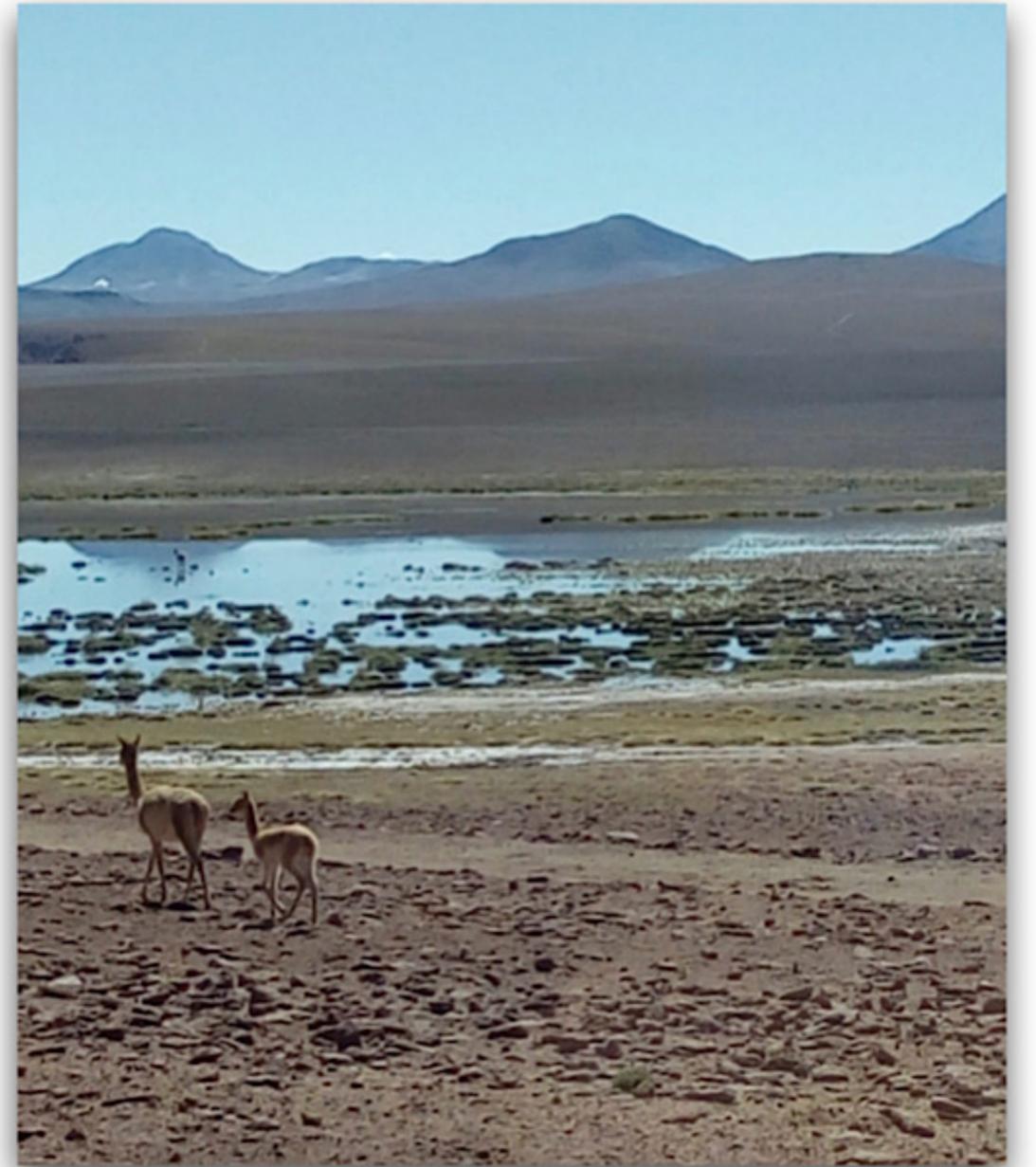


Footsteps in Prayer

A journey through the Bible

GENESIS



- Find a place to sit quietly.
- You may like to light a candle and still yourself before God.
- Be aware of God's loving eyes watching over you.
- As we we begin our Footsteps in Prayer journey ask God for the grace to hear his call.
- You may like to listen to Living Stones Quartet sing *He Giveth More Grace* or to Sanctus Real sing *Confidence*.
- You might instead like to listen to Hauser play *Albioni's Adagio*.



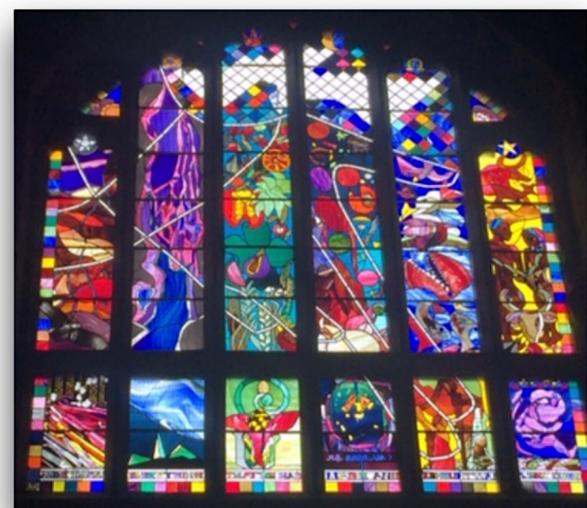
➤ You might like to:

- **Day 1:** Listen to Paul Field sing God of the Moon and Stars then click here.
- **Day 2:** Listen to Kristyn Getty sing The Lord is my Salvation then click here.
- **Day 3:** Listen to Michael Card sing El Shaddai then click here.
- **Day 4:** Listen to Michael Card sing God Will Provide a Lamb then click here.
- **Day 5:** Listen to New Life worship sing Here in Your Presence then click here.
- **Day 6:** Listen to Matt Redman sing Bless the Lord O My Soul then click here.
- **Day 7:** Listen to Casting Crowns sing At Your Feet then click here.



Day 1: Genesis 1

In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters. And God said, “Let there be light,” and there was light. God saw that the light was good, and he separated the light from the darkness. God called the light “day,” and the darkness he called “night.” And there was evening, and there was morning—the first day.



- Read this passage from Genesis 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: Genesis 8

But God remembered Noah and all the wild animals and the livestock that were with him in the ark, and he sent a wind over the earth, and the waters receded. Now the springs of the deep and the floodgates of the heavens had been closed, and the rain had stopped falling from the sky. The water receded steadily from the earth. At the end of the hundred and fifty days the water had gone down, and on the seventeenth day of the seventh month the ark came to rest on the mountains of Ararat.



- Read this passage from Genesis 8.
 - 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: Genesis 12

The Lord had said to Abram,
“Go from your country, your people
and your father’s household
to the land I will show you.
“I will make you into a great nation,
and I will bless you;
I will make your name great,
and you will be a blessing.
I will bless those who bless you,
and whoever curses you I will curse;
and all peoples on earth
will be blessed through you.”



- Read this passage from Genesis 12.
 - 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: Genesis 22

He said to his servants, “Stay here with the donkey while I and the boy go over there. **We** will worship and then **we** will come back to you.” Abraham took the wood for the burnt offering and placed it on his son Isaac, and he himself carried the fire and the knife. As the two of them went on together, Isaac spoke up and said to his father Abraham, “Father?” “Yes, my son?” Abraham replied.

“The fire and wood are here,” Isaac said, “but where is the lamb for the burnt offering?”

Abraham answered, “God himself will provide the lamb for the burnt offering, my son.” And the two of them went on together.



- Read this passage from Genesis 22.
 - 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 5: Genesis 28

Jacob left Beersheba and set out for Harran. When he reached a certain place, he stopped for the night because the sun had set. Taking one of the stones there, he put it under his head and lay down to sleep. He had a dream in which he saw a stairway resting on the earth, with its top reaching to heaven, and the angels of God were ascending and descending on it. There above it stood the Lord, and he said: "I am the Lord, the God of your father Abraham and the God of Isaac. I will give you and your descendants the land on which you are lying. Your descendants will be like the dust of the earth, and you will spread out to the west and to the east, to the north and to the south. All peoples on earth will be blessed through you and your offspring. I am with you and will watch over you wherever you go, and I will bring you back to this land. I will not leave you until I have done what I have promised you."

- Read this passage from Genesis 28.
 - 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.



Jacob's Ladder by Jeni Bump (Fair Use)

Day 6: Genesis 39

But while Joseph was there in the prison, the Lord was with him; he showed him kindness and granted him favour in the eyes of the prison warden. So the warden put Joseph in charge of all those held in the prison, and he was made responsible for all that was done there. The warden paid no attention to anything under Joseph's care, because the Lord was with Joseph and gave him success in whatever he did.



- Read this passage from **Genesis 39**.
 - 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 7: Genesis 45

Then Joseph said to his brothers, “Come close to me.” When they had done so, he said, “I am your brother Joseph, the one you sold into Egypt! And now, do not be distressed and do not be angry with yourselves for selling me here, because it was to save lives that God sent me ahead of you. For two years now there has been famine in the land, and for the next five years there will be no plowing and reaping. But God sent me ahead of you to preserve for you a remnant on earth and to save your lives by a great deliverance.

- Read this passage from Genesis 45.
 - 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.



➤ You might like to listen to one of these pieces of piano music each day as you reflect on how God has been at work.

➤ Day 1: All Creatures of Our God and King

➤ Day 2: Holy Spirit You are Welcome Here

➤ Day 3: The Lord Bless You and Keep You

➤ Day 4: There is a Redeemer

➤ Day 5: Fairest Lord Jesus

➤ Day 6: Leaning On The Everlasting Arms

➤ Day 7: Holy, Holy, Holy.

...and the Spirit of God was hovering over the waters...

and there was evening, and there was morning—the first day.

You might like to listen to this instrumental soundscape written for our week of prayer in Genesis. As you do, become more aware of the life giving presence of God in you and in the world.

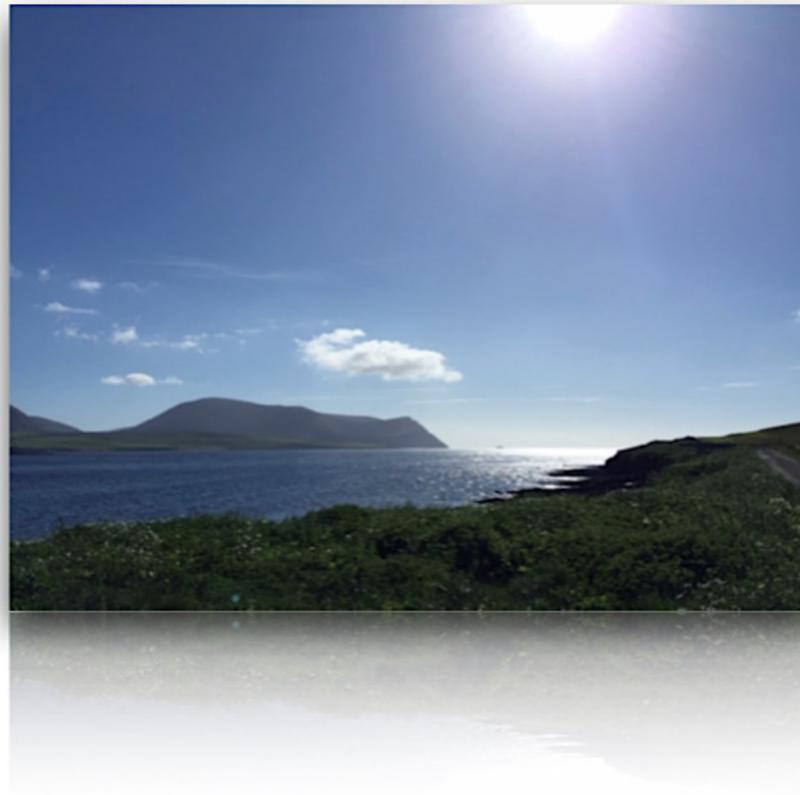


Pablo Picasso Girl Before a Mirror (Fair Use)

Psalm 19(TPT)

God's splendour is a tale that is told;
his testament is written in the stars.
Space itself speaks his story every day
through the marvels of the heavens.
His truth is on tour in the starry vault of the sky,
showing his skill in creation's craftsmanship.
Each day gushes out its message to the next,
night with night whispering its knowledge to all.
Without a sound, without a word, without a voice being heard,
Yet all the world can see its story.
Everywhere its gospel is clearly read so all may know.
What a heavenly home God has set for the sun,
shining in the superdome of the sky!
See how he leaves his celestial chamber each morning,
radiant as a bridegroom ready for his wedding,
like a day-breaking champion eager to run his course.
He rises on one horizon, completing his circuit on the other,
warming lives and lands with his heat.

God's Word is perfect in every way;
how it revives our souls!
His laws lead us to truth,
and his ways change the simple into wise.
His teachings make us joyful and radiate his light;
his precepts are so pure!
His commands, how they challenge us to keep close to his heart!
The revelation-light of his word makes my spirit shine radiant.
Every one of the Lord's commands is right;
following them brings cheer.



Nothing he says ever needs to be changed.
The rarest treasures of life are found in his truth.
That's why I prize God's word like others prize the finest gold.
Nothing brings the soul such sweetness
as seeking his living words.
For they warn us, his servants,
and keep us from following the wicked way,
giving a lifetime guarantee:
great success to every obedient soul!
Without this revelation-light,
how would I ever detect the waywardness of my heart?
Lord, forgive my hidden flaws whenever you find them.
Keep cleansing me, God,
and keep me from my secret, selfish sins;
may they never rule over me!
For only then will I be free from fault
and remain innocent of rebellion.
So may the words of my mouth, my meditation-thoughts,
and every movement of my heart be always pure and pleasing,
acceptable before your eyes,
my only Redeemer, my Protector-God.

Proverbs 1: 1-6 (TPT)

Here are kingdom revelations, words to live by,
and words of wisdom given to empower you to reign in life,
written as proverbs by Israel's King Solomon, David's son.
Within these sayings will be found the revelation of wisdom
and the impartation of spiritual understanding.
Use them as keys to unlock the treasures of true knowledge.
Those who cling to these words will receive discipline
to demonstrate wisdom in every relationship
and to choose what is right and just and fair.
These proverbs will give you great skill
to teach the immature and make them wise,
to give youth the understanding of their design and destiny.
For the wise, these proverbs will make you even wiser,
and for those with discernment,
you will be able to acquire brilliant strategies for leadership.
These kingdom revelations will break open your understanding
to unveil the deeper meaning of parables,
poetic riddles, and epigrams,
and to unravel the words and enigmas of the wise.



Photograph by Sr Maureen CSF

Father, help us to worship you in spirit and in truth;
That our consciences may be quickened by your holiness,
Our minds nourished by your truth,
Our imagination purified by your beauty,
Our hearts opened to your love,
Our wills surrendered to your purpose;
And may all this be gathered up in adoration as we
Ascribe glory, praise and honour to you alone,
Through Jesus Christ our Lord.

Amen

Adapted from William Temple in New Parish Prayers

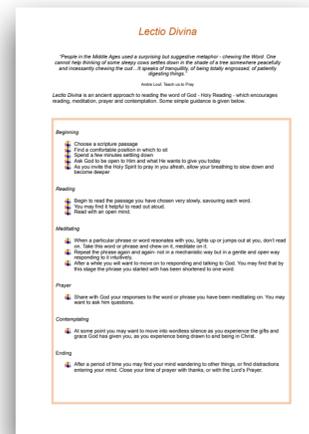


Photograph by Sr Maureen CSF

Creative prayer : Praying with the Word

Lectio Divina is an ancient approach to reading the word of God - Holy Reading - which encourages reading, meditation, prayer and contemplation. Some simple guidance is given to the right and a link to a PDF that can be downloaded can be found by clicking on the image below.

Over this week you might like to choose some other scripture passages from Genesis to read and pray with this way.



People in the Middle Ages used a surprising but suggestive metaphor - chewing the Word. One cannot help thinking of some sleepy cows settled down in the shade of a tree somewhere peacefully and incessantly chewing the cud...It speaks of tranquillity, of being totally engrossed, of patiently digesting things.

Andre Louf, Teach us to Pray

Beginning

- Choose a scripture passage
- Find a comfortable position in which to sit
- Spend a few minutes settling down
- Ask God to be open to Him and what He wants to give you today
- As you invite the Holy Spirit to pray in you afresh, allow your breathing to slow down and become deeper

Reading

- Begin to read the passage you have chosen very slowly, savouring each word.
- You may find it helpful to read out aloud.
- Read with an open mind.

Meditating

- When a particular phrase or word resonates with you, lights up or jumps out at you, don't read on. Take this word or phrase and chew on it, meditate on it.
- Repeat the phrase again and again- not in a mechanistic way but in a gentle and open way responding to it intuitively.
- After a while you will want to move on to responding and talking to God. You may find that by this stage the phrase you started with has been shortened to one word.

Prayer

- Share with God your responses to the word or phrase you have been meditating on. You may want to ask him questions.

Contemplating

- At some point you may want to move into wordless silence as you experience the gifts and grace God has given you, as you experience being drawn to and being in Christ.

Ending

- After a period of time you may find your mind wandering to other things, or find distractions entering your mind. Close your time of prayer with thanks, or with the Lord's Prayer.

Footsteps in Prayer

A journey through the Bible

An introduction to the book of Genesis from Fuller Seminary can be found [here](#).
A graphic introduction from Bible Project can be found [here](#) and [here](#).

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The Pathway by Kate Austin (Adapted) Used with permission.
Photograph on front slide by Alison Buckley used with permission

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

