

Footsteps in Prayer

A journey through the Bible

Job



- Find a place where you can sit quietly.
- Take a few slow deep breaths and become still.
- Take a few moments to contemplate the greatness of God.
- Now take a few moments to feel his intimate love for you as he looks at you.
- You might like to listen to Sylvia McNair or Nicole Mullen sing *I know my redeemer lives*.
- You might like instead to listen to Danielle Rose or Lincoln Cathedral Choir sing Psalm 88.



➤ You might like to listen to:

➤ Day 1: The Zoe Group sing Blessed Be Your Name then click here.

➤ Day 2: This World version of As the Deer Pants for the Water then click here.

➤ Day 3: Hillsong sing So Will I then click here.

➤ Day 4: Karl Jenkins' Benedictus then click here.

➤ Day 5: California Baptist Choir sing Indescribable then click here.

➤ Day 6: Maddy Prior sing I Know My Redeemer Lives then click here.

➤ Day 7: Matt Redman sing Worthy then click here.



Day 1: Job 1

At this, Job got up and tore his robe and shaved his head. Then he fell to the ground in worship and said:

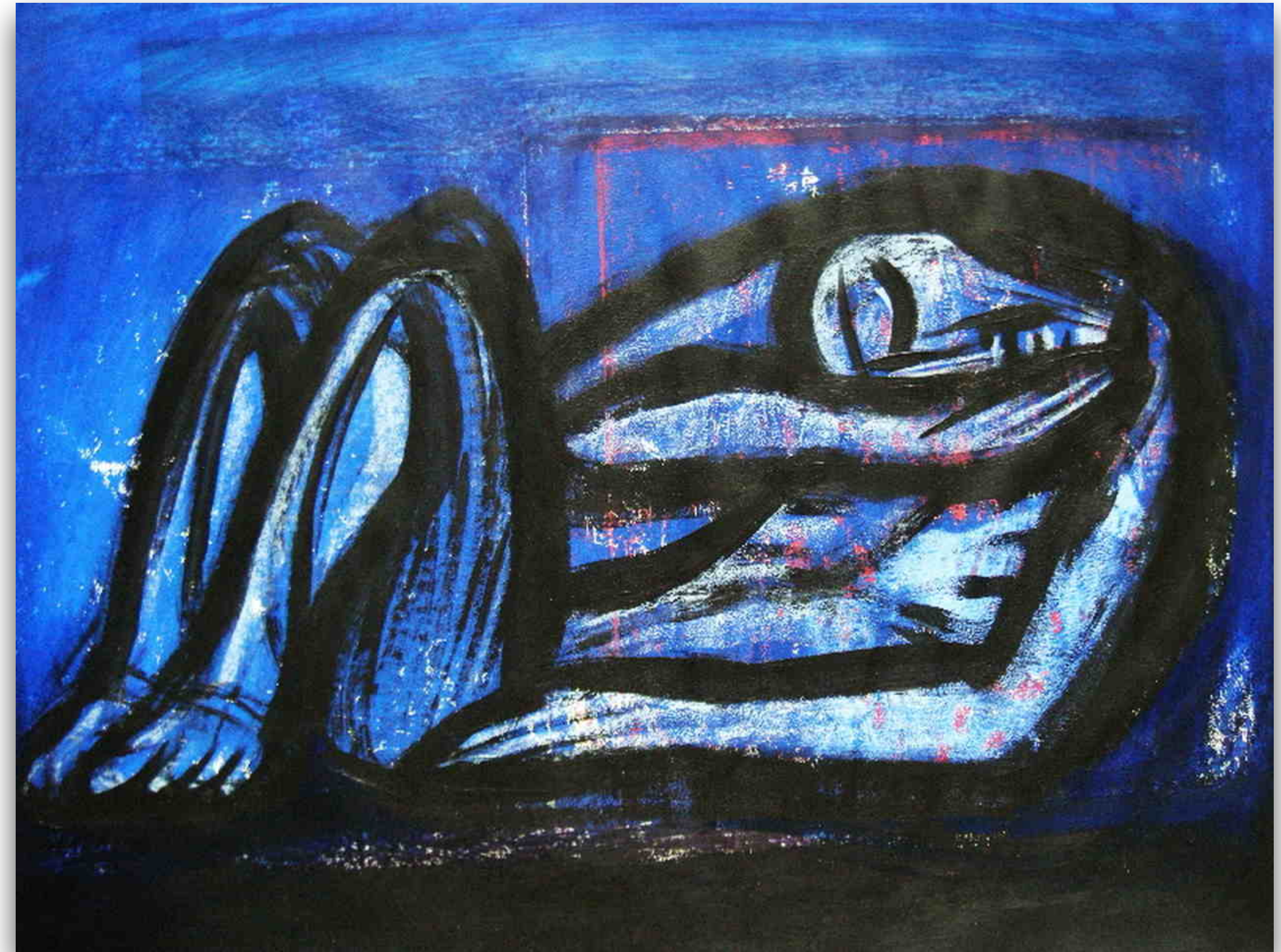
“Naked I came from my mother’s womb,
and naked I will depart.

The Lord gave and the Lord has taken away;
may the name of the Lord be praised.”

In all this, Job did not sin by charging God with wrongdoing.



- Read this passage from Job 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.



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in the Book of Job by Daniel Raus.
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Day 2: Job 19



I know that my redeemer lives,
and that in the end he will stand on the earth.
And after my skin has been destroyed,
yet in my flesh I will see God;
I myself will see him
with my own eyes—I, and not another.
How my heart yearns within me!

- Read this passage from Job 19.
 - 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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Day 3: Job 38

Then the Lord spoke to Job out of the storm. He said:

“Who is this that obscures my plans
with words without knowledge?

Brace yourself like a man;

I will question you,
and you shall answer me.

“Where were you when I laid the earth’s foundation?

Tell me, if you understand.

Who marked off its dimensions? Surely you know!

Who stretched a measuring line across it?

On what were its footings set,

or who laid its cornerstone—

while the morning stars sang together

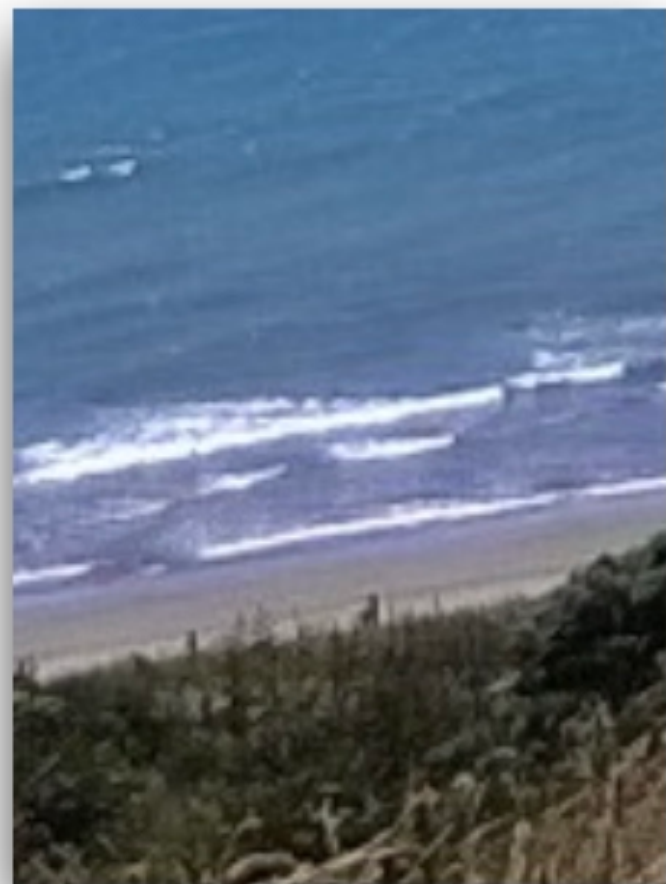
and all the angels shouted for joy?”



- Read this passage from Job 38.
 - 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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Day 4: Job 38

“Who shut up the sea behind doors
when it burst forth from the womb,
when I made the clouds its garment
and wrapped it in thick darkness,
when I fixed limits for it
and set its doors and bars in place,
when I said, ‘This far you may come and no farther;
here is where your proud waves halt’?”



- Read this passage from Job 38.
 - 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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Day 5: Job 38

“Have you journeyed to the springs of the sea
or walked in the recesses of the deep?
Have the gates of death been shown to you?
Have you seen the gates of the deepest darkness?
Have you comprehended the vast expanses of the earth?
Tell me, if you know all this.
What is the way to the abode of light?
And where does darkness reside?
Can you take them to their places?
Do you know the paths to their dwellings?

Surely you know, for you were already born!
You have lived so many years!”



- Read these words from Job 38.
 - 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?
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Day 6: Job 38

“Have you entered the storehouses of the snow
or seen the storehouses of the hail,
which I reserve for times of trouble,
for days of war and battle?

What is the way to the place where the lightning is dispersed,
or the place where the east winds are scattered over the
earth?

Who cuts a channel for the torrents of rain,
and a path for the thunderstorm,
to water a land where no one lives,
an uninhabited desert,
to satisfy a desolate wasteland
and make it sprout with grass?

Does the rain have a father?

Who fathers the drops of dew?
From whose womb comes the ice?

Who gives birth to the frost from the heavens
when the waters become hard as stone,
when the surface of the deep is frozen?”



- Read these words from Job 38.
 - 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?
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Day 7: Job 42

Then Job replied to the Lord:

“I know that you can do all things; no purpose of yours can be thwarted. You asked, ‘Who is this that obscures my plans without knowledge?’ Surely I spoke of things I did not understand, things too wonderful for me to know. You said, ‘Listen now, and I will speak; I will question you, and you shall answer me.’ My ears had heard of you but now my eyes have seen you. Therefore I despise myself and repent in dust and ashes.”



- Read this passage from Job 42.
 - 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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➤ You might like to listen to these Taize chants. As you listen let the words dwell in you deeply and hide them on and receive them in your heart.

➤ Day 1: Nada te turbe.

➤ Day 2: Jesus, remember me

➤ Day 3: Wait for the Lord.

➤ Day 4: The Fire of Your Love.

➤ Day 5: Laudate Omnes Gentes.

➤ Day 6: Bless the Lord my soul.

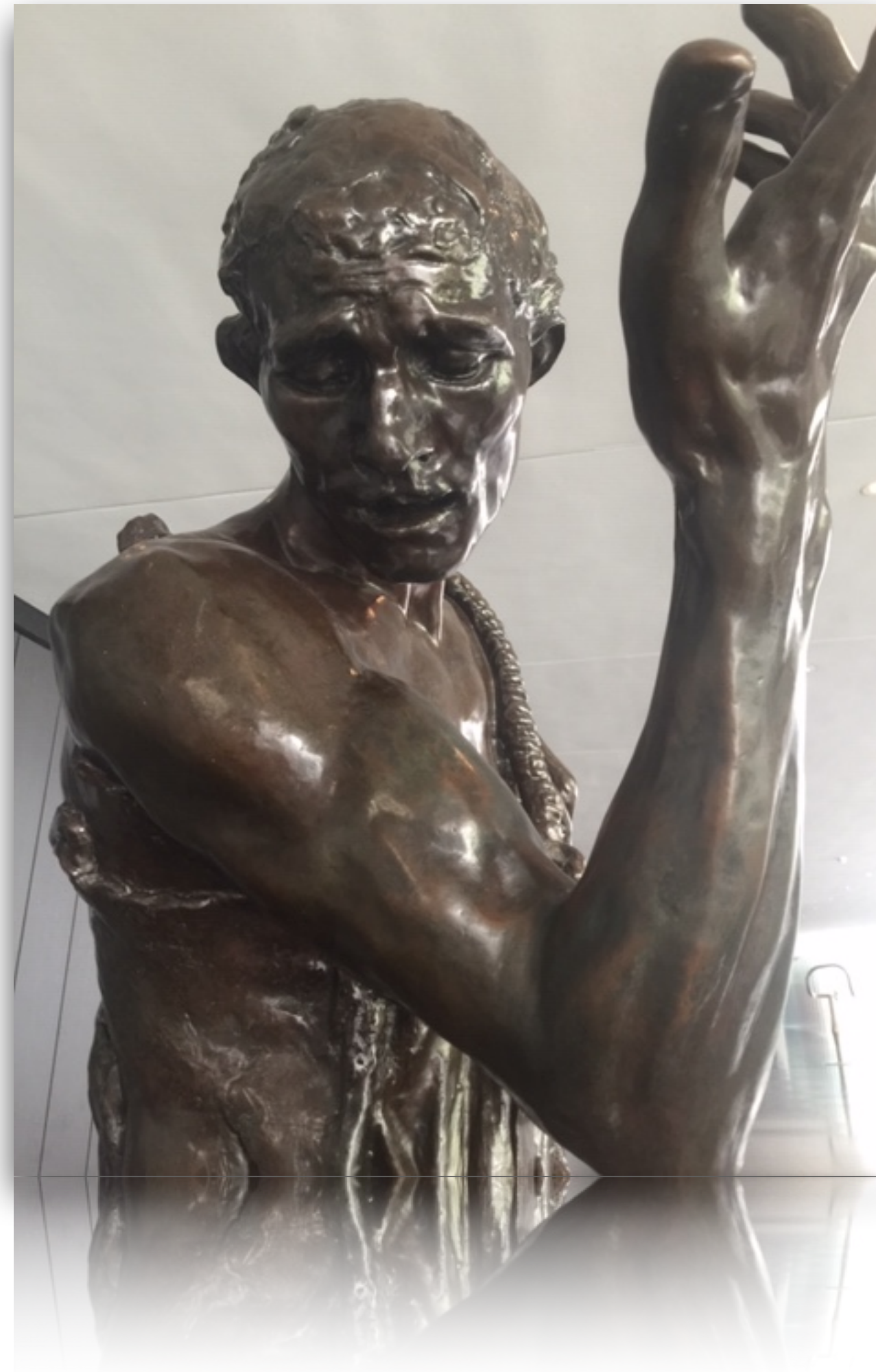
➤ Day 7: The Kingdom of God.

You might also like to listen to Ola Djeilo's Dawn.



Psalms 88 (TPT)

Yahweh is the God who continually saves me.
I weep before you night and day.
Please bend down and listen to my sobbing,
for my life is riddled with troubles
and death is just around the corner!
Everyone sees my life ebbing out.
They consider me a hopeless case and see me as a dead man.
They've all left me here to die, helpless,
like one who is doomed for death.
They're convinced you've forsaken me,
certain that you've forgotten me completely—
abandoned, pierced, with nothing to look forward to but death.
They have discarded me and thrown me down
into the deepest darkness as into a bottomless pit.
I feel your wrath and it's a heavy weight upon me,
drowning me beneath a sea of sorrow.
Why did you turn all my friends against me?
You've made me like a cursed man in their eyes.
No one wants to be with me now.
You've caught me in a trap with no way out.
Every day I beg for your help. Can't you see my tears?
My eyes are swollen with weeping.



My arms are wide, longing for mercy,
but you're nowhere to be found.
How can those who are cut off from your care
even know that you are there?
How can I rise up to praise you if I'm dead and gone?
Who can give thanks for your love in the graveyard?
Who preaches your faithfulness in the place of destruction?
Does death's darkness declare your miracles?
How can anyone who's in the grave, where all is forgotten,
remember how you keep your promises?
Lord, you know my prayer before I even whisper it.
At each and every sunrise you will
continue to hear my cry until you answer.
O Lord, why have you thrown my life away?
Will you keep turning the other way every time I call out to you?
I've had to live in poverty and trouble all my life.
Now I'm humiliated, broken, and helpless before your terrors
and I can't take it anymore.
I'm overwhelmed by your burning anger.
I've taken the worst you could give me
and I'm speechless before you.
I'm drowning beneath the waves of this sorrow,
cut off with no one to help.
All my loved ones and friends keep far away from me,
leaving me all alone with only darkness as my friend.

Proverbs 7: 1-2

My son, keep my words
and store up my commands within you.
Keep my commands and you will live;
guard my teachings as the apple of your eye...



Creative prayer

- You might like to get a bowl.
 - In it place items to illustrate the tragedies and traumas of life.
 - Then, write on it one of the passages from Job that God has placed in your heart that helps you trust him.
 - Place this in the bowl as well.
 - As you do know his goodness and that he holds the bigger picture.
- You might like to make your own paper bowl using the instructions [here](#).
 - You might like to do this using newspaper or an old prayer calendar.
 - As you do pray about the different situations on the print.
 - After painting the bowl add on some words from Job that you have been meditating on, for example “I know that my redeemer lives.”



Lord,
because your love is strong
and trustworthy
I firmly believe that through darkness,
pain and bitter times in life,
when all seems lost
and the way out appears remote,
there is and there must be
a secret,
a purpose, a goal, a motive
and a divine plan which you have for each of us.
Give me the grace,
the strength, the courage,
to persevere.
O Lord of divine tenderness,
comforter of the weak and afflicted,
I offer you my heart and soul,
take me as I am.

Paul Murray in Scars



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A Bible Project introduction to the book of Job can be found [here](#).

An introduction to the book of Job from Fuller Seminary can be found [here](#).

Seatrain's Song of Job can be heard [here](#).

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

