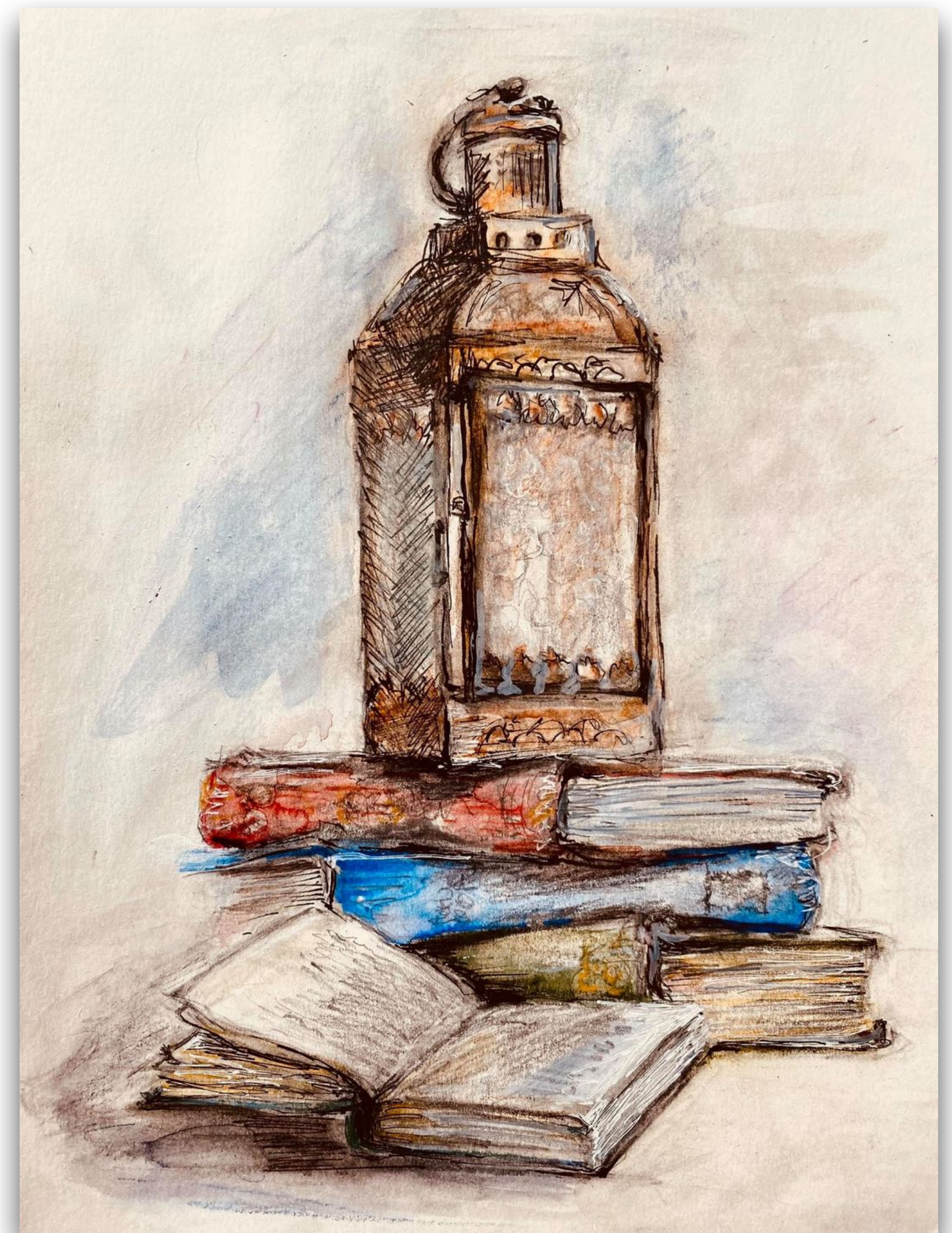


# Footsteps in Prayer

A journey through the Bible

Luke (2)





- Find a place to sit quietly.
- Sit in a relaxed position.
  - Become aware of your breathing.
  - Notice its pattern.
    - Is it deep or shallow?
    - Is it fast or slow?
    - Is it through your mouth or nose?
    - Is it regular or irregular?
  - Rest in the quietness that this awareness brings you.
- Be aware of God's loving eyes watching over you.
- As we Journey with Jesus ask God for the grace to see yourself and others through his eyes.
- You might like to listen to Shane and Shane or Dionne Warwick sing Psalm 23.
- You might to listen Hillsong sing King of Kings or to Vocore sing I wonder as I wander.
- You might like to listen to Satie's Gymnopedie no 1.

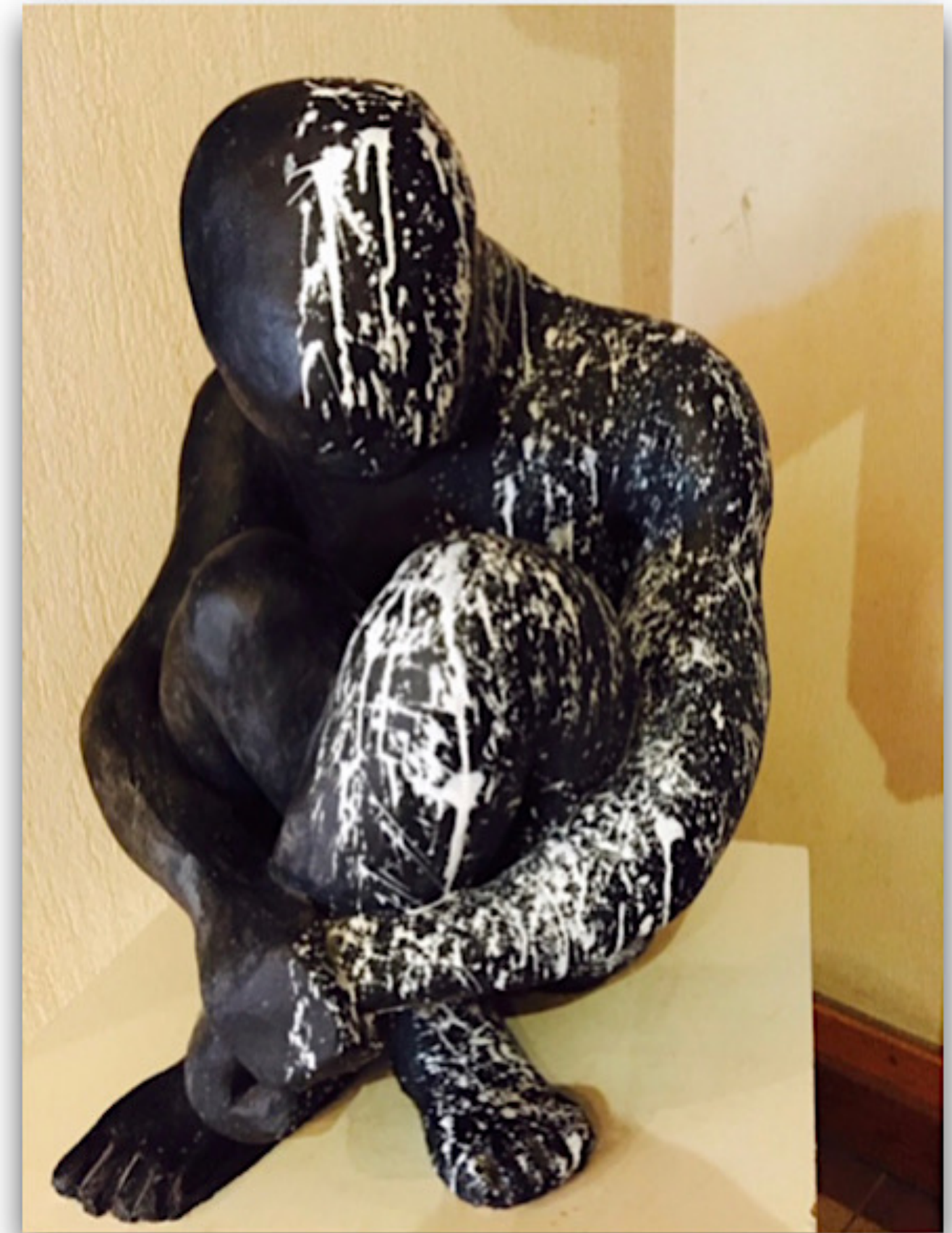


Meditation on Seeds, watercolour by Gordon Lamb <https://www.facebook.com/GordonLambatGalleryUpstairs/>



➤ You might like to listen to:

- Day 1: All Good Gifts Around Us from Godspell then click here.
- Day 2: You are the light of the world sung by Michael Card then click here.
- Day 3: Create in me a pure heart sung by Acapella then click here.
- Day 4: First sung by Lauren Daigle then click here.
- Day 5: The New Irish Choir sing There is a higher throne then click here.
- Day 6: Amazing Grace sung by Wellspring then click here.
- Day 7: The Good Shepherd sung by Yolanda Adams then click here.





# Day 1: Luke 11

“So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. Which of you fathers, if your son asks for a fish, will give him a snake instead? Or if he asks for an egg, will give him a scorpion? If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!”

- Read this passage from Luke 11.
  - 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](https://www.facebook.com/GordonLambatGalleryUpstairs/) to continue.





# Day 2: Luke 11

“No one lights a lamp and puts it in a place where it will be hidden, or under a bowl. Instead they put it on its stand, so that those who come in may see the light. Your eye is the lamp of your body. When your eyes are healthy, your whole body also is full of light. But when they are unhealthy, your body also is full of darkness. See to it, then, that the light within you is not darkness. Therefore, if your whole body is full of light, and no part of it dark, it will be just as full of light as when a lamp shines its light on you.”

- Read this passage from Luke 11.
  - 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: Luke 12

Someone in the crowd said to him, “Teacher, tell my brother to divide the inheritance with me.” Jesus replied, “Man, who appointed me a judge or an arbiter between you?” Then he said to them, “Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions.” And he told them this parable: “The ground of a certain rich man yielded an abundant harvest. He thought to himself, ‘What shall I do? I have no place to store my crops.’ Then he said, ‘This is what I’ll do. I will tear down my barns and build bigger ones, and there I will store my surplus grain. And I’ll say to myself, “You have plenty of grain laid up for many years. Take life easy; eat, drink and be merry.”’ But God said to him, ‘You fool! This very night your life will be demanded from you. Then who will get what you have prepared for yourself?’ This is how it will be with whoever stores up things for themselves but is not rich toward God.”

- Read these words from Luke 12.
  - 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.



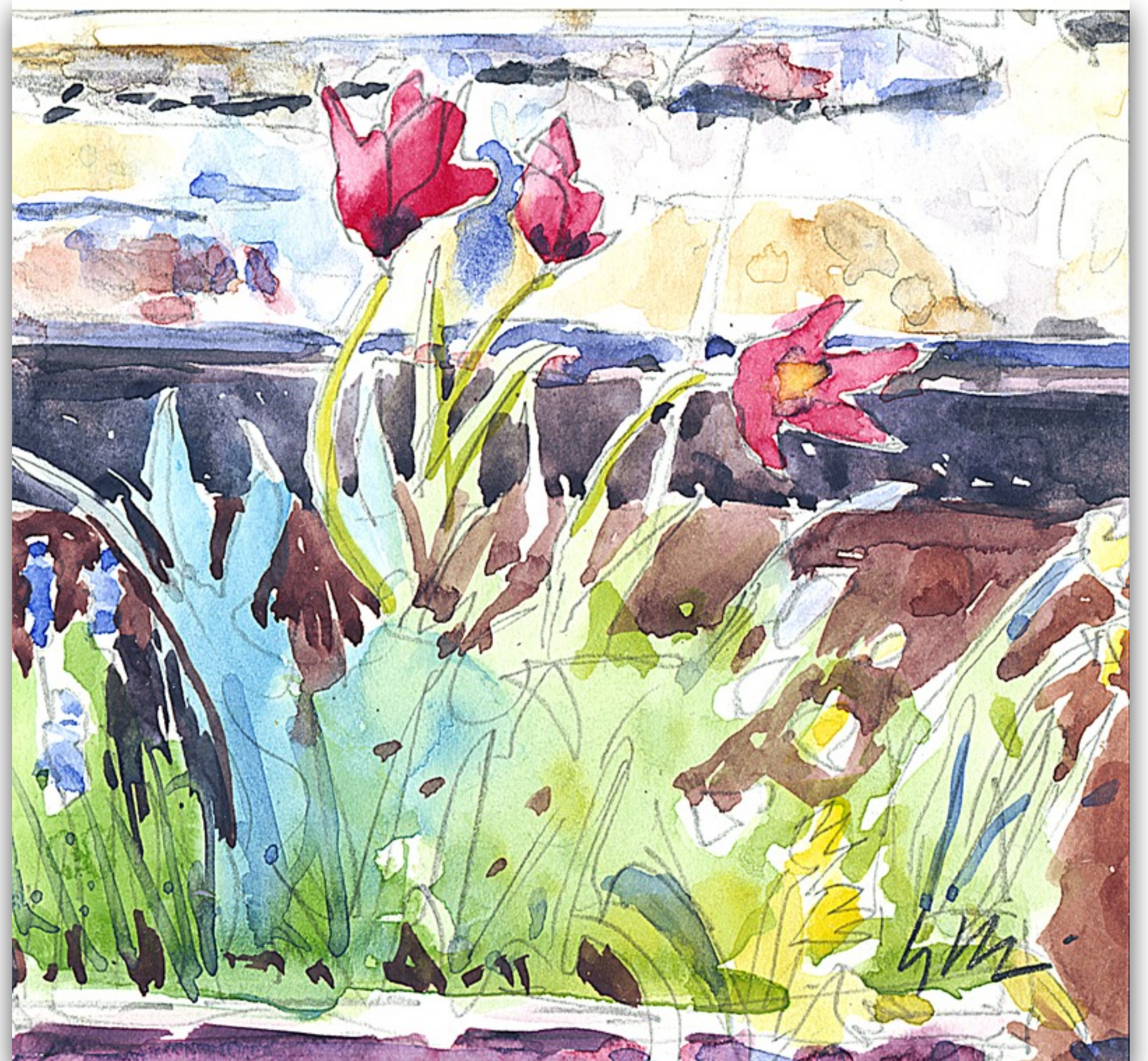


# Day 4: Luke 12

Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. For life is more than food, and the body more than clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to your life? Since you cannot do this very little thing, why do you worry about the rest?”

“Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendour was dressed like one of these. If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you—you of little faith! And do not set your heart on what you will eat or drink; do not worry about it. For the pagan world runs after all such things, and your Father knows that you need them. But seek his kingdom, and these things will be given to you as well.”

- Read these words from Luke 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?
- 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: Luke 12

“Be dressed ready for service and keep your lamps burning, like servants waiting for their master to return from a wedding banquet, so that when he comes and knocks they can immediately open the door for him. It will be good for those servants whose master finds them watching when he comes. Truly I tell you, he will dress himself to serve, will have them recline at the table and will come and wait on them. It will be good for those servants whose master finds them ready, even if he comes in the middle of the night or toward daybreak. But understand this: If the owner of the house had known at what hour the thief was coming, he would not have let his house be broken into. You also must be ready, because the Son of Man will come at an hour when you do not expect him.”

- Read these words from Luke 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?
- 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: Luke 13

On a Sabbath Jesus was teaching in one of the synagogues, and a woman was there who had been crippled by a spirit for eighteen years. She was bent over and could not straighten up at all. When Jesus saw her, he called her forward and said to her, “Woman, you are set free from your infirmity.” Then he put his hands on her, and immediately she straightened up and praised God.

- Read these words from Luke 13.
  - 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: Luke 15

Then Jesus told them this parable: “Suppose one of you has a hundred sheep and loses one of them. Doesn’t he leave the ninety-nine in the open country and go after the lost sheep until he finds it? And when he finds it, he joyfully puts it on his shoulders and goes home. Then he calls his friends and neighbours together and says, ‘Rejoice with me; I have found my lost sheep.’ I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous persons who do not need to repent.”

- Read these words from Luke 15.
  - 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 these pieces of instrumental music by John Michael Talbot

➤ Day 1: Only in God

➤ Day 2: See my Servant

➤ Day 3: Sunset

➤ Day 4: Lilies of the Field

➤ Day 5: Wedding Dance

➤ Day 6: Gloria

➤ Day 7: Lamb of God





## 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.’”



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

Watercolour by Gordon Lamb <https://www.facebook.com/GordonLambatGalleryUpstairs/>



## Proverbs 12: 5-7

The plans of the righteous are just,  
but the advice of the wicked is deceitful.  
The words of the wicked lie in wait for blood,  
but the speech of the upright rescues them.  
The wicked are overthrown and are no more,  
but the house of the righteous stands firm.





# Creative prayer

## Watching a watercolour

We often talk of God as an artist - God who made a world full of colour.

- Take time to watch an artist at work, seeing a picture develop.
- You can see Gordon Lamb create a watercolour [here](#).

In watercolours the pigments move with the water and bend with other colours.

- As you watch gives thanks for God the creative artist.
- Give thanks for those you know who use creativity to enrich and bless the world.
- Ask God to be creatively at work in others who are in need.
- Ask God to be creatively at work in you.

You might like to get your own paper, pencil and watercolour and create your own painting.

- Notice how the colours and water intermingle.
- When you have finished look at it - what do you notice?
- Talk about this to God.

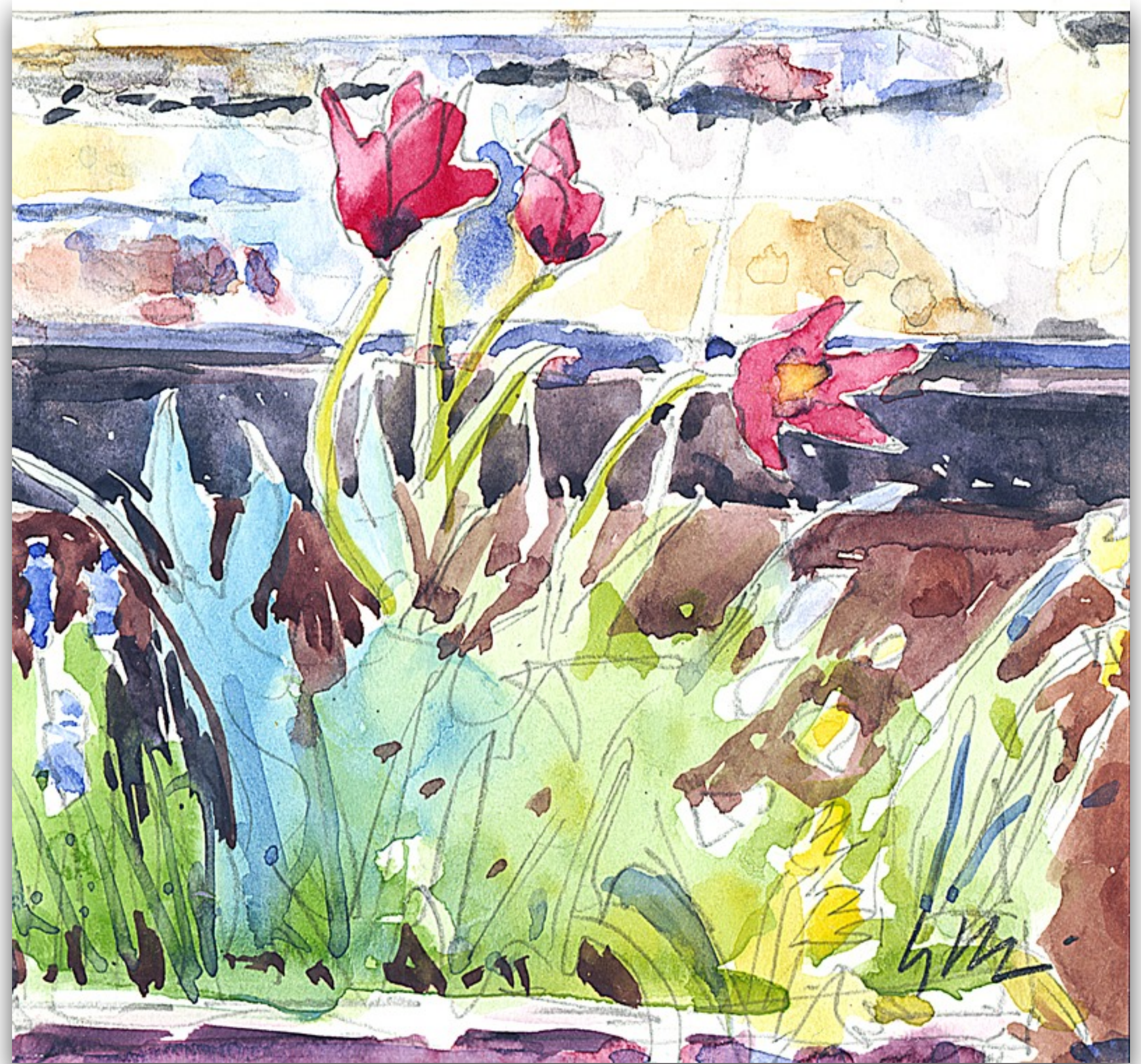




# God, the Artist

Thou takest the pen –  
and the lines dance.  
Thou takest the flute –  
and the notes shimmer.  
Thou takest the brush –  
and the colours sing.  
So all things have meaning and beauty  
in that space beyond time where Thou art.  
How, then, can I hold back anything from Thee?

Dag Hammarskjöld

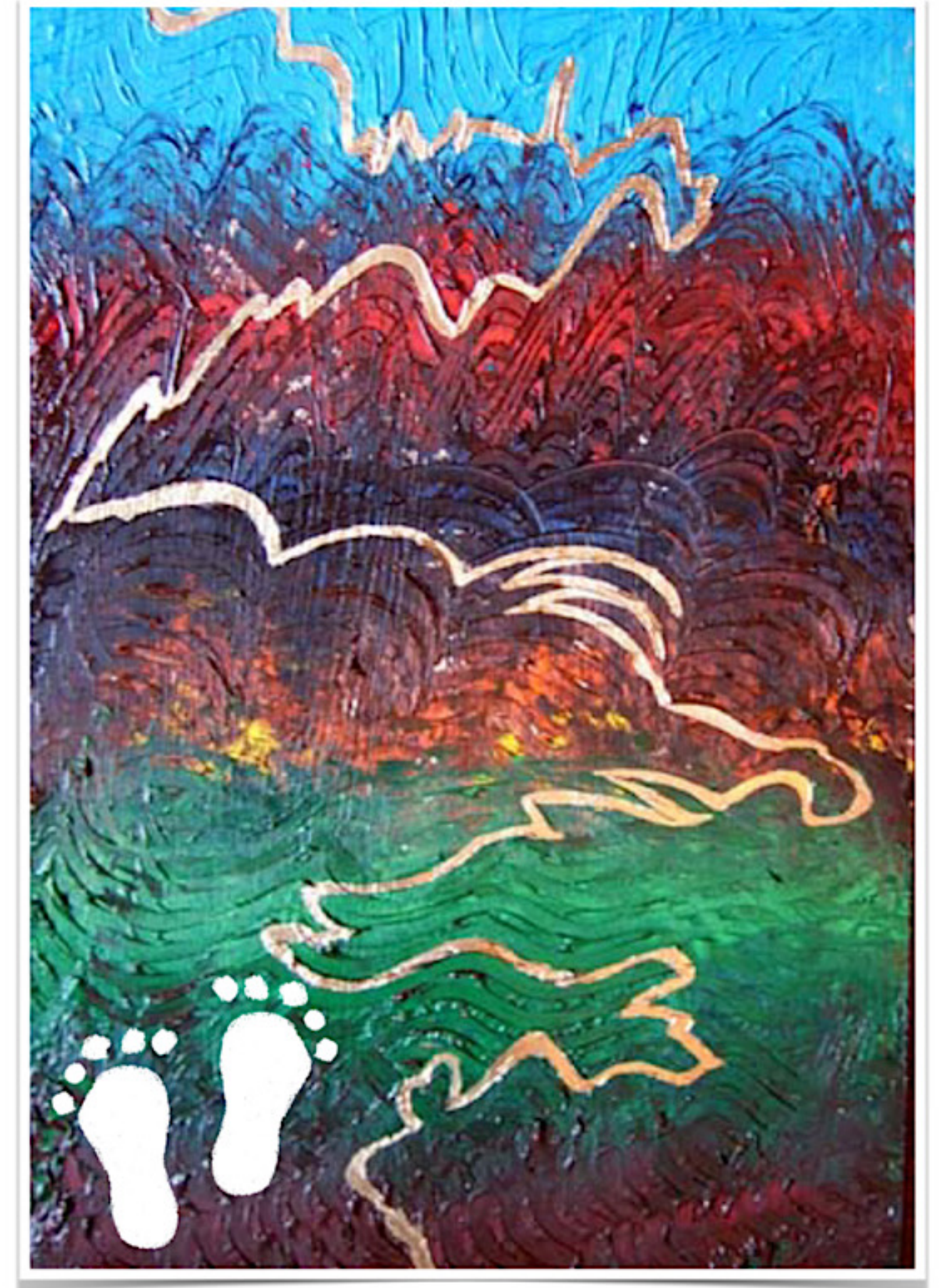




# Footsteps in Prayer

## A journey through the Bible

The second part of a graphic introduction to the book of Luke Ch 10-24 can be found [here](#).



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

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