

Journey with Jesus

Praying through the Gospel of Mark

Station 17 - they were completely astonished



Lord, help me enter into that peace
which consists in
having put my life in your hands.

Carlo Maria Martini SJ



Photograph by Sister Liz SSF
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- Find a place to sit quietly.
- Sit in a relaxed position
 - Become aware of your feet on the floor.
 - Notice your legs. Tense and relax your muscles. In the same way notice the rest of your body, bit by bit. Tense and relax.
 - Lastly focus on your face and head muscles. Tense and relax.
 - Scan your body.
 - Notice any points of remaining tension. Tense and relax.
 - Let any remaining tension go.
 - 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 notice his presence with you in all things.



➤ You might like to listen to this version
of I Stand Amazed



Read this passage from Mark chapter 5. What words or phrases strike you?

He took her by the hand and said to her, “Talitha koum!” (which means “Little girl, I say to you, get up!”). Immediately the girl stood up and began to walk around (she was twelve years old). At this they were completely astonished. He gave strict orders not to let anyone know about this, and told them to give her something to eat.



Read these words from Mark chapter 5 again slowly.
Stay with one of the words or phrases that catches you and hold it in the stillness before God.

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Close your eyes and imagine yourself in the story.

You might like to be the little girl's parents, one of the disciples or just a fly on the wall.

Let the story unfold.

The little girl gets up and begins to walk around.

What are you thinking?

What are you feeling?

What do you want to say or do next?

You might like to listen to this version of El Shaddai sung by Amy Grant



➤ You might like to listen to the tenor Josh Henn sing the story of Jairus' daughter [here](#).



Creative prayer

Making a prayer journal

In these prayer stations we have suggested using a journal to help you remember what God has been saying to you as you pray.

- Here is a link to one way of making a journal. This method requires a lot of time.
- Another method is described below and illustrated on the next slide



1

- You will need 5 sheets of A4 paper cut in half.

2

- Two pieces of card cut to half A4 size.

3

- Make holes in the paper and card along the shortest border with a hole punch.

- Place the paper between the two sheets of card.

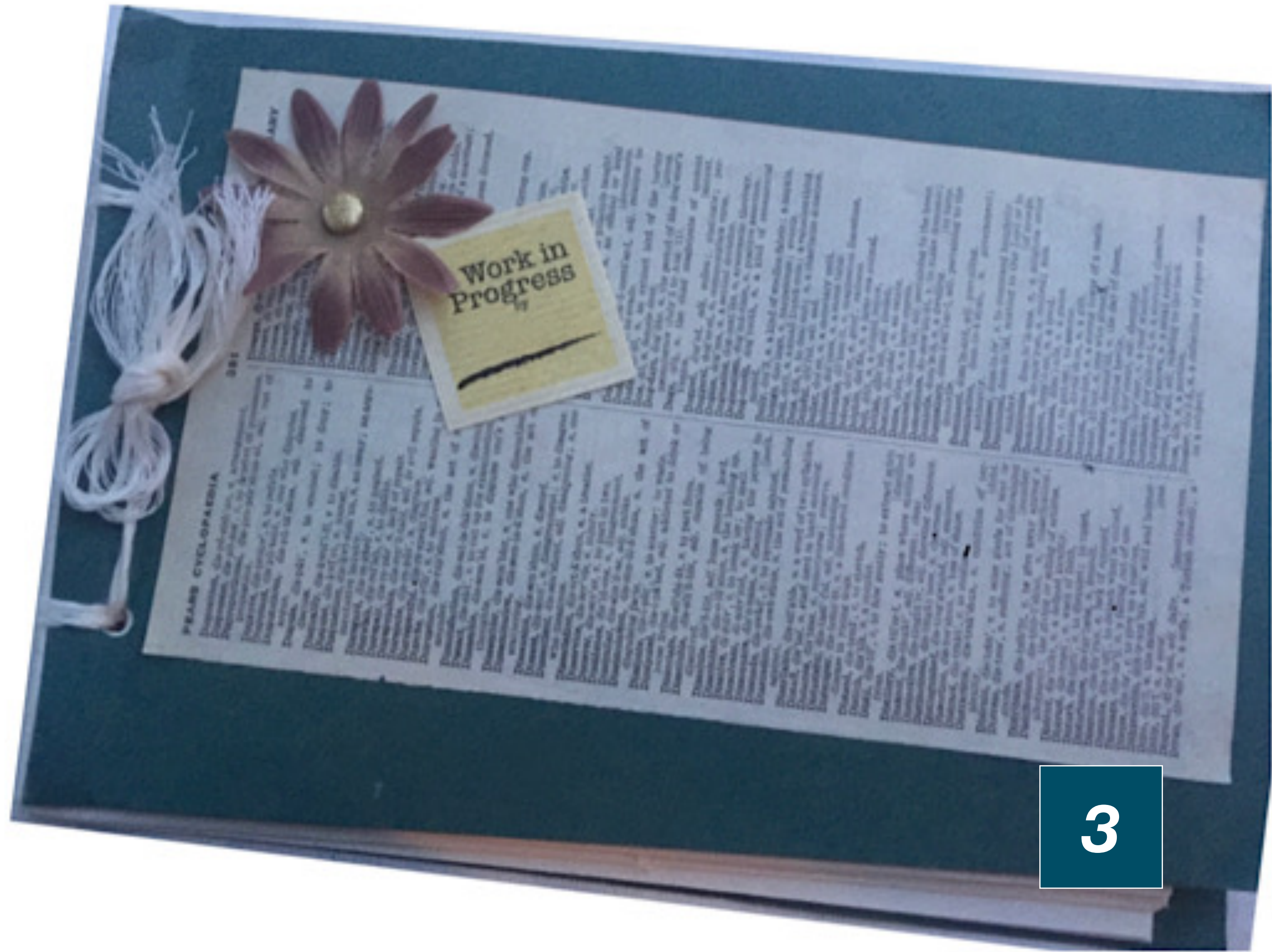
4

- Thread some string or ribbon through the holes and tie a knot to secure.

- Decorate the front of the journal and add on a bible verse or words God has been speaking to you.

- Embellish the inside of the book with pockets / tape / tickets / envelopes - experiment.

- Use this journal each day to celebrate and remember what God is doing.



3



1



2



4

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.