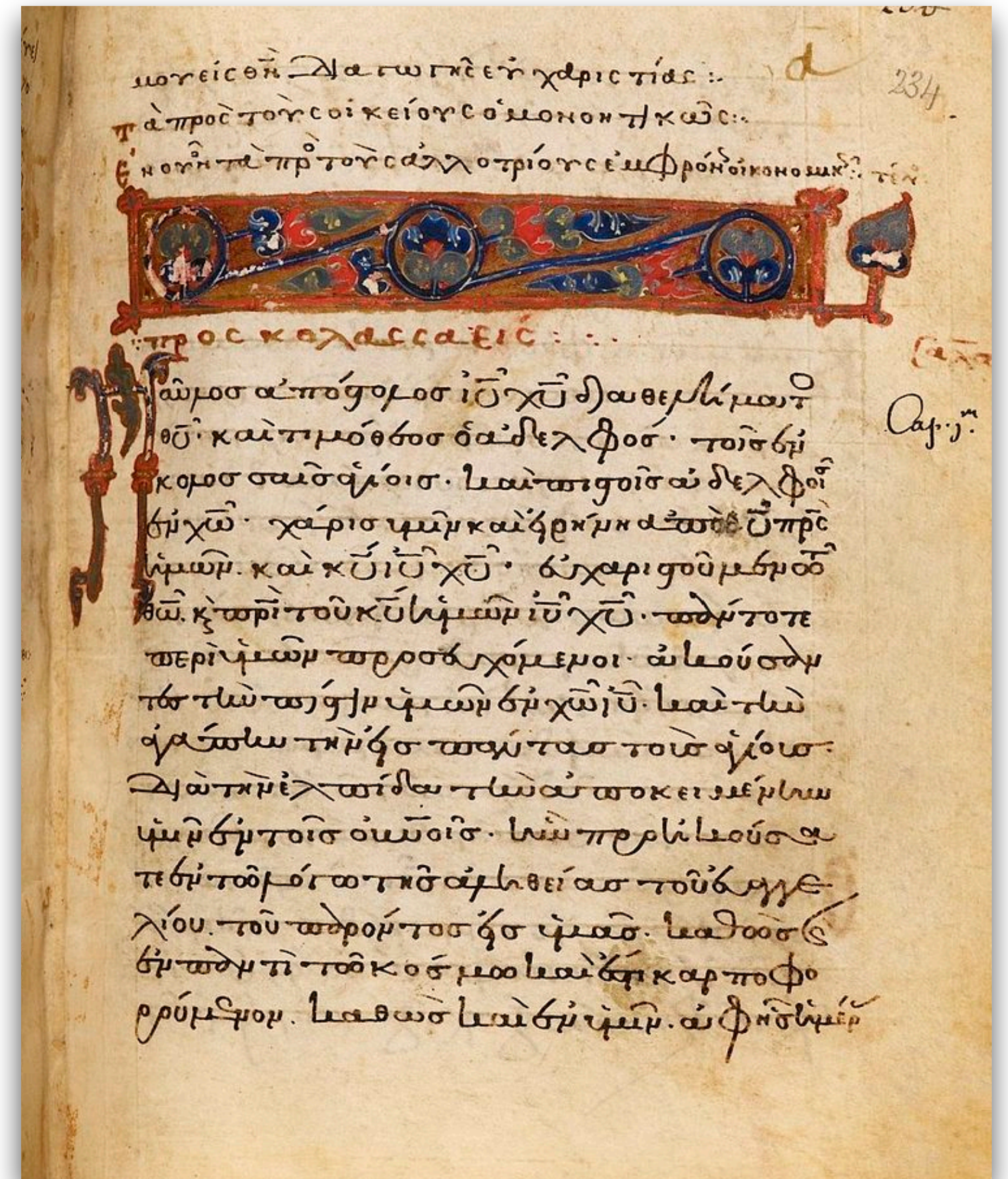


Footsteps in Prayer

A journey through the Bible

Colossians

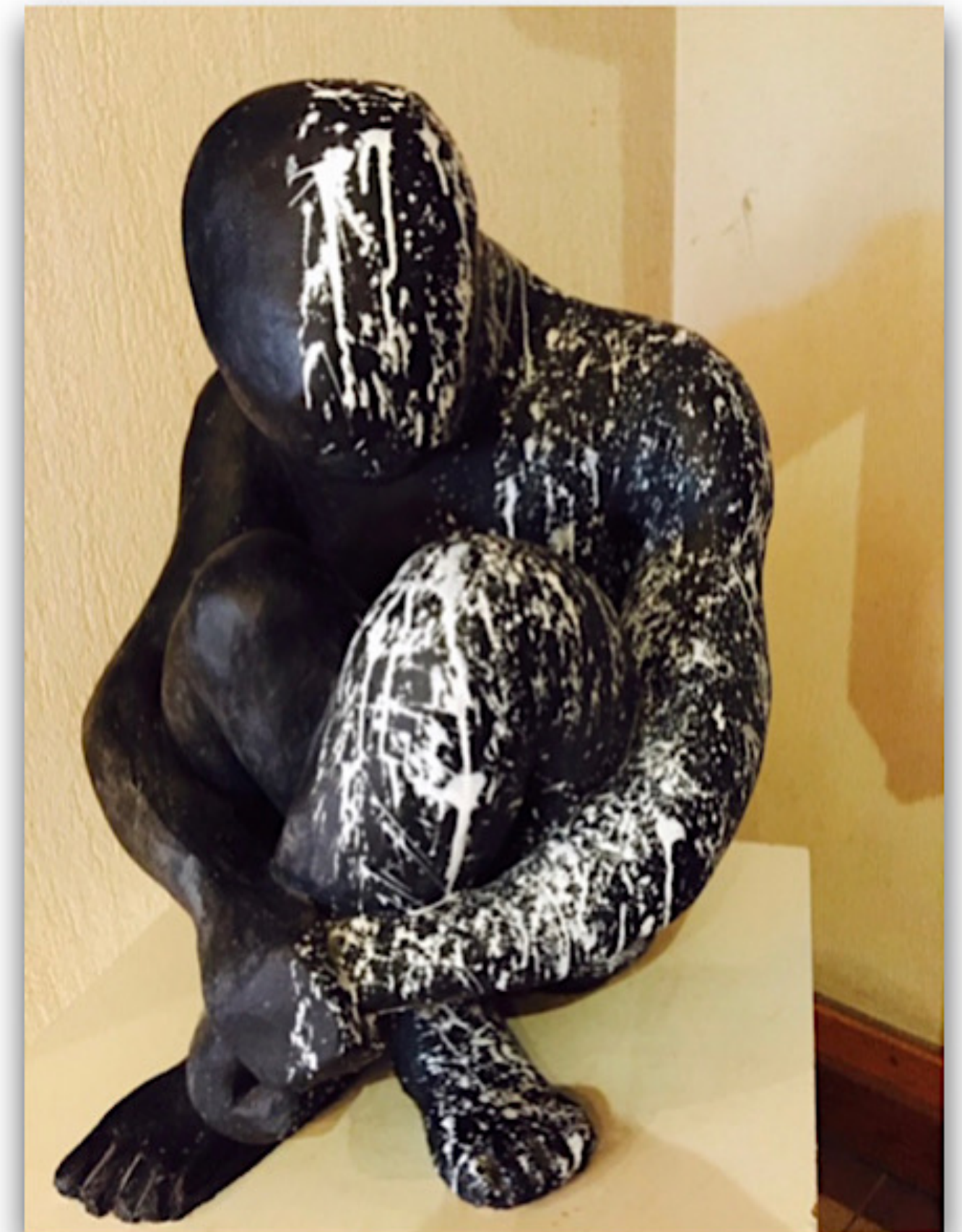


- Find a place to sit quietly.
- Be aware of God's loving eyes watching over you.
- Sit in a relaxed position and come to a place of stillness.
- Reflect on these words from Colossians 4:
“Devote yourselves to prayer, being watchful and thankful.”
- You might like to ask God for the grace of watchfulness or thankfulness.
- You might like to listen to Noah Aronson sing Let there be Love or to Elevation Worship sing Grateful.
- You might like to listen to Psalms 95 sung in Hebrew with an English translation of the words.



• You might like to listen to:

- Day 1: He is the image of the invisible God sung by Harp and Lyre then click [here](#).
- Day 2: Come thy fount of every blessing sung by Sara Groves then click [here](#).
- Day 3: My heart is filled with thankfulness sung by Kristyn Getty then click [here](#).
- Day 4: Raised with Christ sung by Tom Read then click [here](#).
- Day 5: Before the Throne of God Above sung by Shane and Shane then click [here](#).
- Day 6: Everything sung by Joshua Aaron then click [here](#).
- Day 7: Thank you sung by Hillsong then click [here](#).



Day 1: Colossians 1

The Son is the image of the invisible God, the firstborn over all creation. For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. He is before all things, and in him all things hold together. And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy. For God was pleased to have all his fullness dwell in him, and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross.

- Read this passage from Colossians 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: Colossians 1

Once you were alienated from God and were enemies in your minds because of your evil behaviour. But now he has reconciled you by Christ's physical body through death to present you holy in his sight, without blemish and free from accusation—if you continue in your faith, established and firm, and do not move from the hope held out in the gospel. This is the gospel that you heard and that has been proclaimed to every creature under heaven, and of which I, Paul, have become a servant.



- Read this passage from Colossians 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 3: Colossians 2

So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ.

- Read these words from Colossians 2.
 - 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 4: Colossians 2

For in Christ all the fullness of the Deity lives in bodily form, and in Christ you have been brought to fullness. He is the head over every power and authority. In him you were also circumcised with a circumcision not performed by human hands. Your whole self ruled by the flesh was put off when you were circumcised by Christ, having been buried with him in baptism, in which you were also raised with him through your faith in the working of God, who raised him from the dead.

- ✧ Read these words from Colossians 2.
 - ✧ 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?
- ✧ 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: Colossians 3

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory.

- Read these words from Colossians 3.
 - 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?
- 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: Colossians 3

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

- Read these words from Colossians 3.
 - 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?
- 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: Colossians 4

Devote yourselves to prayer, being watchful and thankful. And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains. Pray that I may proclaim it clearly, as I should. Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

- Read these words from Colossians 4.
 - 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?
- 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 the Carducci String Quartet play:

• Day 1: Elgar's Nimrod

• Day 2: Arvo Part's Summa

• Day 3: Jones' Summer Clouds

• Day 4: The second movement of Glass' String Quartet no 2

• Day 5: Boccherini's Fandango

• Day 6: The third movement of Glass' String Quartet no 2

• Day 7: Jones' The Theory of Time



Psalms 95

Come, let us sing for joy to the Lord;
let us shout aloud to the Rock of our salvation.
Let us come before him with thanksgiving
and extol him with music and song.
For the Lord is the great God,
the great King above all gods.
In his hand are the depths of the earth,
and the mountain peaks belong to him.
The sea is his, for he made it,
and his hands formed the dry land.
Come, let us bow down in worship,
let us kneel before the Lord our Maker;
for he is our God
and we are the people of his pasture,
the flock under his care.
Today, if only you would hear his voice,
“Do not harden your hearts as you did at Meribah,
as you did that day at Massah in the wilderness,
where your ancestors tested me;
they tried me, though they had seen what I did.
For forty years I was angry with that generation;
I said, ‘They are a people whose hearts go astray,
and they have not known my ways.’
So I declared on oath in my anger,
‘They shall never enter my rest.’”



Proverbs 18:4

The words of the mouth are deep waters,
but the fountain of wisdom is a rushing
stream.



It is right to give thanks and praise:

Father, we give you thanks and praise
through your beloved Son Jesus Christ, your living Word,
through whom you have created all things;
who was sent by you in your great goodness to be our Saviour.
By the power of the Holy Spirit he took flesh;
as your Son, born of the blessed Virgin,
he lived on earth and went about among us;
he opened wide his arms for us on the cross;
he put an end to death by dying for us;
and revealed the resurrection by rising to new life;
so he fulfilled your will and won for you a holy people.



Creative prayer

Hearts of thanksgiving

The Greek word for thanks gives us the word Eucharist.

- ✂ Psalm 95 is a psalm of thankfulness.
- ✂ Colossians is a book about thankfulness.
- ✂ Seven times in the book of Colossians Paul talks of thankfulness or gratitude.
- ✂ As we read this book, we are reminded of what and how we can be thankful for each and everyday. This is not a thanks FOR all circumstances, but a thanks IN all circumstances.
- ✂ Indeed, a thankful heart has been recognised as a key aspect of maintaining wellbeing in times of adversity.
- ✂ Over the next month you might like to keep a thanksgiving journal.
- ✂ You can find a PDF/Word and Pages versions of a thanksgiving journal to download [here](#).



Eucharisto:
A thanksgiving journal

Come, let us sing for joy to the Lord;
let us shout aloud to the Rock of our salvation.
Let us come before him with thanksgiving
and extol him with music and song.
Psalm 95:1-2

Footsteps in Prayer

A journey through the Bible

A graphic introduction to Colossians can be found [here](#).

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This prayer station and other resources can be found at [The Prayer Room](#)
Front Slide Image Colossians in [Minuscule 321](#) British Library (Public domain)

