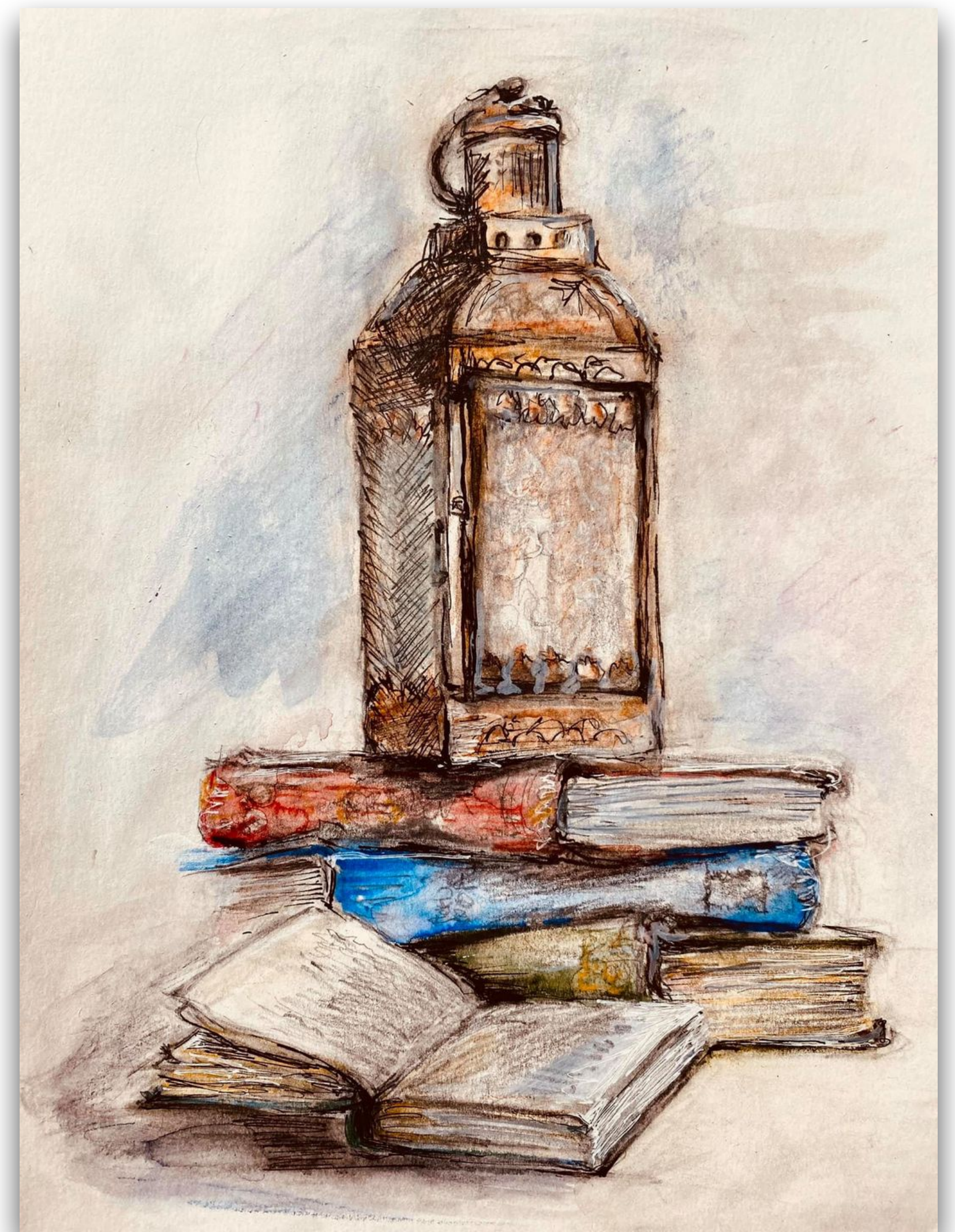


Footsteps in Prayer

A journey through the Bible

Mark (I)



- 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 step into the gospel of Mark, ask God for the grace to see him more clearly.



➤ You might like to listen to:

- Day 1: Baptism Song sung by Free Chapel Music then click [here](#).
- Day 2: The Lord's Prayer signed by Cathy Nightingale then click [here](#).
- Day 3: The Goodness of God sung by Lucy Bunce click [here](#).
- Day 4: Lead me Lord then click [here](#).
- Day 5: Praise my soul the King of Heaven then click [here](#).
- Day 6: Nearer my God to thee sung by Anna Richie then click [here](#).
- Day 7: Come, you thankful people come then click [here](#).



Day 1: Mark 1

“After me comes the one more powerful than I, the straps of whose sandals I am not worthy to stoop down and untie. I baptise you with water, but he will baptise you with the Holy Spirit.” At that time Jesus came from Nazareth in Galilee and was baptised by John in the Jordan. Just as Jesus was coming up out of the water, he saw heaven being torn open and the Spirit descending on him like a dove. And a voice came from heaven: “You are my Son, whom I love; with you I am well pleased.”

- Read this passage from Mark 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: Mark 1

At once the Spirit sent him out into the wilderness, and he was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended him.



- Read this passage from Mark 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: Mark 1

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 1.
 - What words strike you?
- Read these words 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: Mark 1

As Jesus walked beside the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the lake, for they were fishermen. “Come, follow me,” Jesus said, “and I will send you out to fish for people.” At once they left their nets and followed him. When he had gone a little farther, he saw James son of Zebedee and his brother John in a boat, preparing their nets. Without delay he called them, and they left their father Zebedee in the boat with the hired men and followed him.

- Read these words from Mark 1.
 - What words strike you?
- Read these words 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.

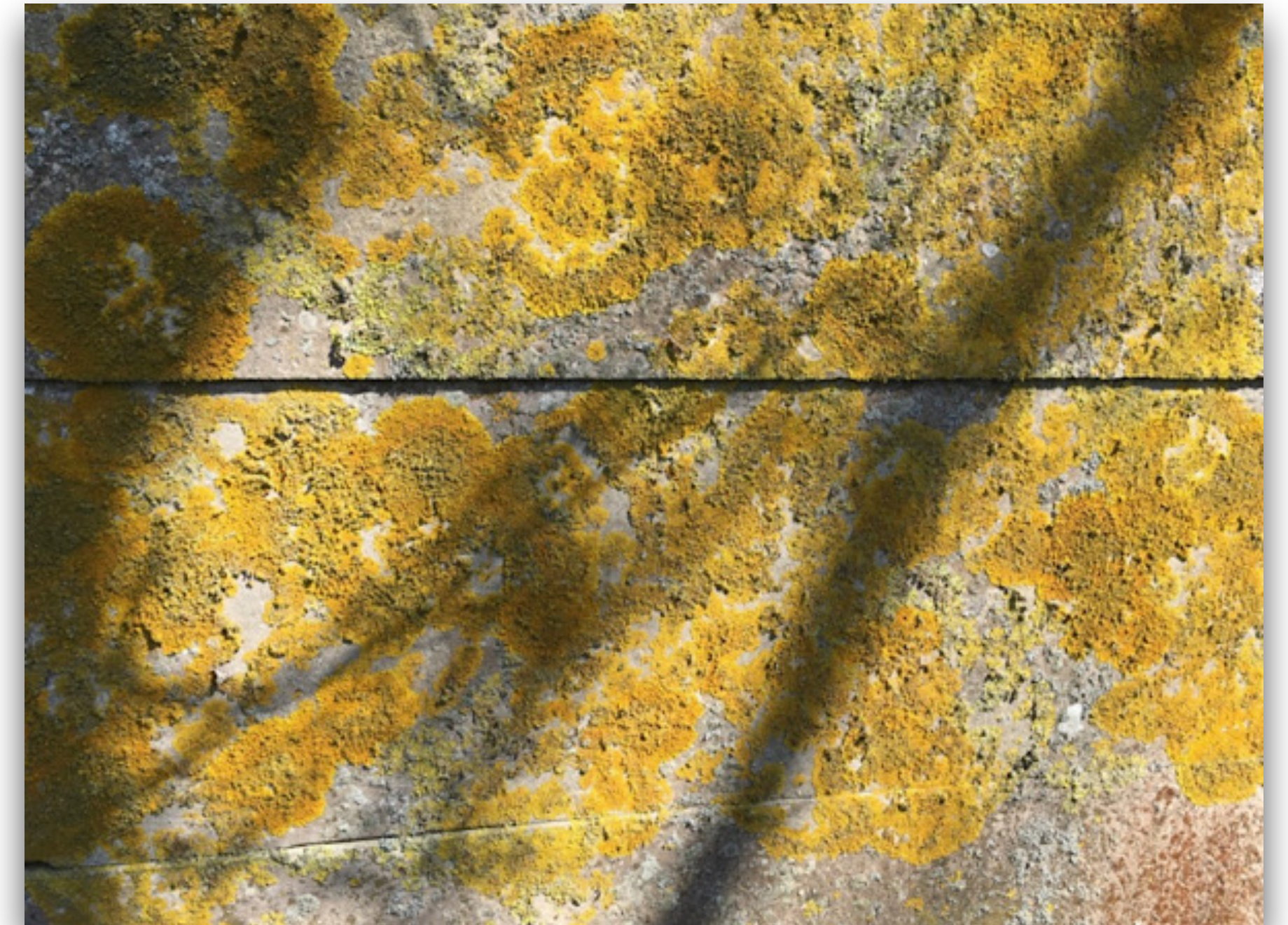


Day 5: Mark 1

A man with leprosy came to him and begged him on his knees, “If you are willing, you can make me clean.”

Jesus was indignant. He reached out his hand and touched the man. “I am willing,” he said. “Be clean!” Immediately the leprosy left him and he was cleansed.

- Read these words from Mark 1.
 - What words strike you?
- Read these words 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.



Photograph taken by Adele Barker and used with permission.

Day 6: Mark 2

Some men came, bringing to him a paralysed man, carried by four of them. Since they could not get him to Jesus because of the crowd, they made an opening in the roof above Jesus by digging through it and then lowered the mat the man was lying on.

- Read these words from Mark 2.
 - What words strike you?
- Read these words 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.



Photograph taken by Adele Barker and used with permission.

Day 7: Mark 4

He also said, “This is what the kingdom of God is like. A man scatters seed on the ground. Night and day, whether he sleeps or gets up, the seed sprouts and grows, though he does not know how. All by itself the soil produces grain—first the stalk, then the head, then the full kernel in the head. As soon as the grain is ripe, he puts the sickle to it, because the harvest has come.”

- Read these words from Mark 4.
 - What words strike you?
- Read these words 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.



You might like to listen to these newer version of older hymns. As you do, become more aware of the Jesus of the gospels and what he has to say to you - and of your response to Him.

- Day 1: Hymn of the Saviour.
 - Day 2: Undivided.
 - Day 3: O Breath of life.
 - Day 4: I heard the voice of Jesus say.
 - Day 5: The King of Love my Shepherd is.
 - Day 6: Love Divine all loves excelling.
 - Day 7: Praise my soul the King of Heaven.
- You might also like to listen to a musical version of the gospel of Mark, sung by Michael Card [here](#).



Psalm 63

You, God, are my God,
earnestly I seek you;
I thirst for you,
my whole being longs for you,
in a dry and parched land
where there is no water.
I have seen you in the sanctuary
and beheld your power and your glory.
Because your love is better than life,
my lips will glorify you.
I will praise you as long as I live,
and in your name I will lift up my hands.
I will be fully satisfied as with the richest of foods;
with singing lips my mouth will praise you.
On my bed I remember you;
I think of you through the watches of the night.
Because you are my help,
I sing in the shadow of your wings.
I cling to you;
your right hand upholds me.
Those who want to kill me will be destroyed;
they will go down to the depths of the earth.
They will be given over to the sword
and become food for jackals.
But the king will rejoice in God;
all who swear by God will glory in him,
while the mouths of liars will be silenced.



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

Proverbs 11: 8-14

The righteous person is rescued from trouble,
and it falls on the wicked instead.

With their mouths the godless destroy their neighbors,
but through knowledge the righteous escape.

When the righteous prosper, the city rejoices;
when the wicked perish, there are shouts of joy.

Through the blessing of the upright a city is exalted,
but by the mouth of the wicked it is destroyed.

Whoever derides their neighbour has no sense,
but the one who has understanding holds their tongue.

A gossip betrays a confidence,
but a trustworthy person keeps a secret.

For lack of guidance a nation falls,
but victory is won through many advisers.



Creative prayer

- You might like to get a bowl of water.
 - Sit down with it in front of you.
 - Place your hands in it and feel it run over and drip.
 - Reflect on your prayer time today.
- Now, or when you take your next shower or bath and feel the water wash over you, you might like to pray a prayer of renewal of your baptismal vows.
- An example of such a prayer is this:

Gracious God, through water and the Spirit you claimed me as your own servant
and priest to bring the world to you.

Deliver me, O God from the way of sin and death. Cleanse me from sin and give
me new life. Open my heart to grace and truth and bind me to your service.

Renew me in the covenant you made with me in baptism. Keep me in the faith
and communion of your church. Fill me with the power of your Holy Spirit. Send
me into my daily tasks to be a witness to your love.

Empower me to strive for peace and justice in all the earth. Enable me to serve
you with joy, and bring me at last to your kingdom beyond the final river.

Grant, O Lord, that all who are baptised into the death of Jesus Christ the Son
may live in the power of his resurrection, and look for him to come in glory, who
lives and reigns, now and forever. Amen.



The Coming

And God held in his hand
A small globe. Look he said.
The son looked. Far off,
As through water, he saw
A scorched land of fierce
Colour. The light burned
There; crusted buildings
Cast their shadows: a bright
Serpent, A river
Uncoiled itself, radiant
With slime.
On a bare
Hill a bare tree saddened
The sky. Many People
Held out their thin arms
To it, as though waiting
For a vanished April
To return to its crossed
Boughs. The son watched
Them. Let me go there, he said.



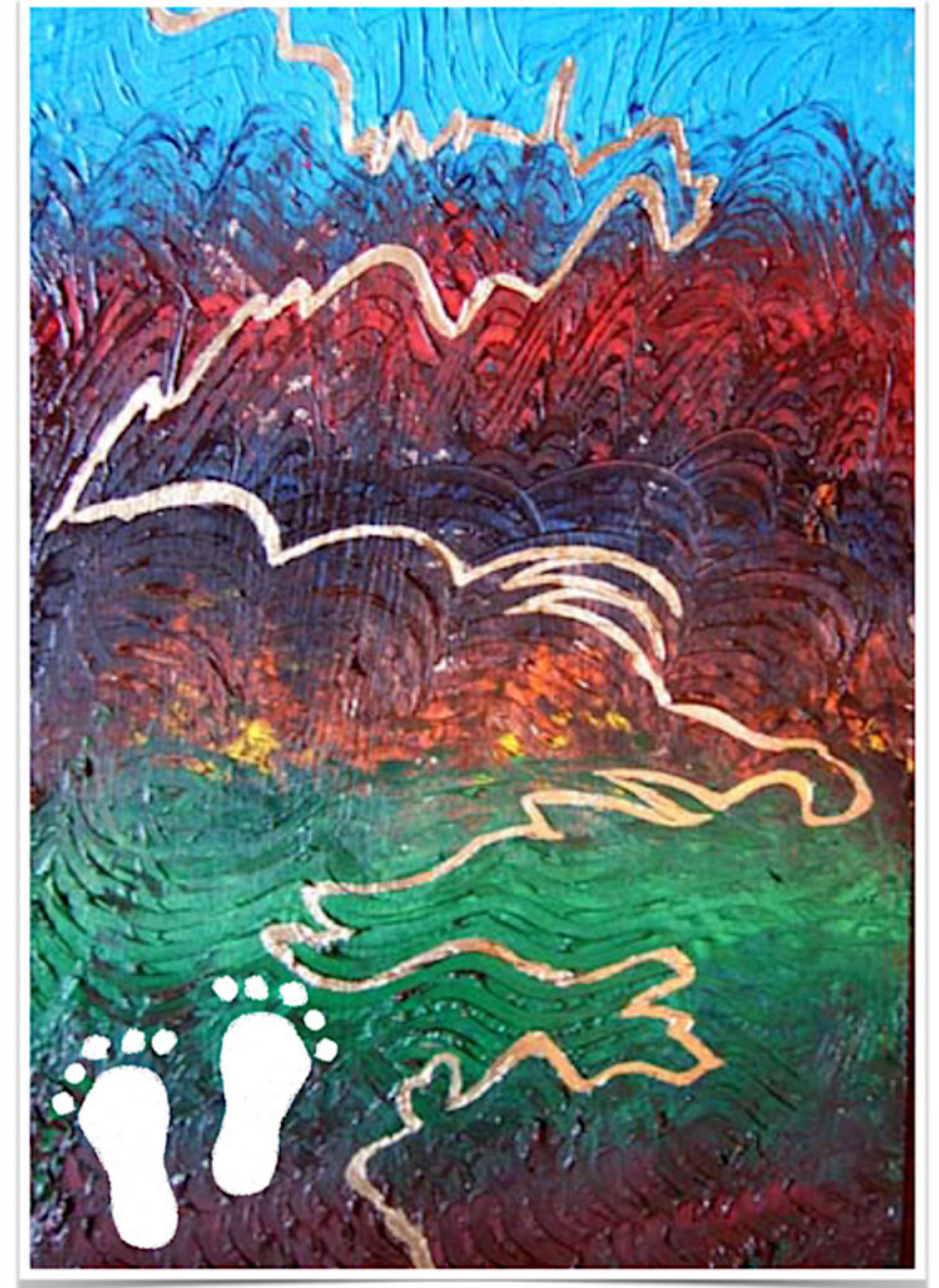
The Coming by RS Thomas

Click on image to take you to a YouTube video of this poem.
You might also like to go to this [labyrinth PDF](#) again based on
this poetry and use this on New Year's Eve.

Footsteps in Prayer

A journey through the Bible

A graphic introduction to the book of Mark can be found [here](#).



Unless indicated otherwise, scripture quotations are from THE HOLY BIBLE, NEW INTERNATIONAL VERSION®, NIV®
Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.

The Pathway by Kate Austin (Adapted) Used with permission.

This prayer station and other resources can be found at [**The Prayer Room**](#)