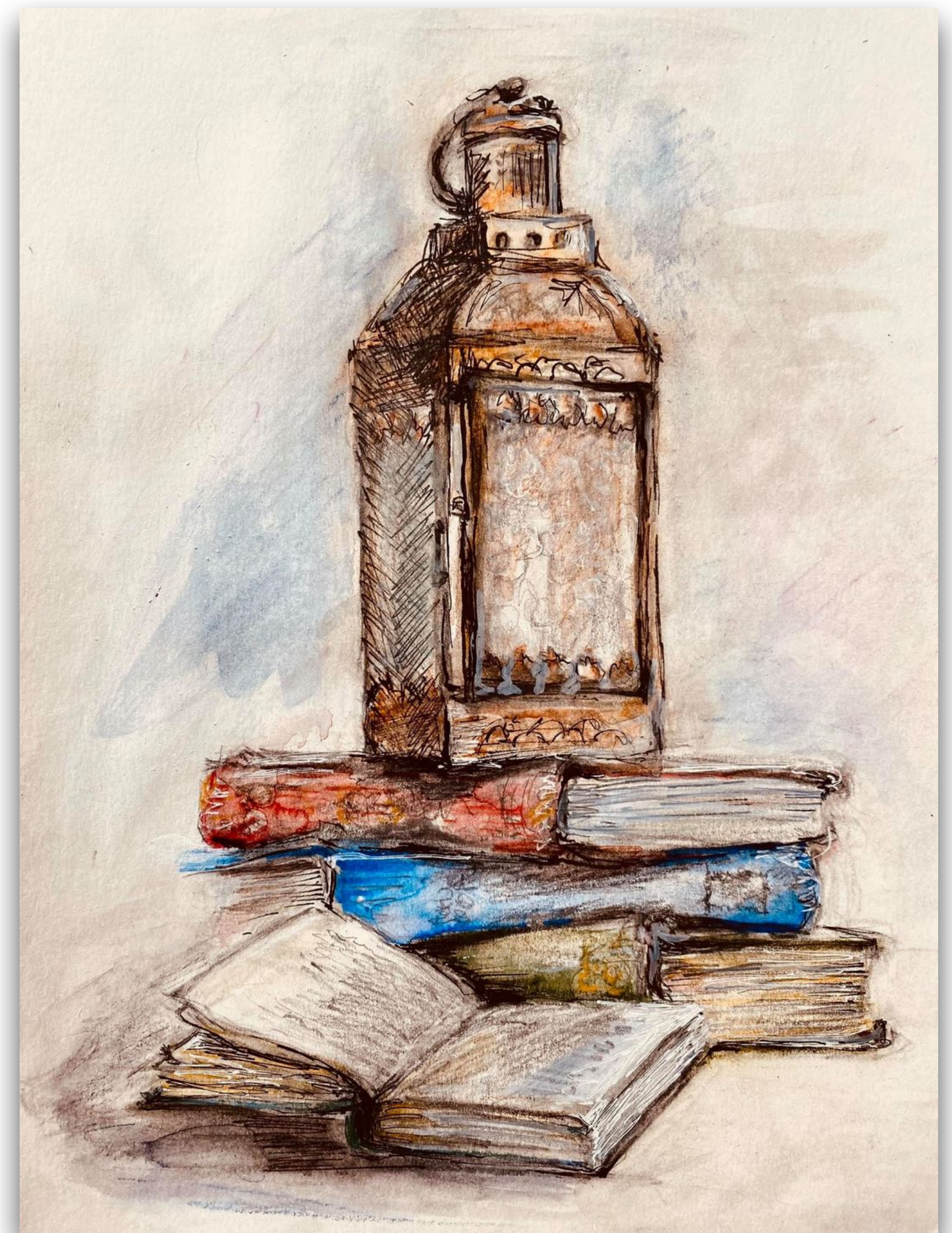


Footsteps in Prayer

A journey through the Bible

John (2)



- 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 Selah sing You are my hiding place.
- You might like to listen to the Living Stones Quartet sing Through it all or to hear Michael Card sing Forgiving Eyes.
- You might like to listen to Satie's Gymnopedie no 3.



➤ You might like to listen to:

➤ Day 1: I am the bread of life sung by the Dominicans then click [here](#).

➤ Day 2: Light of the world sung by Lauren Daigle then click [here](#).

➤ Day 3: I am the door sung by Seeds Family Worship then click [here](#).

➤ Day 4: I am the Good Shepherd sung by Fernando Ortega then click [here](#).

➤ Day 5: Rob Gardner's I am the resurrection then click [here](#).

➤ Day 6: I am the way the truth and the life then click [here](#).

➤ Day 7: I am the true vine sung by the Netherlands Chamber Orchestra then click [here](#).

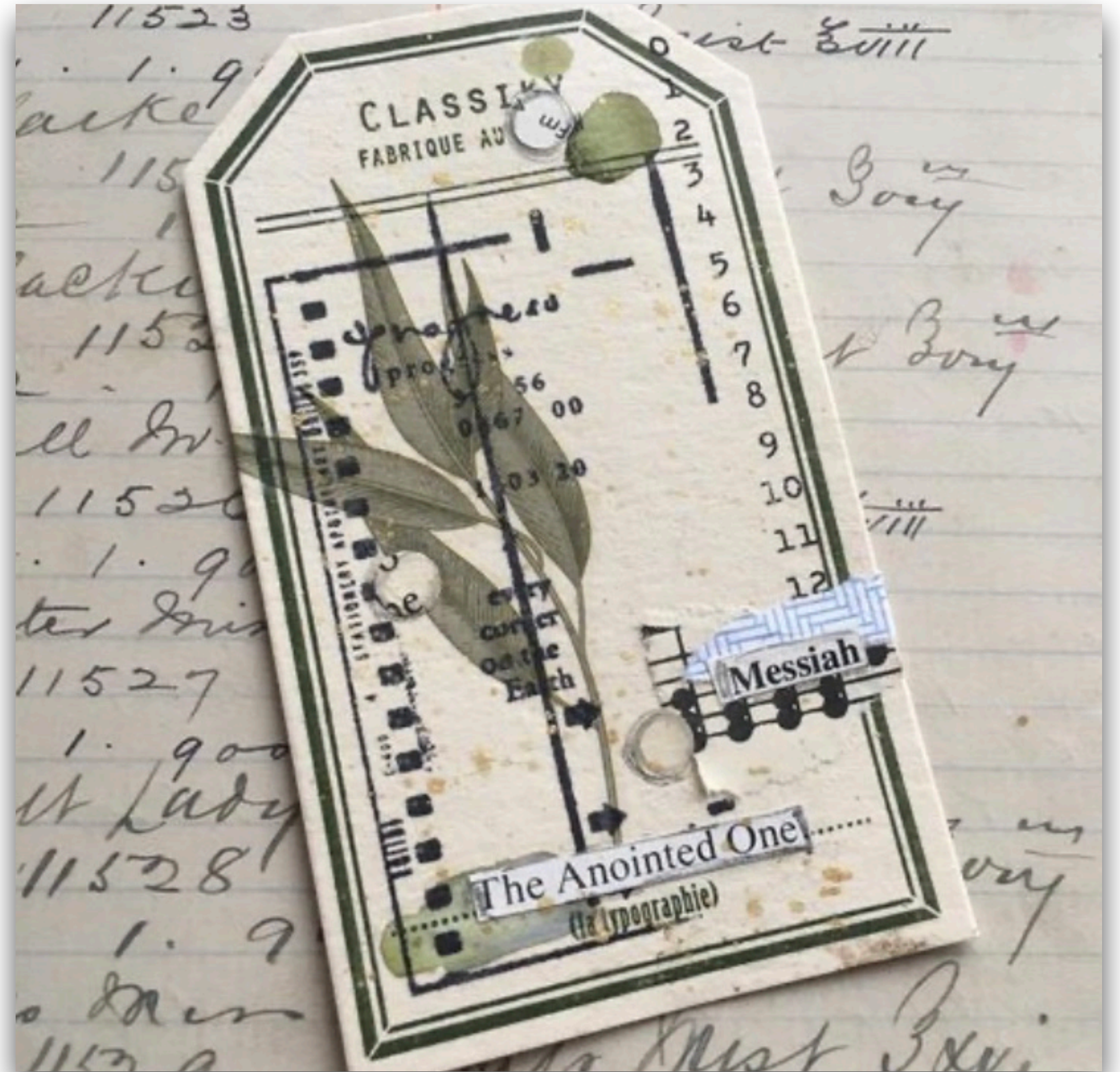


Day 1: John 6

Then Jesus said to them, “Most assuredly, I say to you, Moses did not give you the bread from heaven, but My Father gives you the true bread from heaven. For the bread of God is He who comes down from heaven and gives life to the world.” Then they said to Him, “Lord, give us this bread always.” And Jesus said to them, “**I am the bread of life.** He who comes to Me shall never hunger, and he who believes in Me shall never thirst. But I said to you that you have seen Me and yet do not believe. All that the Father gives Me will come to Me, and the one who comes to Me I will by no means cast out. For I have come down from heaven, not to do My own will, but the will of Him who sent Me. This is the will of the Father who sent Me, that of all He has given Me I should lose nothing, but should raise it up at the last day. And this is the will of Him who sent Me, that everyone who sees the Son and believes in Him may have everlasting life; and I will raise him up at the last day.”



- Read this passage from John 6.
 - What words or phrases strike you?
- Read this passage 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 8

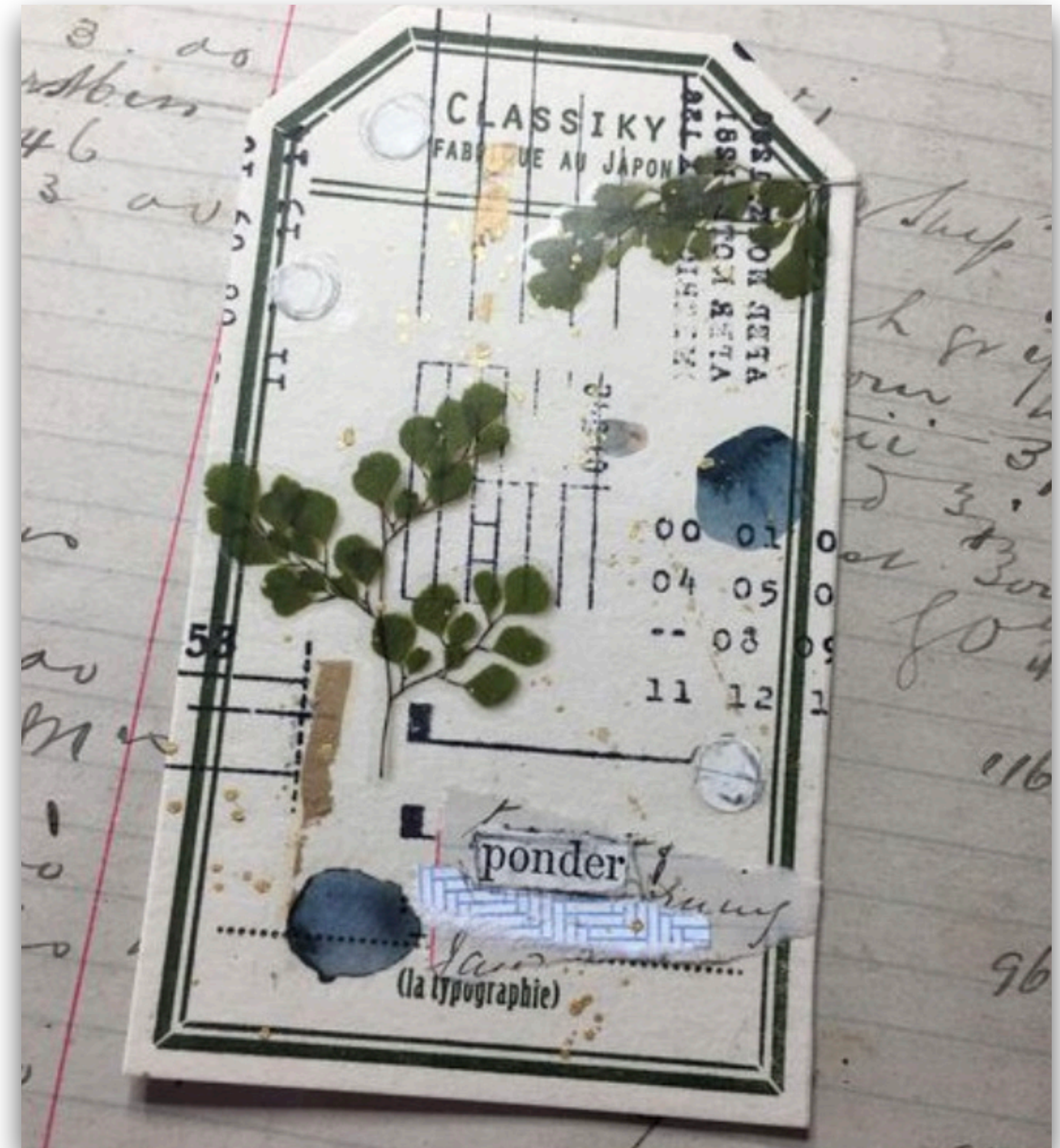
Now early in the morning He came again into the temple, and all the people came to Him; and He sat down and taught them. Then the scribes and Pharisees brought to Him a woman caught in adultery. And when they had set her in the midst, they said to Him, "Teacher, this woman was caught in adultery, in the very act. Now Moses, in the law, commanded us that such should be stoned. But what do You say?" This they said, testing Him, that they might have something of which to accuse Him. But Jesus stooped down and wrote on the ground with His finger, as though He did not hear. So when they continued asking Him, He raised Himself up and said to them, "He who is without sin among you, let him throw a stone at her first." And again He stooped down and wrote on the ground. Then those who heard it, being convicted by their conscience, went out one by one, beginning with the oldest even to the last. And Jesus was left alone, and the woman standing in the midst. When Jesus had raised Himself up and saw no one but the woman, He said to her, "Woman, where are those accusers of yours? Has no one condemned you?" She said, "No one, Lord." And Jesus said to her, "Neither do I condemn you; go and sin no more." Then Jesus spoke to them again, saying, **"I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life."**



- Read this passage from John 8.
 - What words or phrases strike you?
- Read this passage 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 3: John 10

Then Jesus said to them again, “Most assuredly, I say to you, **I am the door of the sheep**. All who ever came before Me are thieves and robbers, but the sheep did not hear them. I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture. The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.”



- Read this passage from John 10.
 - What words strike you?
- Read this passage again slowly.
 - Stay with one of the words 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 4: John 10

“I am the good shepherd. The good shepherd gives His life for the sheep. But a hireling, he who is not the shepherd, one who does not own the sheep, sees the wolf coming and leaves the sheep and flees; and the wolf catches the sheep and scatters them. The hireling flees because he is a hireling and does not care about the sheep. I am the good shepherd; and I know My sheep, and am known by My own. As the Father knows Me, even so I know the Father; and I lay down My life for the sheep. And other sheep I have which are not of this fold; them also I must bring, and they will hear My voice; and there will be one flock and one shepherd. Therefore My Father loves Me, because I lay down My life that I may take it again. No one takes it from Me, but I lay it down of Myself. I have power to lay it down, and I have power to take it again. This command I have received from My Father.”



- Read this passage from John 10.
 - What words or phrases strike you?
- Read this passage 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.
- When you have finished click [here](#) to continue.

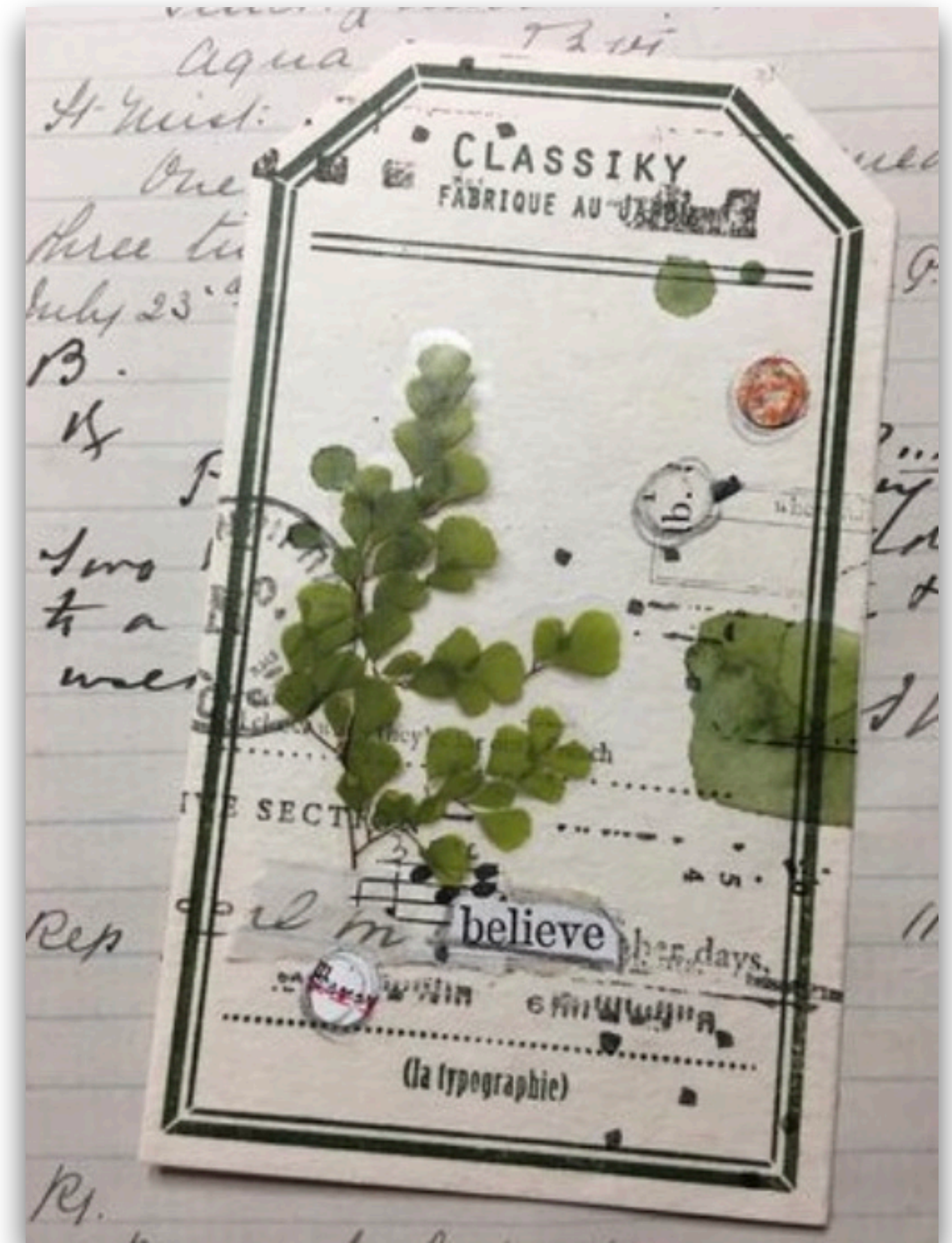


Day 5: John 11

So when Jesus came, He found that he had already been in the tomb four days. Now Bethany was near Jerusalem, about two miles away. And many of the Jews had joined the women around Martha and Mary, to comfort them concerning their brother. Then Martha, as soon as she heard that Jesus was coming, went and met Him, but Mary was sitting in the house. Now Martha said to Jesus, "Lord, if You had been here, my brother would not have died. But even now I know that whatever You ask of God, God will give You." Jesus said to her, "Your brother will rise again." Martha said to Him, "I know that he will rise again in the resurrection at the last day." Jesus said to her, "**I am the resurrection and the life.** He who believes in Me, though he may die, he shall live. And whoever lives and believes in Me shall never die. Do you believe this?" She said to Him, "Yes, Lord, I believe that You are the Christ, the Son of God, who is to come into the world."

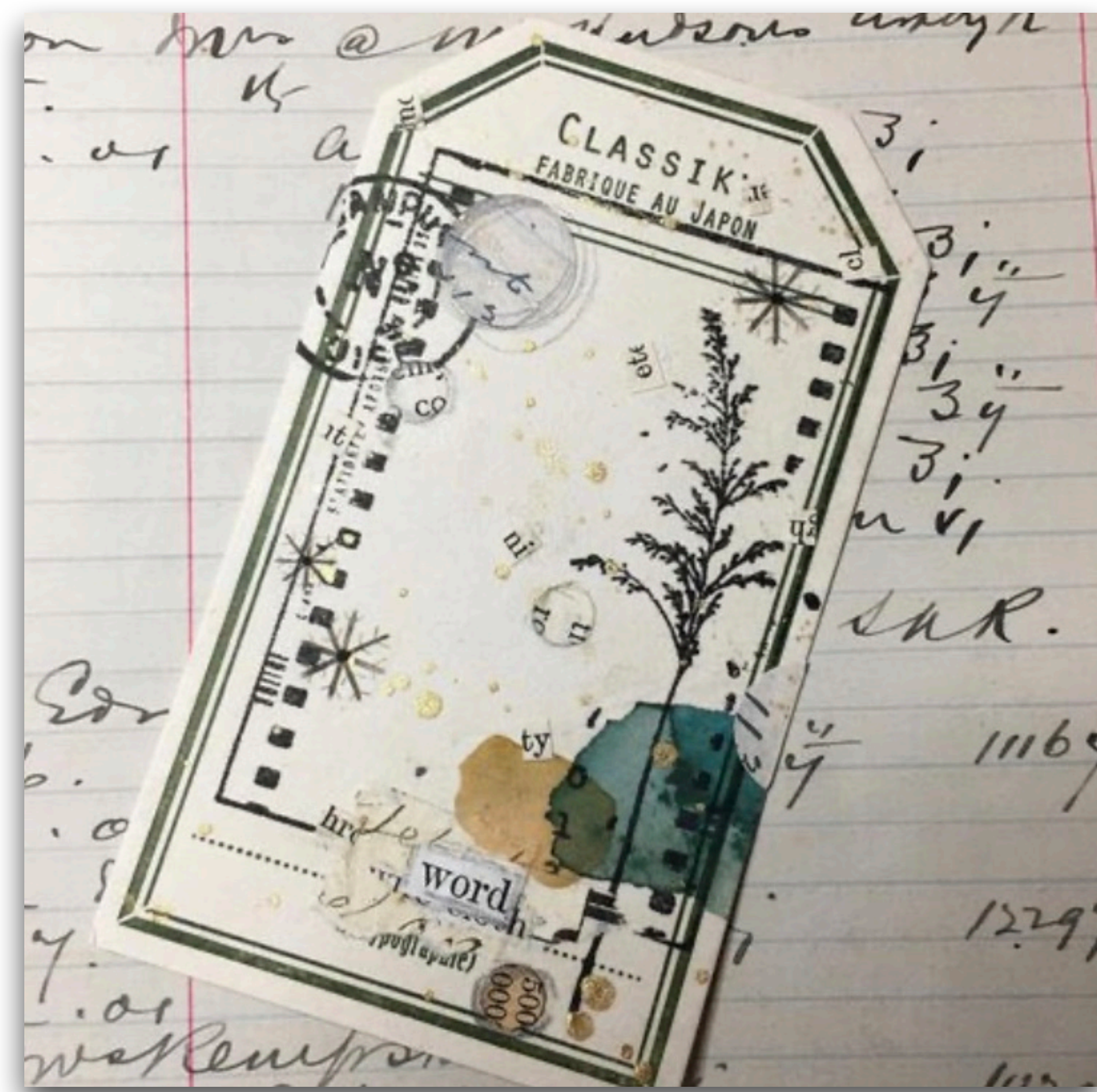


- Read this passage from John 11.
 - What words or phrases strike you?
- Read this passage again slowly.
 - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- What thoughts, feelings and images have emerged?
- How has the Spirit been at work as you have prayed?
- You might like to note these down in your journal.
- When you have finished click [here](#) to continue.



Day 6: John 14

“Let not your heart be troubled; you believe in God, believe also in Me. In My Father’s house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also. And where I go you know, and the way you know.” Thomas said to Him, “Lord, we do not know where You are going, and how can we know the way?” Jesus said to him, “**I am the way, the truth, and the life.** No one comes to the Father except through Me.”



- Read this passage from John 14.
 - What words or phrases strike you?
- Read this passage 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.
- When you have finished click [here](#) to continue.

Day 7: John 15

“I am the true vine, and My Father is the vinedresser. Every branch in Me that does not bear fruit He takes away; and every branch that bears fruit He prunes, that it may bear more fruit. You are already clean because of the word which I have spoken to you. Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing. If anyone does not abide in Me, he is cast out as a branch and is withered; and they gather them and throw them into the fire, and they are burned. If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you. By this My Father is glorified, that you bear much fruit; so you will be My disciples.”

- Read this passage from John 15.
 - What words or phrases strike you?
- Read this passage 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.
- When you have finished click [here](#) to continue.



➤ You might like to listen to these anthems

➤ Day 1: O clap your hands sung by Voces 8

➤ Day 2: Thou visitest the earth sung by New College Choir Oxford

➤ Day 3: Salvator Mundi sung by Winchester Cathedral Choir

➤ Day 4: God be in my head sung by Trinity College Choir Cambridge

➤ Day 5: Glorious and powerful God sung by New College Oxford

➤ Day 6: Drop drop slow tears sung by Voces 8

➤ Day 7: Lead me Lord sung by the Discovery Singers

➤ You might like to listen to the book of John in song [here](#)



Psalm 113

Praise the Lord!

Praise, O servants of the Lord,

Praise the name of the Lord!

Blessed be the name of the Lord

From this time forth and forevermore!

From the rising of the sun to its going down

The Lord's name is to be praised.

The Lord is high above all nations,

His glory above the heavens.

Who is like the Lord our God,

Who dwells on high,

Who humbles Himself to behold

The things that are in the heavens and in the earth?

He raises the poor out of the dust,

And lifts the needy out of the ash heap,

That He may seat him with princes—

With the princes of His people.

He grants the barren woman a home,

Like a joyful mother of children.

Praise the Lord!



A sung version of the Psalm can be found [here](#)

Artwork by Sarah Anderson @sarahthemoodler. Used with permission.

Proverbs 12:15-20

The way of fools seems right to them,
but the wise listen to advice.

Fools show their annoyance at once,
but the prudent overlook an insult.

An honest witness tells the truth,
but a false witness tells lies.

The words of the reckless pierce like swords,
but the tongue of the wise brings healing.

Truthful lips endure forever,
but a lying tongue lasts only a moment.

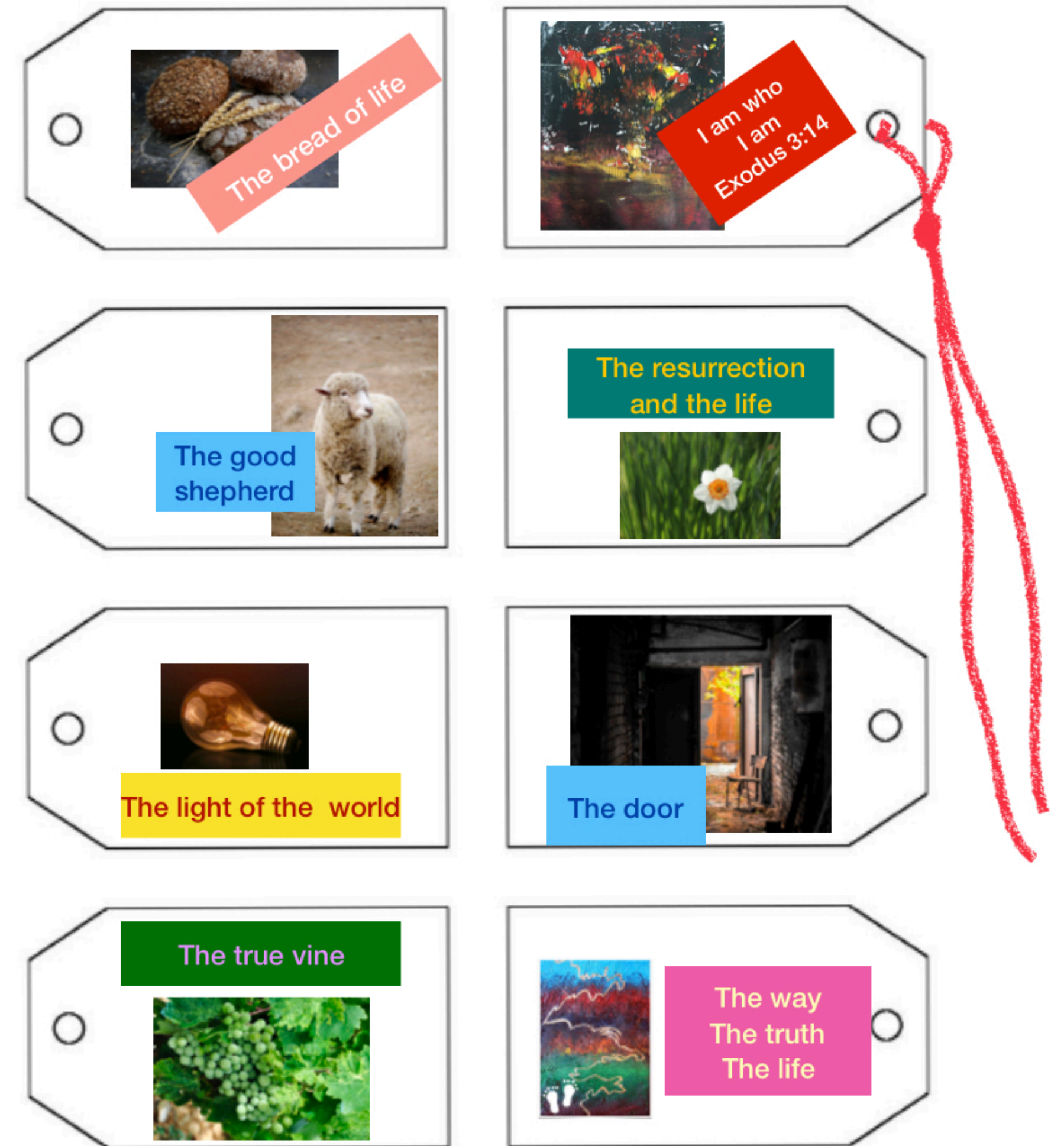
Deceit is in the hearts of those who plot evil,
but those who promote peace have joy.



Creative prayer

I Am gift tag collage

- In this prayer stations we have seen gift tags turned into works of art by Sarah Anderson.
- You might like to look out some old gift tags or cut some new ones out of old cardboard and make a hole with a hole punch. A template can be found at the end of this prayer station.
- Using paper, magazines, pens or paint you might like to focus on one or more of the 'I am' sayings of Jesus.
- As you do, pray again with the wider passage from which the saying is taken.
- You might then like to add a ribbon and use it to bookmark the passage in John - or in another book as a reminder of who Jesus is.
- You might also like to do this for the passage in Exodus where God reveals himself as 'I am who I am'.



Mary, did you know?

Mary, did you know that your baby boy
Would one day walk on water?
Mary, did you know that your baby boy
Would save our sons and daughters?
Did you know that your baby boy
Has come to make you new?
This child that you delivered, will soon deliver you
Mary, did you know that your baby boy
Would give sight to a blind man?
Mary, did you know that your baby boy
Would calm the storm with his hand?
Did you know that your baby boy
Has walked where angels trod?
When you kiss your little baby
You kiss the face of God



The blind will see, the deaf will hear
The dead will live again
The lame will leap, the dumb will speak
The praises of the Lamb
Mary, did you know that your baby boy
Is Lord of all creation?
Mary, did you know that your baby boy
Would one day rule the nations?
Did you know that your baby boy
Is heaven's perfect Lamb?
That sleeping child you're
Holding is the great, I Am

Footsteps in Prayer

A journey through the Bible

The second part of a graphic introduction to the book of John Ch 13-21 can be found [here](#).

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The Pathway by Kate Austin (Adapted) Used with permission.
This prayer station and other resources can be found at [**The Prayer Room**](#)

