

Journey with Jesus

Praying through the Gospel of Mark

Station 18 - they all ate and were satisfied



Lord, help me enter into that peace
which consists in
having put my life in your hands.

Carlo Maria Martini SJ



Photograph by Sister Liz CSF
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- Find a place to sit quietly.
- Sit in a relaxed position
 - Become aware of your feet on the floor.
 - Notice your legs. Tense and relax your muscles. In the same way notice the rest of your body, bit by bit. Tense and relax.
 - Lastly focus on your face and head muscles. Tense and relax.
 - Scan your body.
 - Notice any points of remaining tension. Tense and relax.
 - Let any remaining tension go.
 - Come to a place of rest.
- Be aware of God's loving eyes watching over you.
- As we Journey with Jesus ask God for the grace to notice his presence with you in all things.



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- You might like to listen to this version of The Lord's Prayer sung in Aramaic.
- Give us this day our daily bread.



Read this passage from Mark chapter 6. What words or phrases strike you?

Then Jesus directed them to have all the people sit down in groups on the green grass. So they sat down in groups of hundreds and fifties. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to his disciples to distribute to the people. He also divided the two fish among them all. They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces of bread and fish. The number of the men who had eaten was five thousand.



Read these words from Mark chapter 6 again slowly.
Stay with one of the words or phrases that catches you and hold it in the stillness before God.

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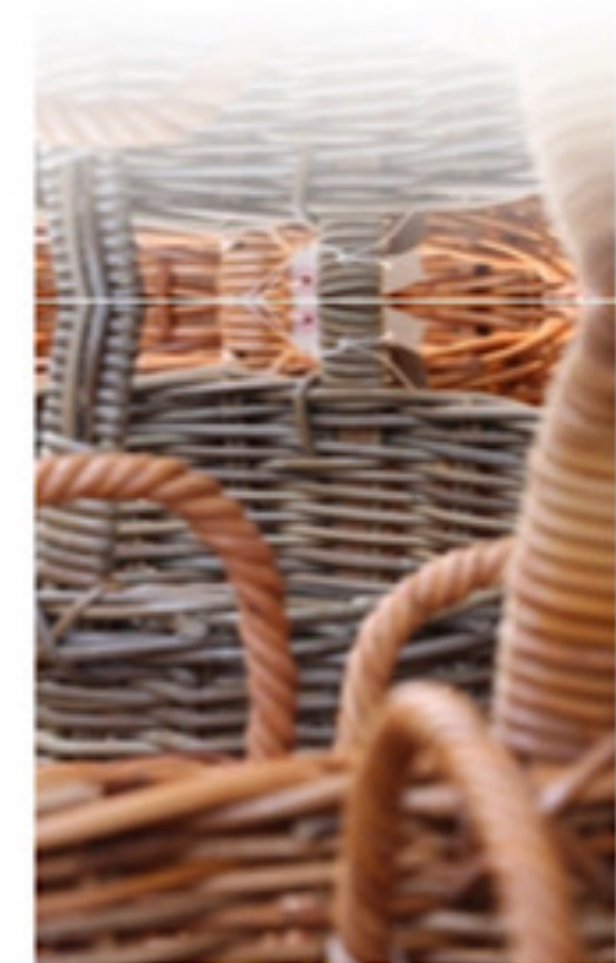
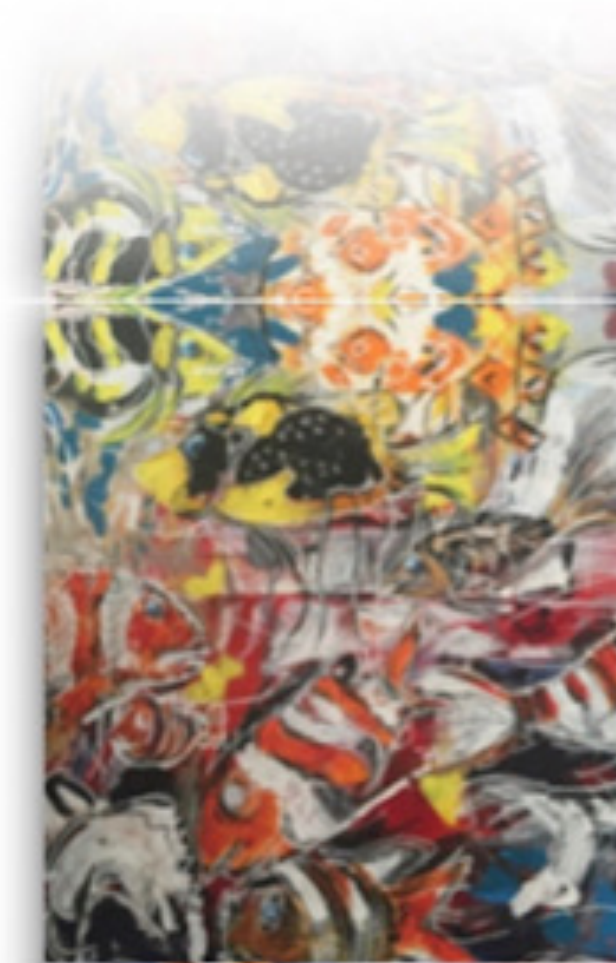
What thoughts, feelings and images have emerged in this time of prayer?

How has the Spirit been at work in your heart as you have prayed?

How has God fed and satisfied you today?

What are the left over pieces of bread and fish to be gathered in to the baskets?

You might like to jot down what has emerged from your prayer time in a journal.



- You might like to listen to this version of The Lord's Prayer sung by Andrea Bocelli.
- Give us this day our daily bread.



Making flat bread

➤ You will need

- A cup of yoghurt
- A cup of plain flour
- Two teaspoons of baking powder

➤ Method

- Mix the flour and the baking powder
 - Add enough yoghurt until you have a firm ball of dough
 - Divide this ball into seven pieces - seven days in a week
 - Roll each piece into a seven inch circle
 - Brush one side of the dough with olive oil or melted butter
 - Allow bread to toast for two to three minutes on each side
 - Stack on a plate to keep warm
 - Use within three days and reheat before eating
- As you made these what did you notice?
- What **miracles were unmasked in the mundane?** (Gerard Kelly Twitturgies <https://bit.ly/35vxldw>)
 - How do you want to respond in praise?

Creative prayer



Journey with Jesus

A series of prayer stations
based on the gospel of Mark.



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