

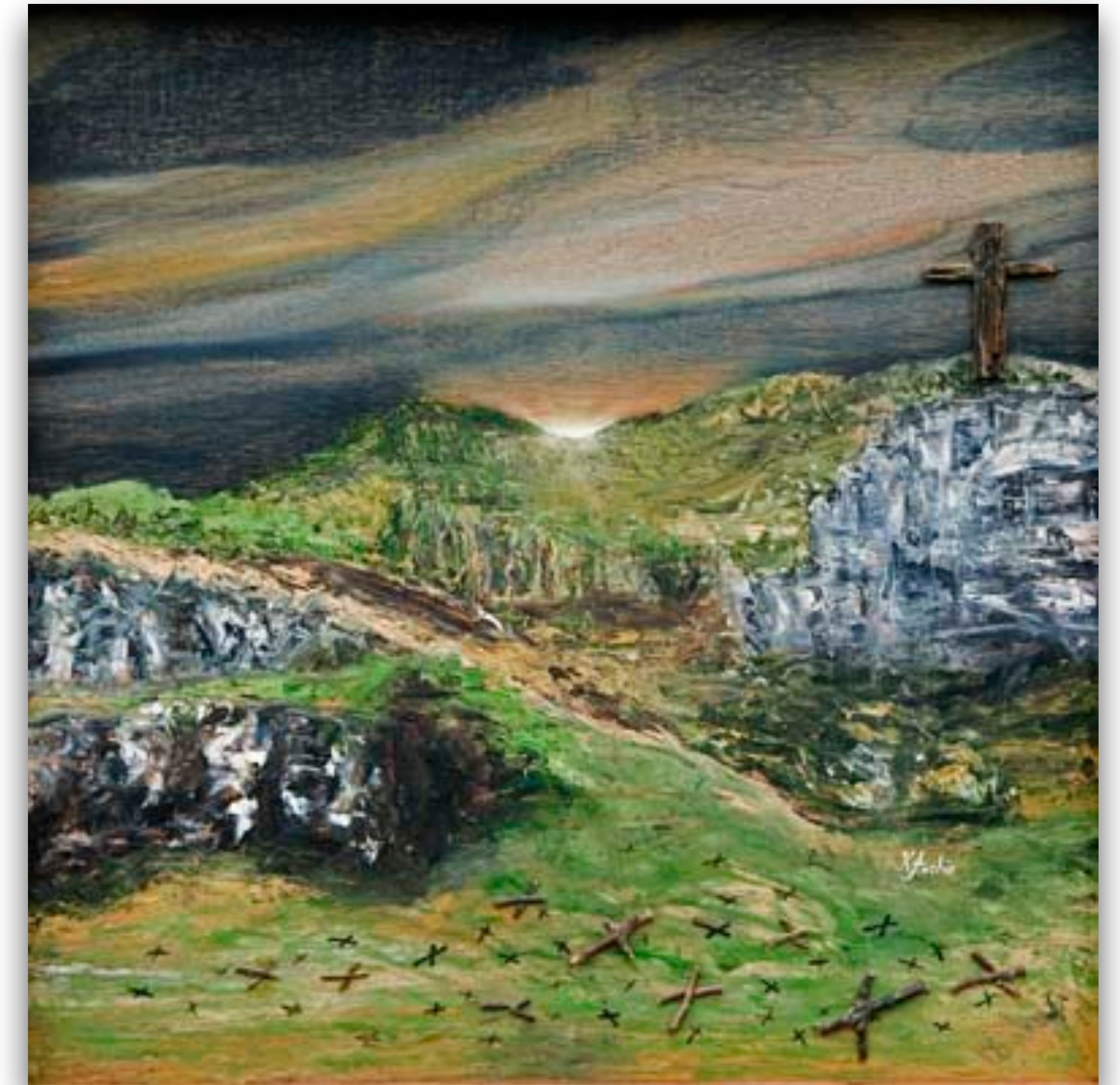
Journey with Jesus

Praying through the Gospel of Mark

Station 47 - as evening approached



- Find a place to sit quietly and close your eyes.
- Be aware of God's loving eyes watching over you.
- Take a deep breath in and breathe out slowly. As you breathe out pray the words from Nehemiah 8:10. *The joy of the Lord is my strength.*
- Repeat this three times.
- You might like to remember the words of Psalm 30:5 *weeping may stay for the night, but rejoicing comes in the morning.*
- As you do this you might like to ask for the grace of a deepening joy in you as you notice the presence of God in and through all things.
- You might like to listen to Kristyn Getty sing The Power of the Cross.



Tree of Death by Kate Austin used with permission

Be still and Wait

This in-between day
after all had gone so wrong
before all will go so right,
puts us between the rock
and the hard place:
all hope, love and faith is squeezed from us.

Today we are flattened,
dried like chaff,
ground to pulp,
our destiny with death sealed.

We lie still
like sprinkled spices
trying to delay
inevitable decay,
wrapped up tight
stone cold
and futile.



New Life by Kate Austin

The rock is rolled into place
so we lie underneath,
crushed and broken.
We are inside,
our bodies like His.
We are outside,
cut off and left behind.

We cannot know about tomorrow,
we do not fathom what is soon to come:
the stone lifted and rolled away,
the separation bridged,
the darkness giving way to light,
the crushed and broken rising to dance,
and the waiting stillness stirring, inexplicably,
to celebrate new life.

Emily Polis Gibson

Read this passage from Mark chapter 15. What words or phrases strike you?

It was Preparation Day (that is, the day before the Sabbath). So as evening approached, Joseph of Arimathea, a prominent member of the Council, who was himself waiting for the kingdom of God, went boldly to Pilate and asked for Jesus' body. Pilate was surprised to hear that he was already dead. Summoning the centurion, he asked him if Jesus had already died. When he learned from the centurion that it was so, he gave the body to Joseph. So Joseph bought some linen cloth, took down the body, wrapped it in the linen, and placed it in a tomb cut out of rock. Then he rolled a stone against the entrance of the tomb. Mary Magdalene and Mary the mother of Joseph saw where he was laid.



Read these words from Mark chapter 15 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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Tilby Labyrinth (detail) by Annabel Barber

Now close your eyes and imagine yourself watching from the distance.
You might like to imagine yourself as Joseph or one of the women watching or one of the bystanders.

Slowly let the scene unfold.

What do you notice?

What do you see?

What do you hear?

What can you taste?

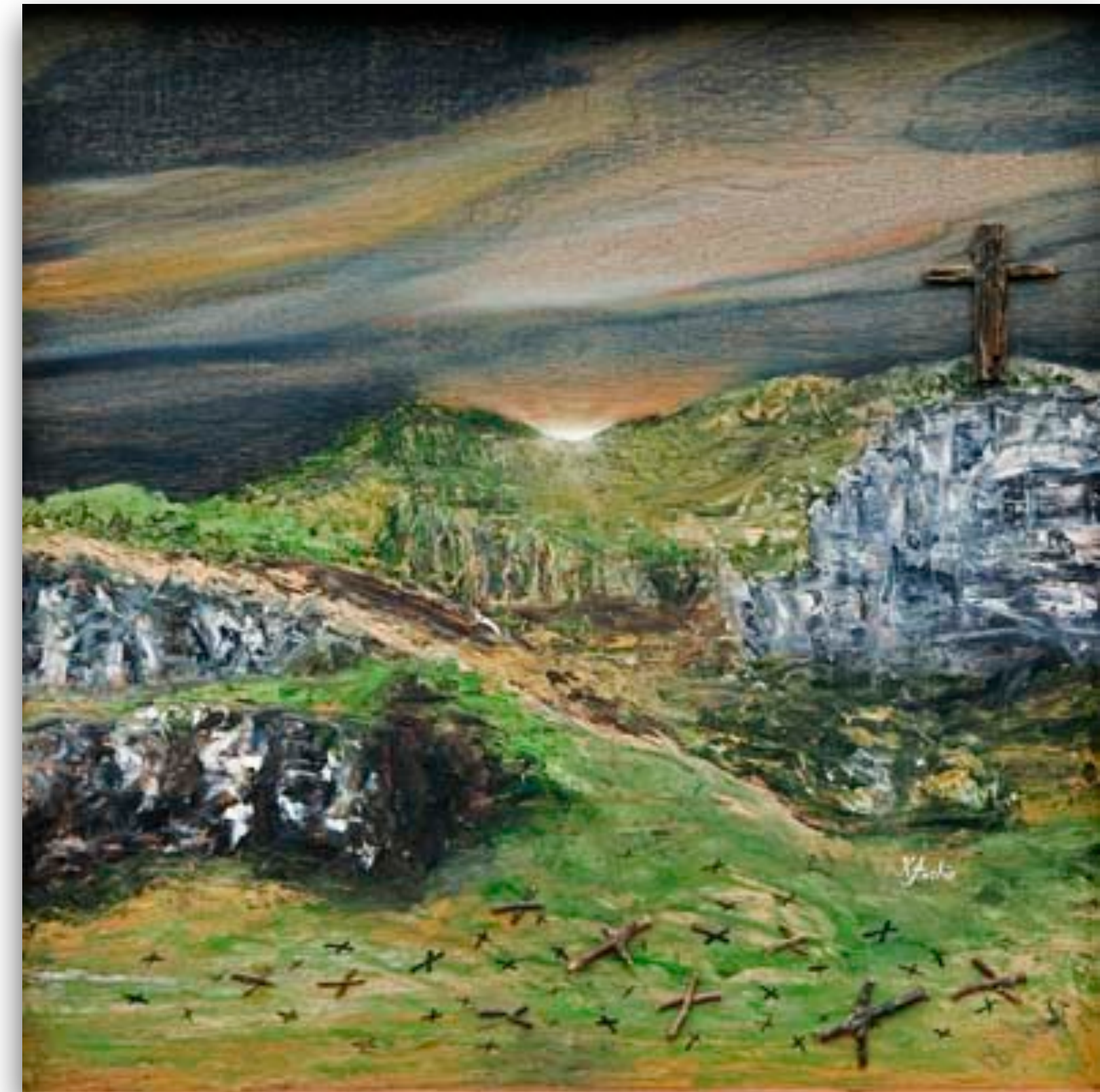
What can you smell?

How do you respond as Joseph wraps Jesus' body?

How do you respond when the stone is rolled in front of the tomb?

What do you want to say to God?

Let those words become your prayer.



Tree of Death by Kate Austin used with permission

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.

You might like to listen to Nobuyuki Tsujii play *Elegy for the Victims of the Tsunami of March 11, 2011 in Japan* or this evocative music by Hans Zimmer.



New Life by Kate Austin

Creative prayer

Nail Cross

- You might like to make a nail cross. As you do, pray through the story of Good Friday, from the crucifixion to Jesus' body being laid in the tomb.
- If you are used to metal work would might like this approach.
- If you are more used to jewellery work you might like this approach.
- If you prefer a simpler approach you might like this approach.
- As you do you might like to listen to Brian Eno's Dormienti .



Tony Hisgett from Birmingham, UK / CC BY/2.0
Cross of Nails Coventry Cathedral

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
Thanks to Kate Austin for her images. These can be found at <http://christart.co.uk>