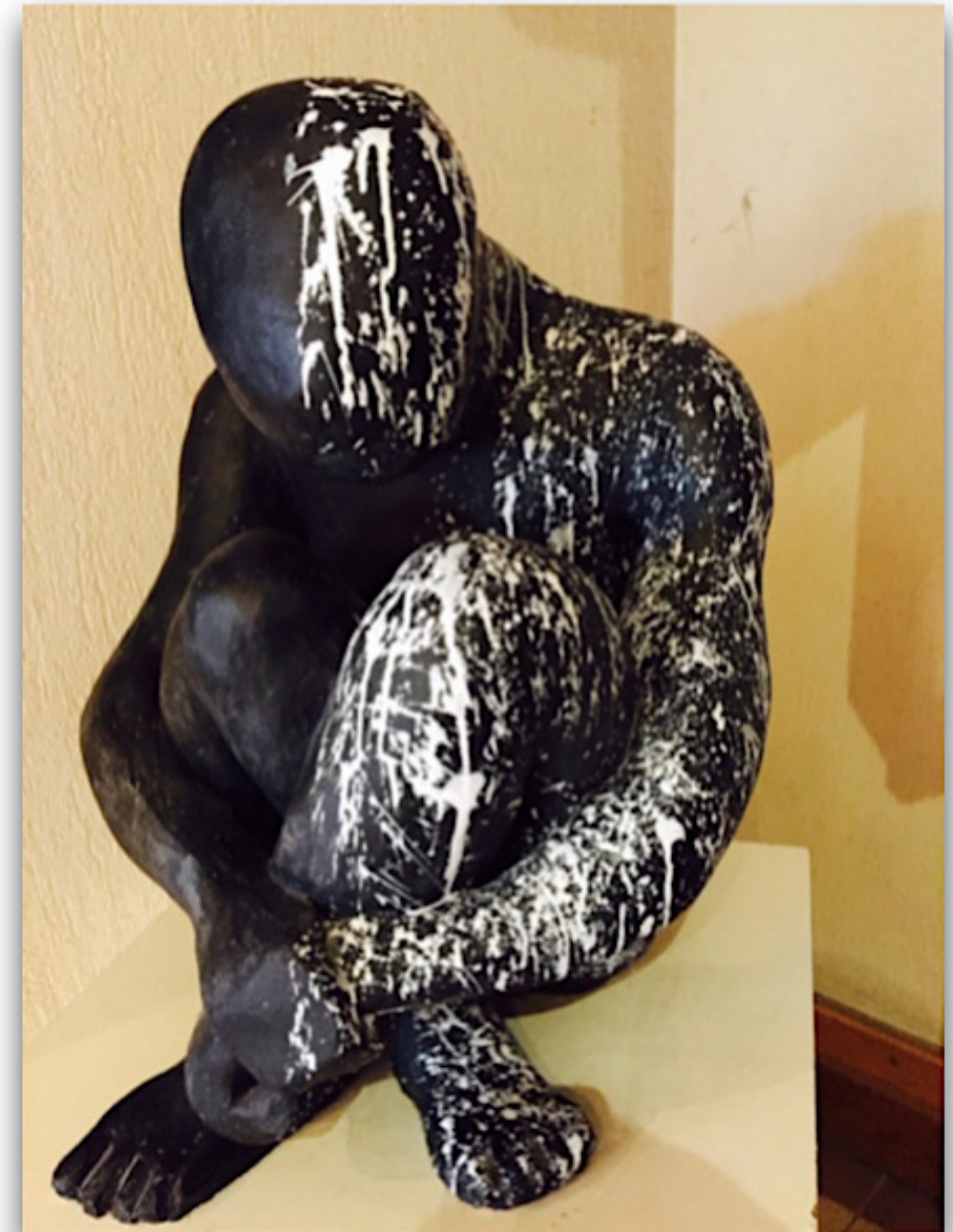
➤ Day 3: In the shadow of his wings then click here.

➤ Day 4: Provider sung by Urban Rescue then click here.

➤ Day 5: Chris Tomlinson sing Jesus then click here.

➤ Day 6: Unveil my eyes sung by Salt of the Sound then click here.

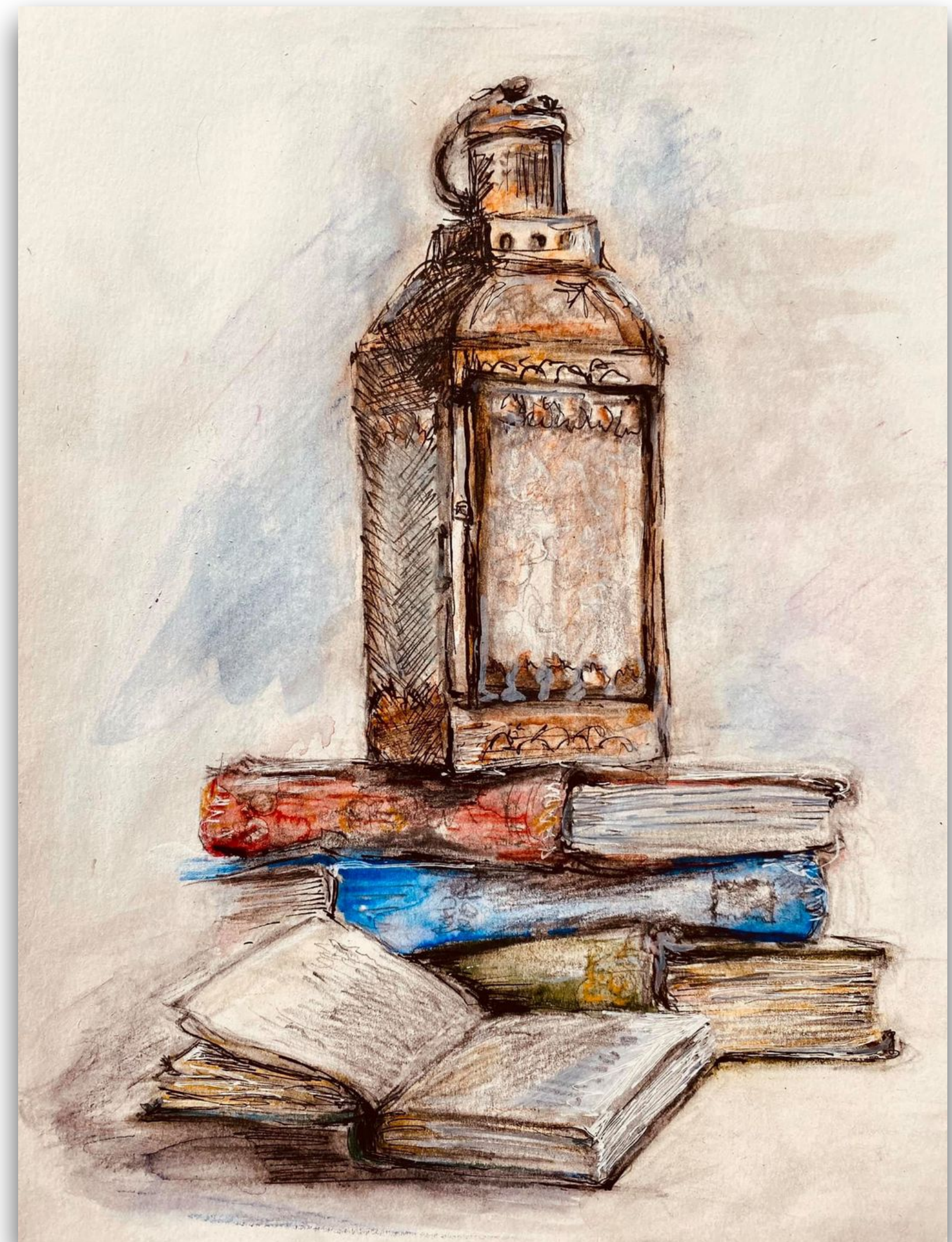
➤ Day 7: Light of the World sung by Lauren Daigle then click here.



Day 1: John 1:1-5

In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it.

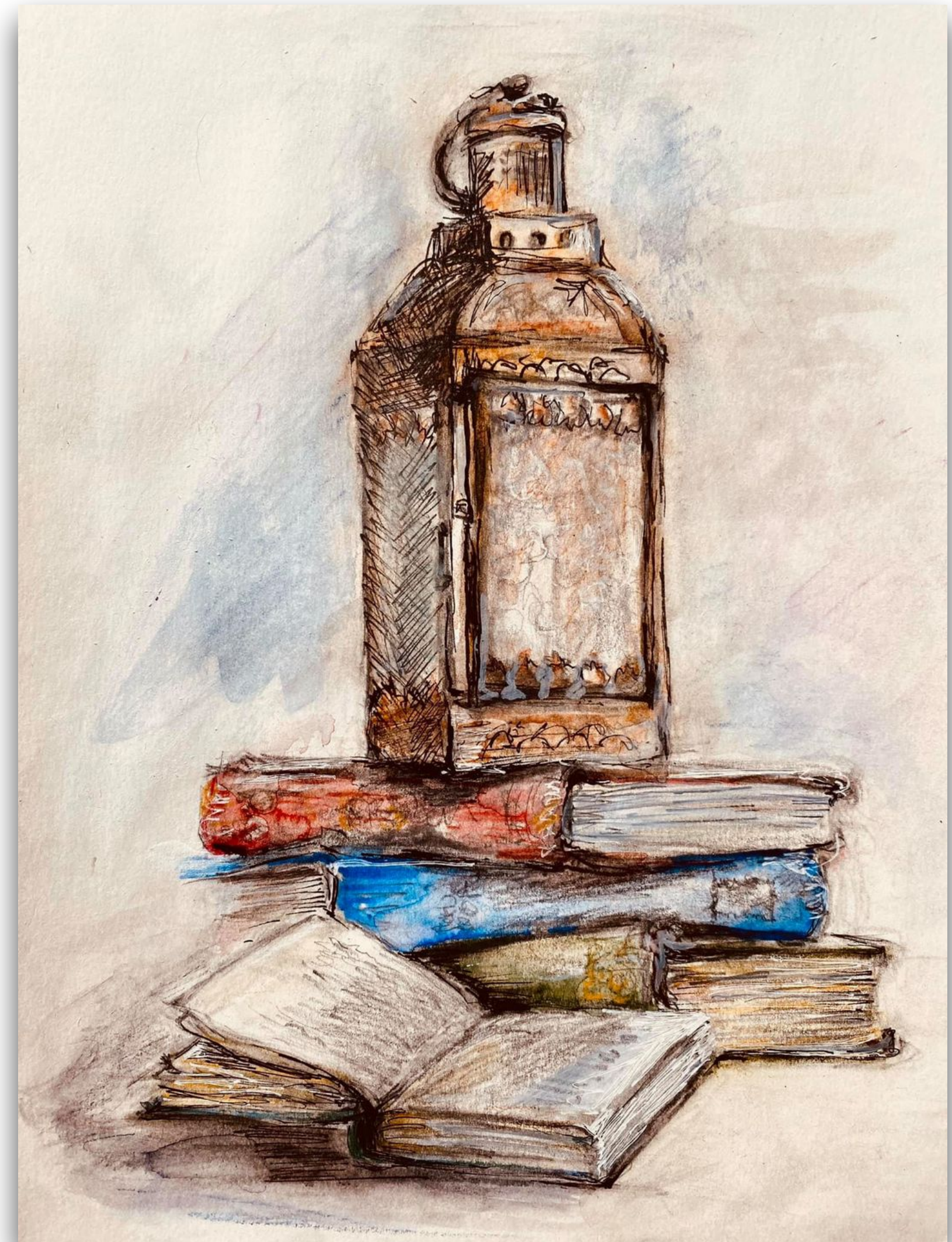
- Read this passage from John 1.
 - What words or phrases strike you?
- Read these words again slowly.
 - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- What thoughts, feelings and images have emerged in this time of prayer?
- How has the Spirit been 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: John 1:6-8

There was a man sent from God whose name was John. He came as a witness to testify concerning that light, so that through him all might believe. He himself was not the light; he came only as a witness to the light.

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Day 3: John 1:9-13

The true light that gives light to everyone was coming into the world. He was in the world, and though the world was made through him, the world did not recognise him. He came to that which was his own, but his own did not receive him. Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God — children born not of natural descent, nor of human decision or a husband's will, but born of God.

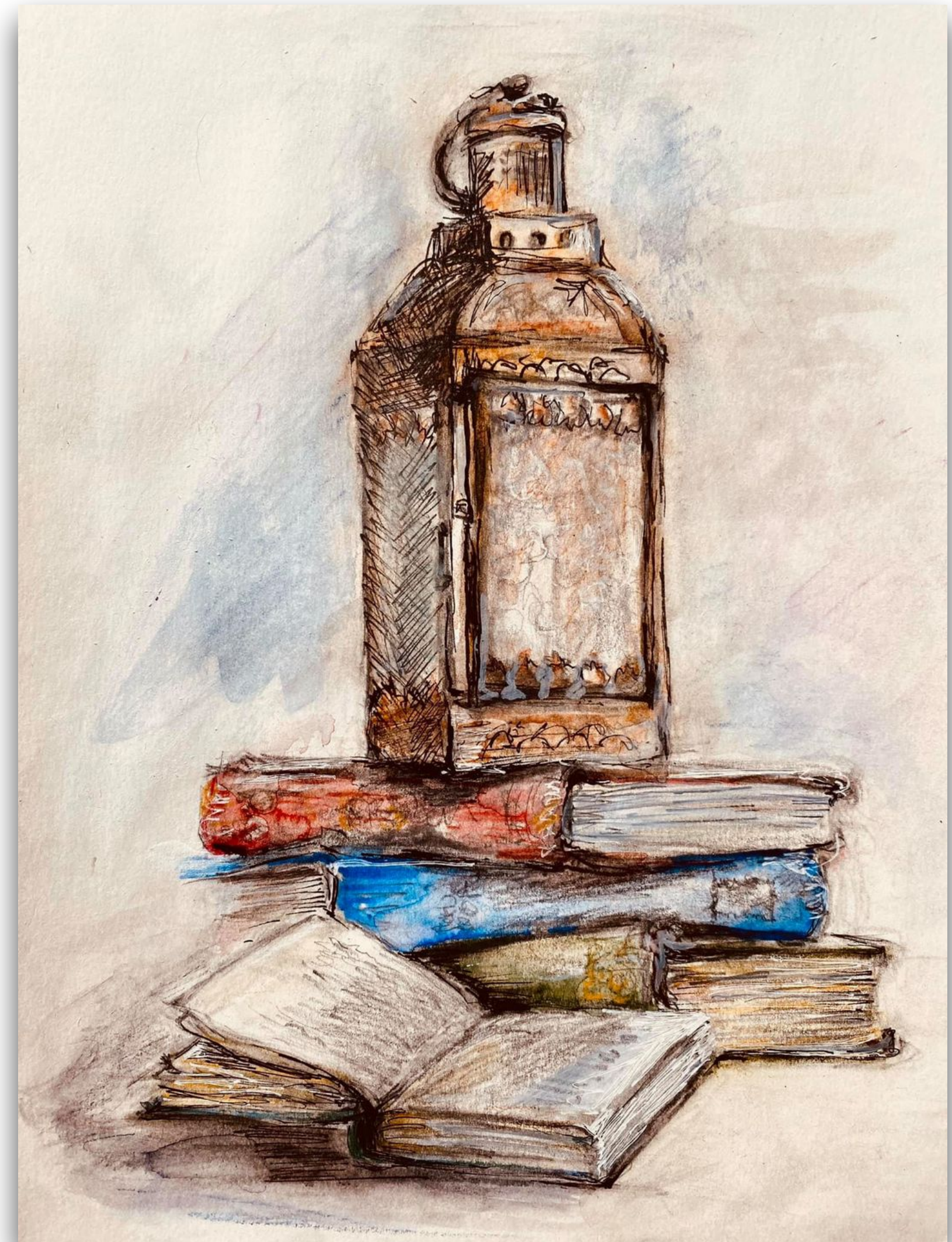
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Day 4: John 1:14-15

The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth. (John testified concerning him. He cried out, saying, “This is the one I spoke about when I said, ‘He who comes after me has surpassed me because he was before me.’”)

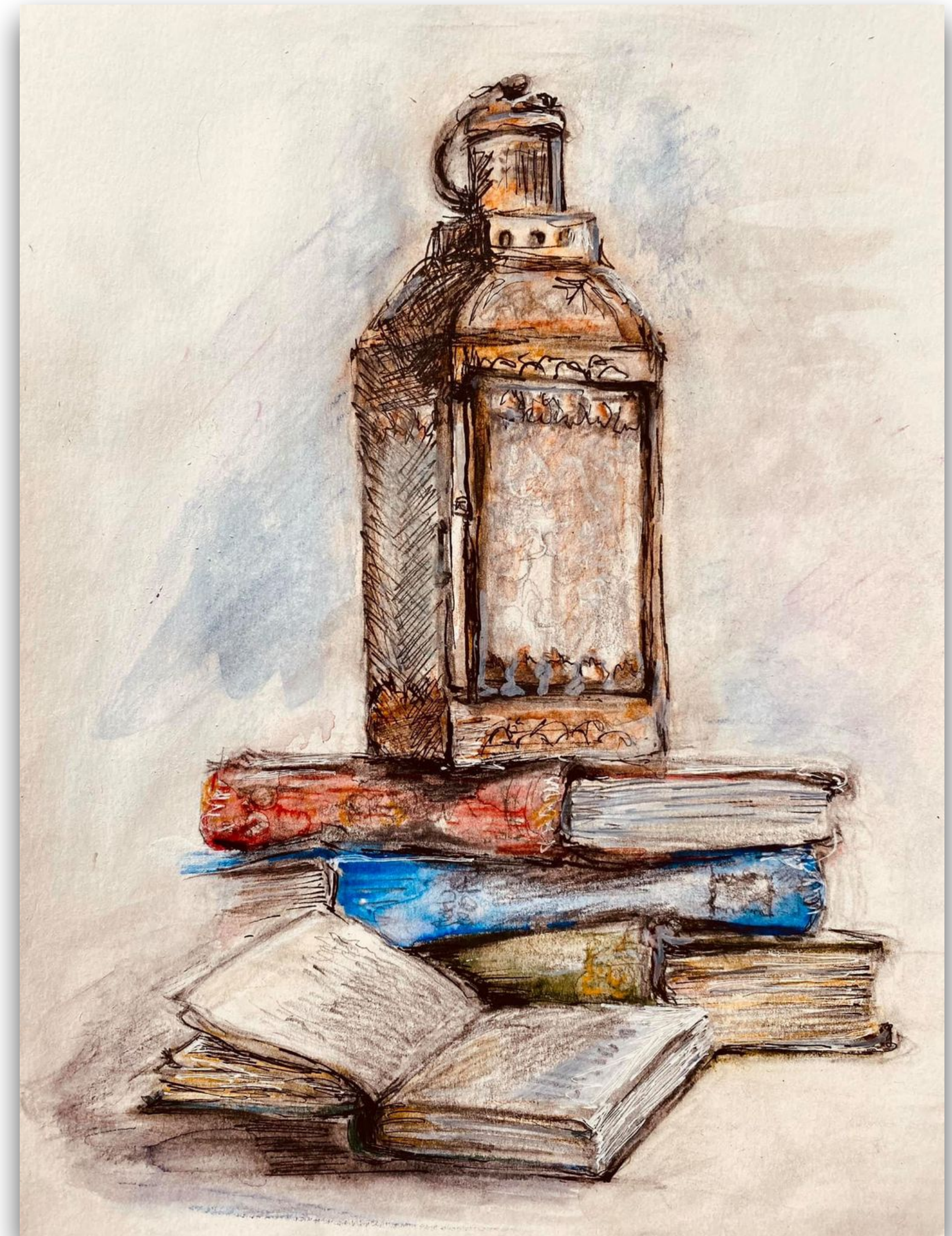
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Day 5: John 1:16-18

Out of his fullness we have all received grace in place of grace already given. For the law was given through Moses; grace and truth came through Jesus Christ. No one has ever seen God, but the one and only Son, who is himself God and is in closest relationship with the Father, has made him known.

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Day 6: John 1:19-23

Now this was John's testimony when the Jewish leaders in Jerusalem sent priests and Levites to ask him who he was. He did not fail to confess, but confessed freely, "I am not the Messiah." They asked him, "Then who are you? Are you Elijah?" He said, "I am not." "Are you the Prophet?" He answered, "No." Finally they said, "Who are you? Give us an answer to take back to those who sent us. What do you say about yourself?" John replied in the words of Isaiah the prophet, "I am the voice of one calling in the wilderness, 'Make straight the way for the Lord.'"

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Day 7: John 1:24-28

Now the Pharisees who had been sent questioned him, “Why then do you baptise if you are not the Messiah, nor Elijah, nor the Prophet?” “I baptise with water,” John replied, “but among you stands one you do not know. He is the one who comes after me, the straps of whose sandals I am not worthy to untie.” This all happened at Bethany on the other side of the Jordan, where John was baptising.

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➤ You might like to listen to:

- Day 1: Light of the World sung by We the Kingdom
- Day 2: O Come, O Come Emmanuel played by The Piano Guys
- Day 3: Beautiful beyond description sung by Soul Survivor
- Day 4: The Lord's Prayer sung by Josh Henn
- Day 5: The Lord is my Light and my Salvation played by Lucy Bunce
- Day 6: How Great Thou Art sung by Josh Henn
- Day 7: Hymn to John the Baptist sung by Donna Stewart.



In the presence of the light by Kate Austin. Used with permission.

Creative prayer

But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. 1 John 1:7

You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. Matthew 5:14-16

- Take an unlit tea light and hold it.
- Ponder the words from 1 John 1:7 and Matthew 5:14-16
 - What is it like to walk in darkness? What is it like to be dark within?
- Now light the candle.
- What is it like to walk in the light of Christ?
 - You might like to ask God for the grace to walk more fully in his light.
- What is it like to have the light of Christ within?
 - You might like to ask God for the grace to have his light shine more brightly within you.



I am the light of the world

I see your world in light that shines behind me,
Lit by a sun whose rays I cannot see,
The smallest gleam of light still seems to find me
Or find the child who's hiding deep inside me.
I see your light reflected in the water,
Or kindled suddenly in someone's eyes,
It shimmers through the living leaves of summer,
Or spills from silver veins in leaden skies,
It gathers in the candles at our vespers
It concentrates in tiny drops of dew
At times it sings for joy, at times it whispers,
But all the time it calls me back to you.
I follow you upstream through this dark night
My saviour, source, and spring, my life and light.

Malcolm Guite - used with the poet's permission

Click on the title of this sonnet to listen to the author read these words.



Textile art by Jane Allan. Used with permission.

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

