

Footsteps in Prayer

A journey through the Bible

1, 2 and 3 John and Jude



- Find a place to sit quietly.
- Be aware of God's loving eyes watching over you.
- Sit in a relaxed position.
- Repeat these words slowly until you come to a place of stillness.
 - Taste and see that the Lord is Good.
- You might like to listen to Thank you Lord sung by Living Stones or to O thou who calmest from above sung by Saint Michaels Singers.
- You might to listen to this instrumental piece of music played on the handpan by Pavo and Ivo Sedlacek.



•✂ You might like to listen to:

- ✂ Day 1: As it is in heaven sung by Alisa Turner then click here.
- ✂ Day 2: Holy sung by Joshua Aaron then click here.
- ✂ Day 3: Love Endureth sung by Voces 8 then click here.
- ✂ Day 4: Father God I wonder sung by Kirchenband then click here.
- ✂ Day 5: Let the love that dwells in your heart sung by the Poor Clares of Arundel then click here.
- ✂ Day 6: A love for truth sung by Dylan Woodward then click here.
- ✂ Day 7: So Will I sung by Hillsong then click here.



Day 1: 1 John 1

That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked at and our hands have touched—this we proclaim concerning the Word of life. The life appeared; we have seen it and testify to it, and we proclaim to you the eternal life, which was with the Father and has appeared to us. We proclaim to you what we have seen and heard, so that you also may have fellowship with us. And our fellowship is with the Father and with his Son, Jesus Christ. We write this to make our joy complete.

- Read this passage from 1 John 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: 1 John 1

This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word is not in us.

- Read this passage from 1 John 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.
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Day 3: 1 John 2

Dear friends, I am not writing you a new command but an old one, which you have had since the beginning. This old command is the message you have heard. Yet I am writing you a new command; its truth is seen in him and in you, because the darkness is passing and the true light is already shining. Anyone who claims to be in the light but hates a brother or sister is still in the darkness. Anyone who loves their brother and sister lives in the light, and there is nothing in them to make them stumble.

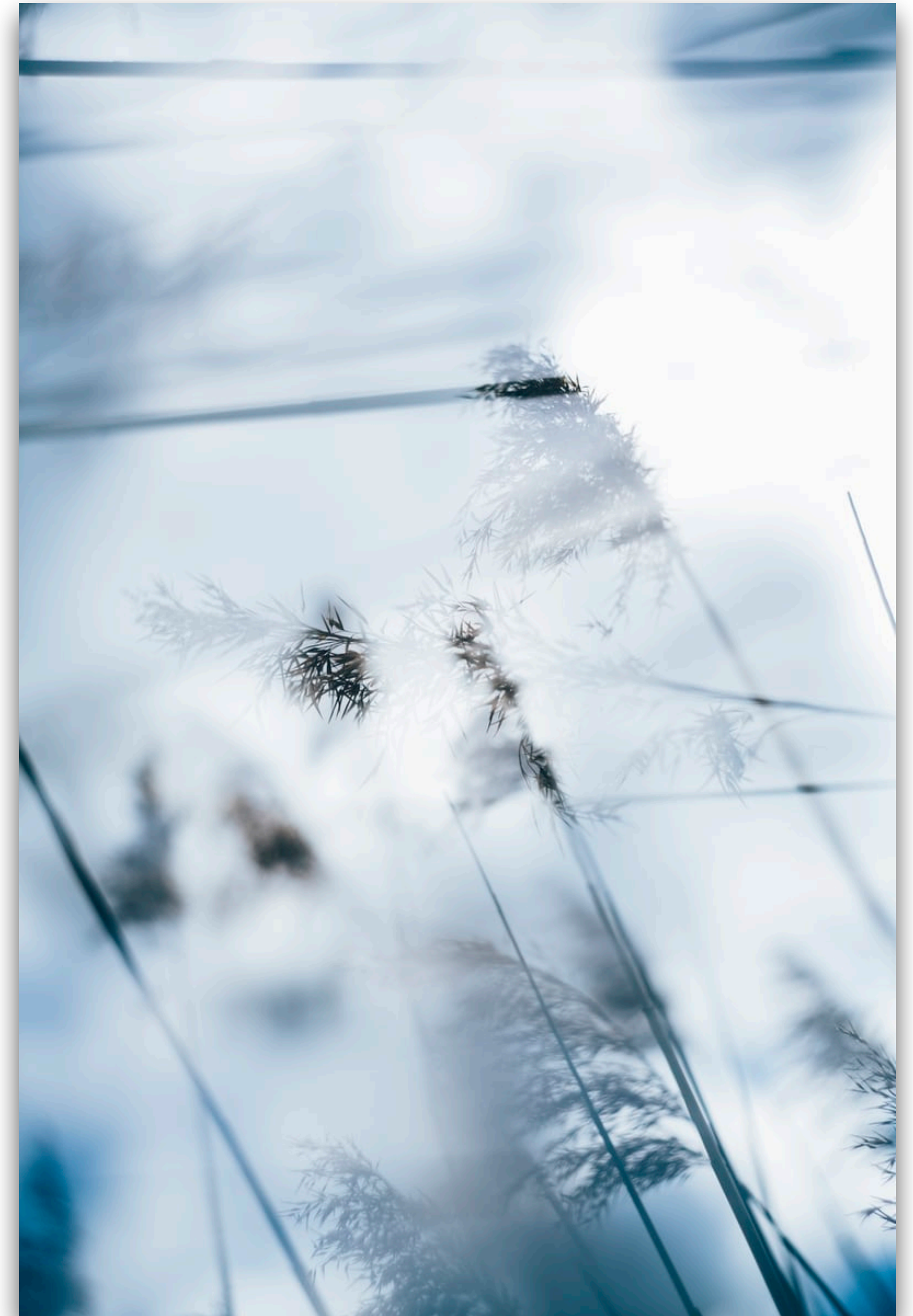
- Read these words from 1 John 2.
 - What words or phrases strike you?
- Read these words again slowly.
 - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- What thoughts, feelings and images have emerged in this time of prayer?
- How has the Spirit been at work in your heart as you have prayed?
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- When you have finished click [here](#) to continue.



Day 4: 1 John 3

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him. Dear friends, now we are children of God, and what we will be has not yet been made known. But we know that when Christ appears, we shall be like him, for we shall see him as he is. All who have this hope in him purify themselves, just as he is pure.

- Read these words from 1 John 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 5: 1 John 4

Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.

- Read these words from 1 John 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.



Day 6: 2 John

The elder,
To the lady chosen by God and to her children, whom I love in the truth—and not I only, but also all who know the truth— because of the truth, which lives in us and will be with us forever: Grace, mercy and peace from God the Father and from Jesus Christ, the Father's Son, will be with us in truth and love.

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- ✧ Read these words from 2 and 3 John.
 - ✧ 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: 3 John

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. It gave me great joy when some believers came and testified about your faithfulness to the truth, telling how you continue to walk in it. I have no greater joy than to hear that my children are walking in the truth.



Day 7: Jude

To him who is able to keep you from stumbling and to present you before his glorious presence without fault and with great joy—to the only God our Saviour be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and forevermore! Amen.

- ✧ Read these words from Jude.
 - ✧ 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 more handpan music played by Pavo and Ivo Sedlacek.

• Day 1: Mysterious landscapes of the dead sea

• Day 2: Evening meditation

• Day 3: Lights in the darkness

• Day 4: Sunset contemplation

• Day 5: Nocturne in C # minor

• Day 6: Iceland Phantasy

• Day 7: Autumn Dreams



Psalms 57

Have mercy on me, my God, have mercy on me,
for in you I take refuge.

I will take refuge in the shadow of your wings
until the disaster has passed.

I cry out to God Most High,
to God, who vindicates me.

He sends from heaven and saves me,
rebuking those who hotly pursue me—
God sends forth his love and his faithfulness.

I am in the midst of lions;

I am forced to dwell among ravenous beasts—
men whose teeth are spears and arrows,
whose tongues are sharp swords.

Be exalted, O God, above the heavens;
let your glory be over all the earth.

They spread a net for my feet—
I was bowed down in distress.



They dug a pit in my path—
but they have fallen into it themselves.

My heart, O God, is steadfast,
my heart is steadfast;
I will sing and make music.

Awake, my soul!

Awake, harp and lyre!

I will awaken the dawn.

I will praise you, Lord, among the nations;

I will sing of you among the peoples.

For great is your love, reaching to the heavens;
your faithfulness reaches to the skies.

Be exalted, O God, above the heavens;
let your glory be over all the earth.

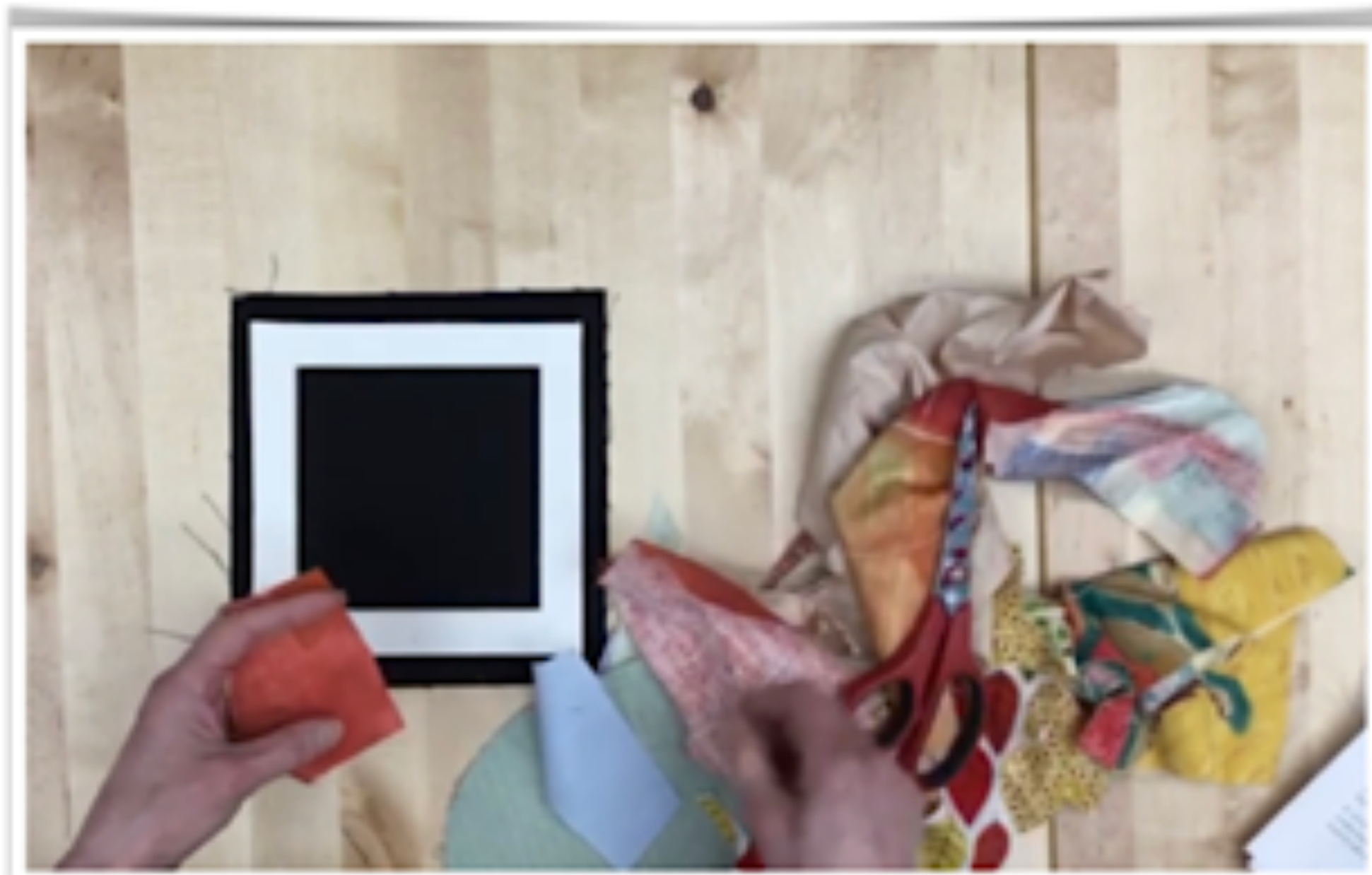
Proverbs 24:3-4

By wisdom a house is built,
and through understanding it is established;
through knowledge its rooms are filled
with rare and beautiful treasures.



Creative prayer

- ✿ Stitch and sew a patchwork prayer.
- ✿ You will need a needle, some scraps of material and maybe some beads, ribbon and buttons.
- ✿ Take a look at [this video from Harlequin Arts](#).
- ✿ Stitch as you pray and as you pray be aware of God's loving presence with you.
- ✿ For those who do not want to sew, watching the video without stitching can itself become prayer.



As kingfishers catch fire

As kingfishers catch fire, dragonflies draw flame;
As tumbled over rim in roundy wells
Stones ring; like each tucked string tells, each hung bell's
Bow swung finds tongue to fling out broad its name;
Each mortal thing does one thing and the same:
Deals out that being indoors each one dwells;
Selves — goes itself; myself it speaks and spells,
Crying What I dó is me: for that I came.

I say móre: the just man justices;
Keeps grace: that keeps all his goings graces;
Acts in God's eye what in God's eye he is —
Christ — for Christ plays in ten thousand places,
Lovely in limbs, and lovely in eyes not his
To the Father through the features of men's faces.



Footsteps in Prayer

A journey through the Bible

A graphic introduction to 1-3 John can be found [here](#).

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

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

