

Journey with Jesus

Praying through the Gospel of Mark

Station 12 - nothing hidden



The light shines in the darkness,
and the darkness has not overcome it.

John 1: 5

As we come to our time of prayer today you might like to listen to this
version of [Come Holy Ghost, our souls inspire.](#)

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- Find a place to sit quietly
- You may like to spend some time just listening to the sounds around you
- Focus on these sounds, one by one
- Now focus on the sound within you, your breathing, your heart beat, your thoughts
- Let yourself 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 see him more clearly



Read this passage from Mark chapter 4. What words or phrases strike you?

He said to them, “Do you bring in a lamp to put it under a bowl or a bed? Instead, don’t you put it on its stand? For whatever is hidden is meant to be disclosed, and whatever is concealed is meant to be brought out into the open. If anyone has ears to hear, let them hear.”



Read these words from Mark chapter 4 again slowly.
Stay with one of the words or phrases that catches you and hold it in the stillness before God.

He said to them, “Do you bring in a lamp to put it under a bowl or a bed? Instead, don’t you put it on its stand? For whatever is hidden is meant to be disclosed, and whatever is concealed is meant to be brought out into the open. If anyone has ears to hear, let them hear.”



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?

What has God opened your eyes to?

What has God opened your ears to?

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

After this you might like to listen to *The Spheres* composed by Ola Gjeilo, based on the Latin text Kyrie Elieson, Lord have mercy.



The Chinese Character for LISTEN

Creative prayer

- Make your own prayer station
 - Identify a small space in your home for creating the prayer station.
 - Find a scarf or piece of card or material to act as the base.
 - Find some 'stuff' that captures what God has been talking to you about today.
 - Place these on the base.
 - Find a tea light and holder or a battery operated tea light or some Christmas lights to place on the base - attending to issues of safety.
 - Write the words from Mark onto a piece of paper and place on the prayer station.
 - As you light the candle or put on the lights, remind yourself of what your eyes, ears and heart heard today.



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



Thanks to Adrian Chatfield for the photograph of The Way of Life taken at Ely Cathedral.