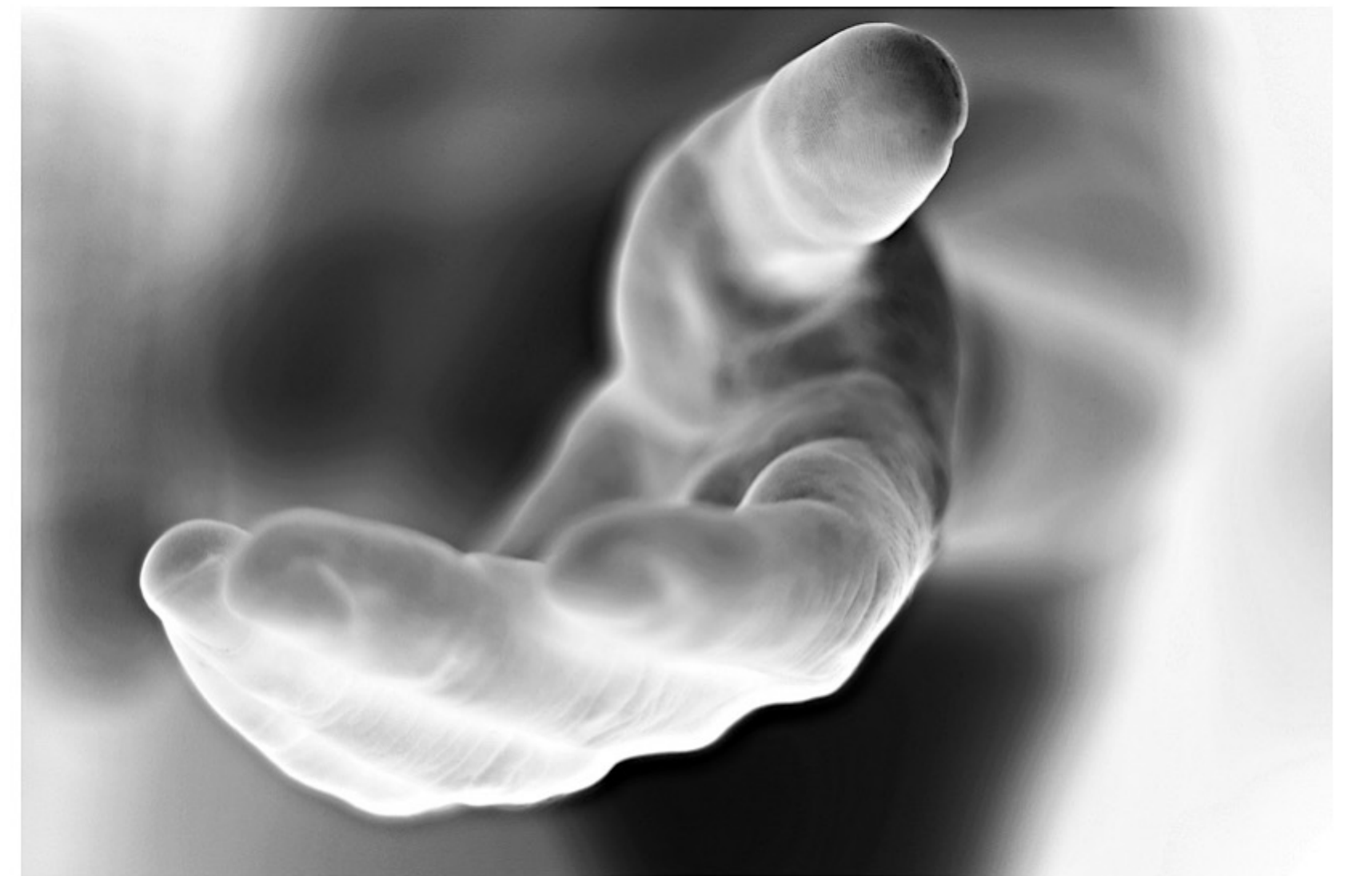


Journey with Jesus

Praying through the Gospel of Mark

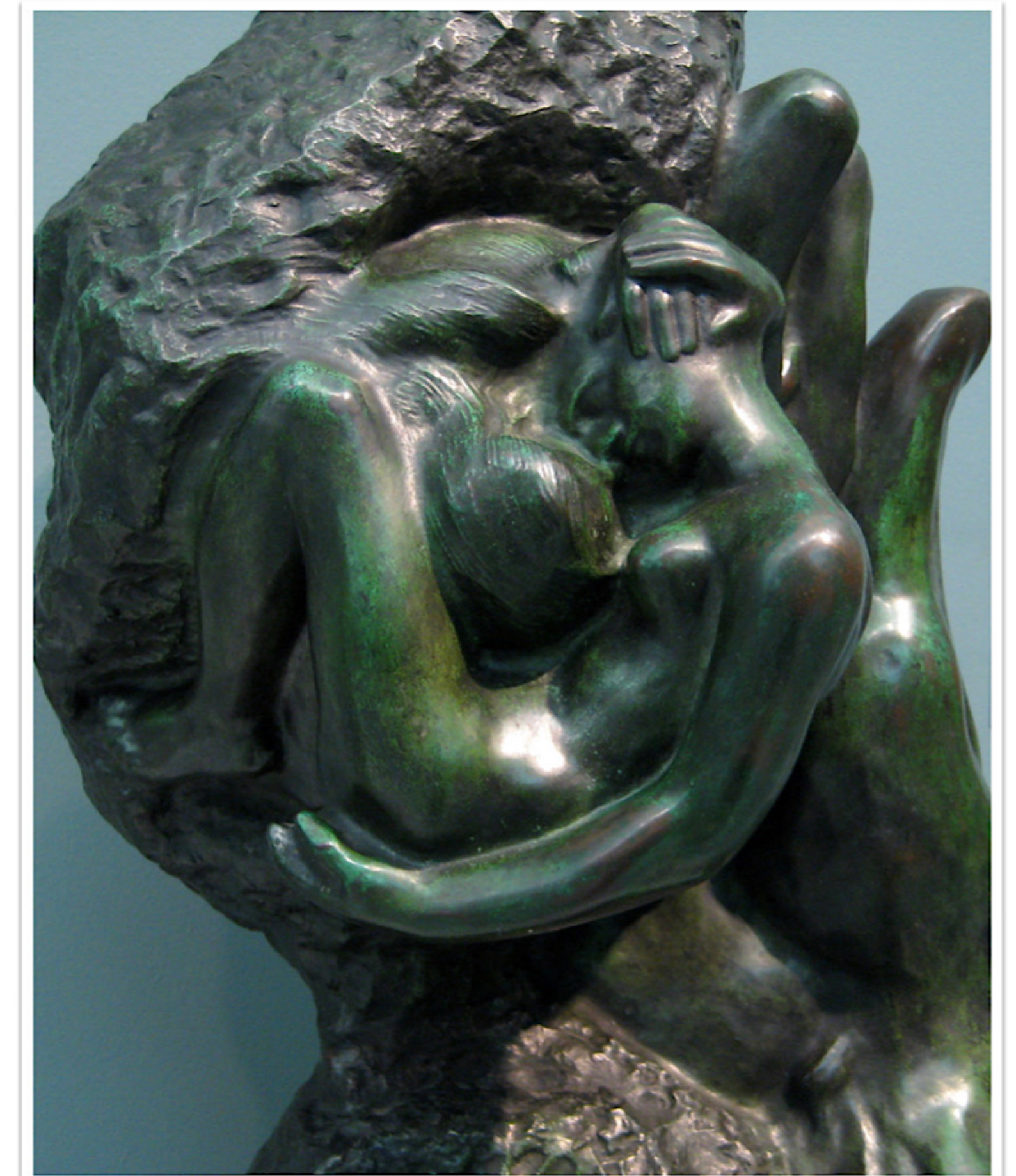
Station 4 - He took her hand



I was in the world like a blind man,
like an atheist,
ignorant of my God,
but you yourself had pity on me
and turned me back to yourself.

You caused your light to shine
so brightly in my darkness,
and called me back to you, my Maker.

Symeon the New Theologian
Hymns of Divine Love
<https://bit.ly/3cppUqm>



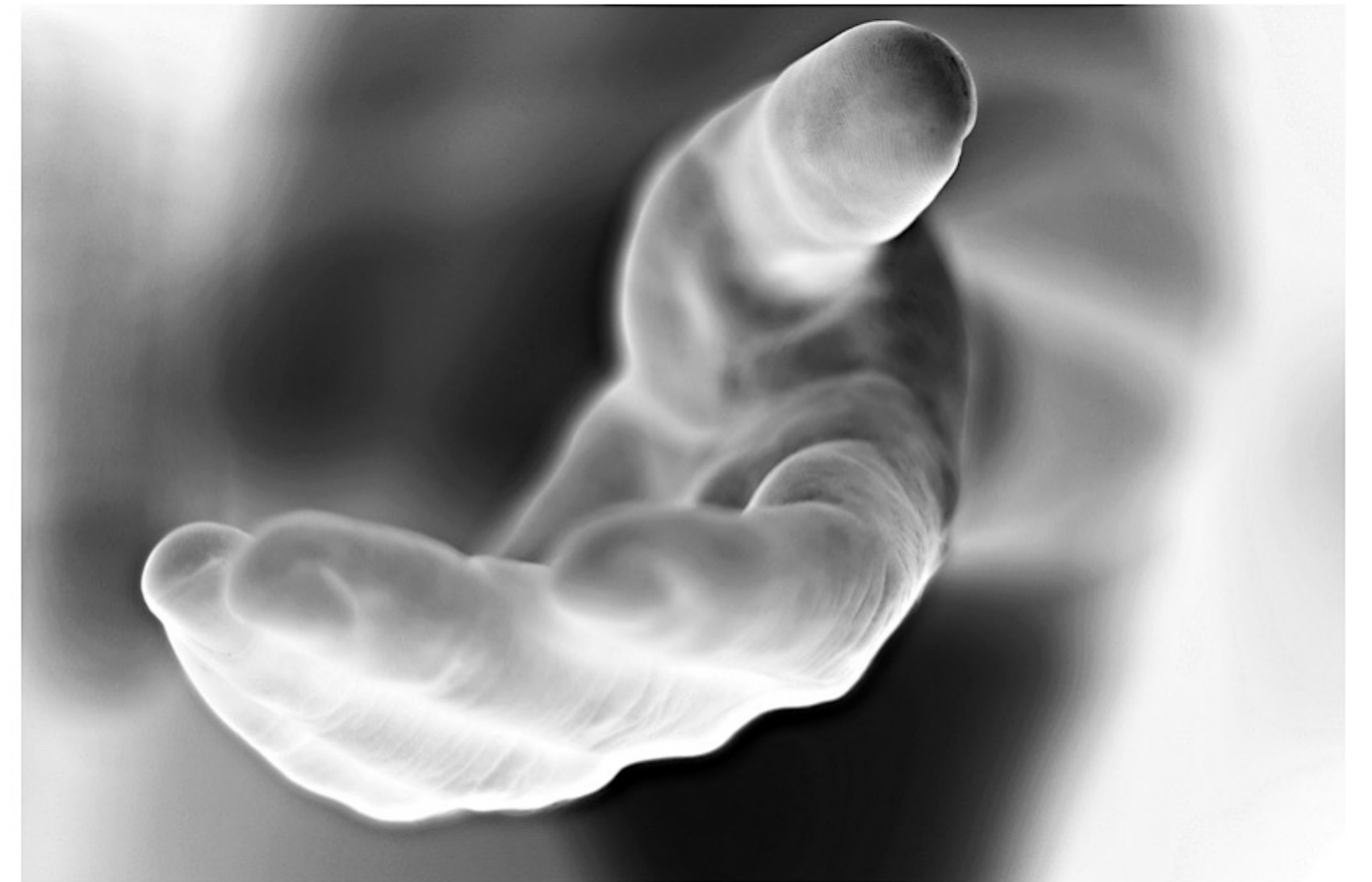
The Hand of God by Rodin
<https://bit.ly/2yIfIk0>
<https://creativecommons.org/licenses/by-nc-sa/2.0/>

- Find a place to sit quietly
- You may like to light a candle
- Be aware of our creator God's loving eyes watching over you
- As we Journey with Jesus ask God for the grace, rooted in the Song of Songs:
 - *Give me the desire to desire you*
- As you do you might like to listen to this piece of music by Einaudi, taken from his album Seven Days Walking // Day 4



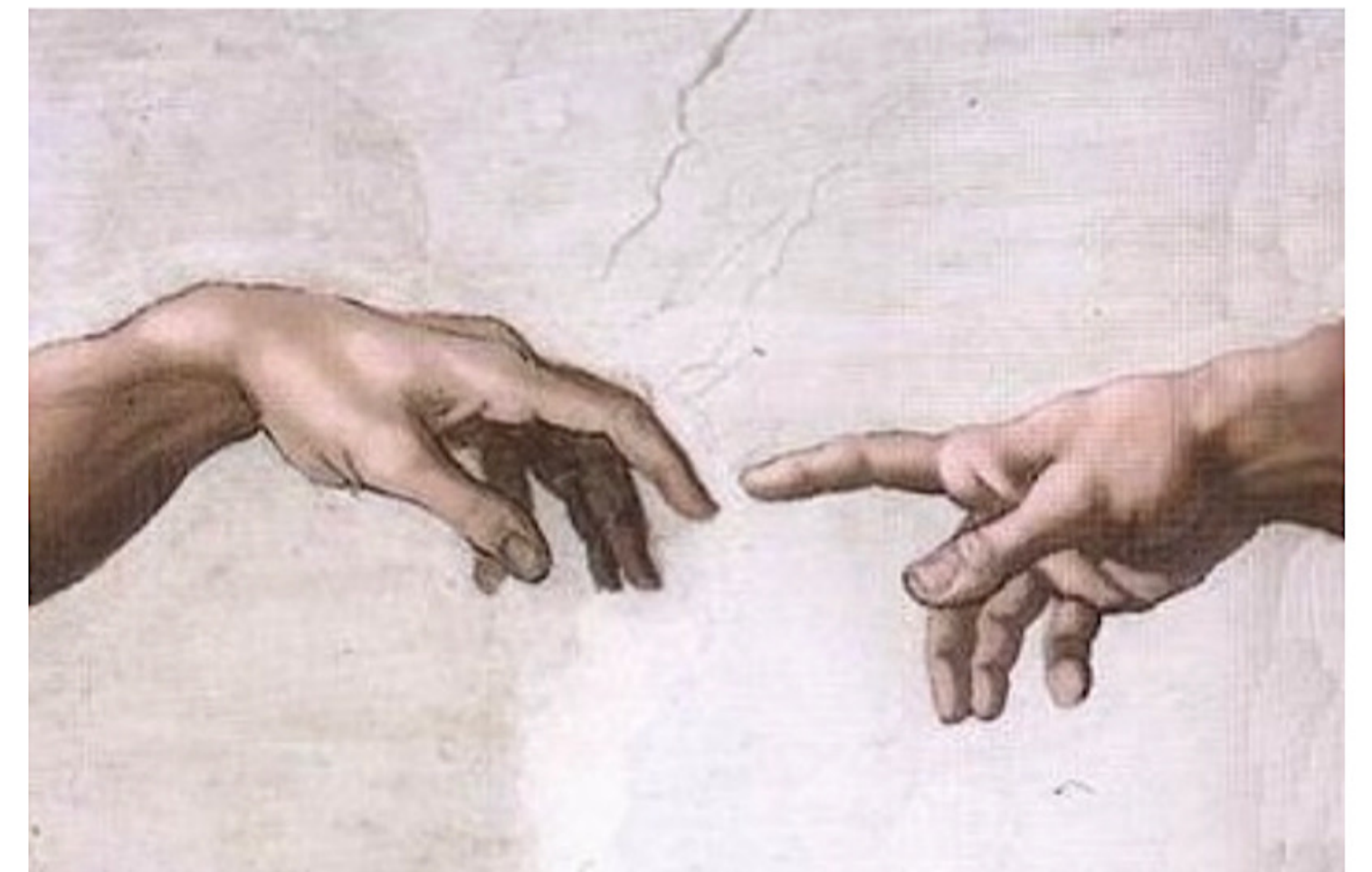
Read this passage from Mark chapter 1. What words or phrases strike you?

As soon as they left the synagogue, they went with James and John to the home of Simon and Andrew. Simon's mother-in-law was in bed with a fever, and they immediately told Jesus about her. So he went to her, took her hand and helped her up. The fever left her and she began to wait on them.



Read these words from Mark chapter 1 again slowly.
Stay with one of the words or phrases that catches you and hold it in the stillness before God

As soon as they left the synagogue, they went with James and John to the home of Simon and Andrew. Simon's mother-in-law was in bed with a fever, and they immediately told Jesus about her. So he went to her, took her hand and helped her up. The fever left her and she began to wait on them.



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 taken your hand and helped you?

How does he want to help and heal you now?

Open your hands to receive his help and healing.



1

Praise the Lord, my soul;
all my inmost being, praise his holy name.
Praise the Lord, my soul,
and forget not all his benefits—
who forgives all your sins
and heals all your diseases,
who redeems your life from the pit
and crowns you with love and compassion,
who satisfies your desires with good things
so that your youth is renewed like the eagle's.



Creative prayer

- Sit down and look at your hands
 - What do you notice?
 - What stories do they tell of your life?
 - How have your hands held and been held by others?
- Draw around each hand in turn
- Take time to colour and fill in your hands in a way that expresses your thoughts and feelings.
- Spend some time looking at what you have drawn.
- As you look, listen,
 - What is God revealing to you about himself, about you and about others?



Creative prayer

- As you finish you might like to reflect on this poem by Teresa of Avila
- As you do you might to listen to this version of Spem In Alium by Thomas Tallis

Christ has no body now on earth but yours; no hands but yours; no feet but yours. Yours are the eyes through which the compassion of Christ must look out on the world. Yours are the feet with which He is to go about doing good. Yours are the hands with which He is to bless His people.



Journey with Jesus

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.