

# Journey with Jesus

Praying through the Gospel of Mark

***Station 21 - they worship me in vain***





Lord, help me enter into that peace  
which consists in  
having put my life in your hands.

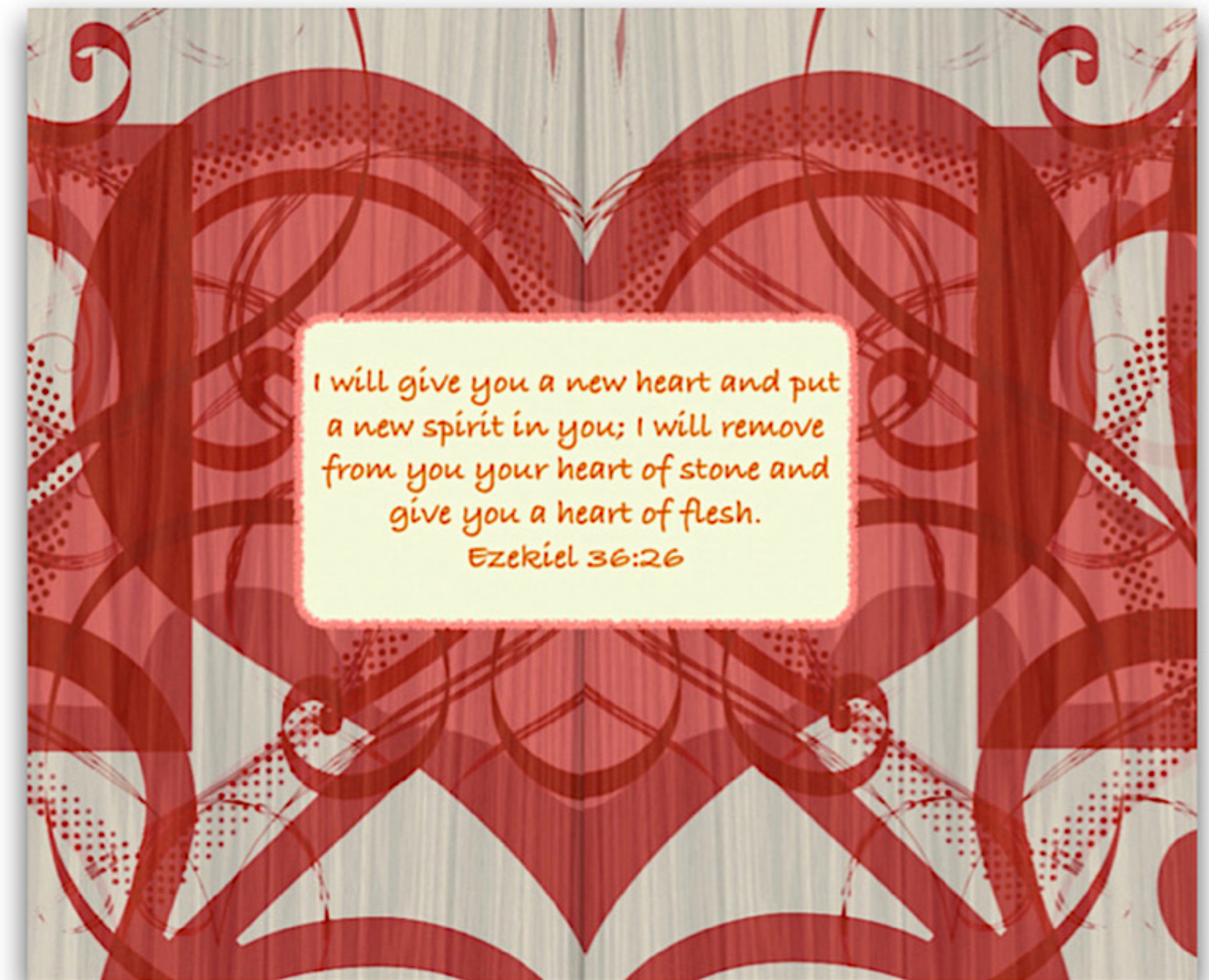
Carlo Maria Martini SJ



Photograph by Sister Liz SSF  
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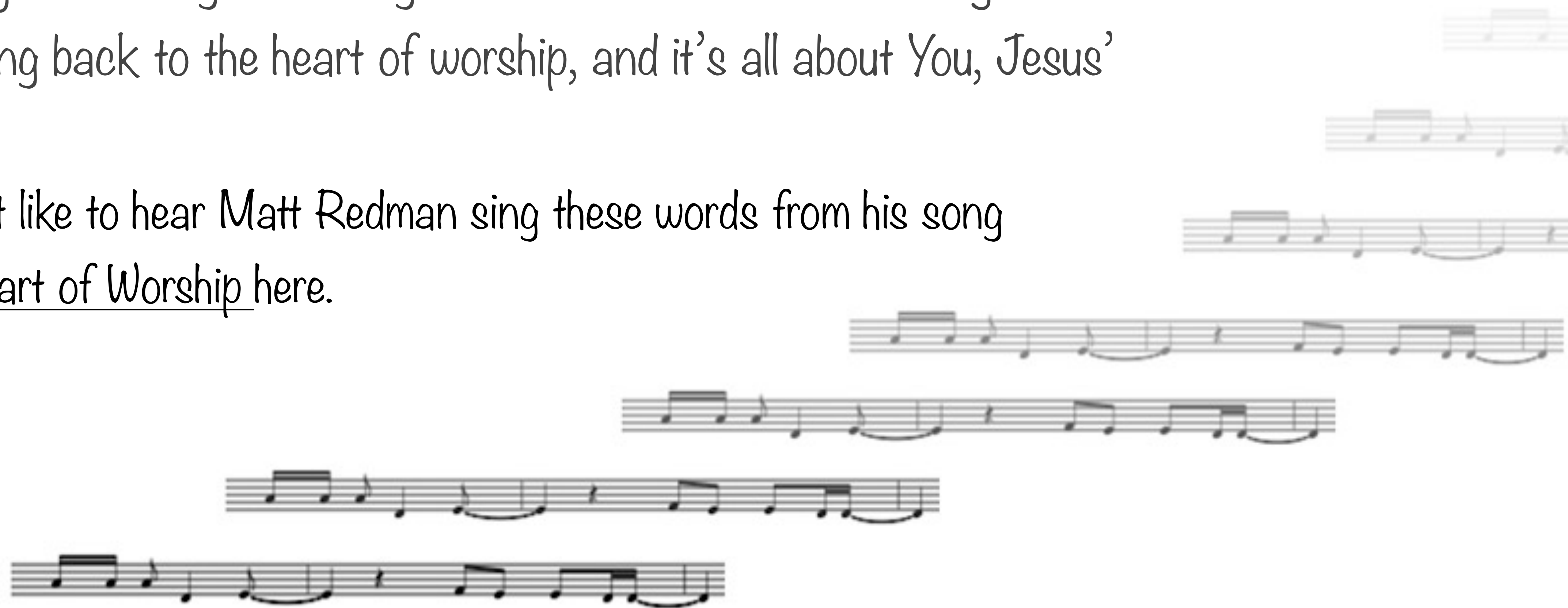
- Find a place to sit quietly.
- Sit in a relaxed position
  - Become aware of your feet on the floor.
  - Notice your legs. Tense and relax your muscles. In the same way notice the rest of your body, bit by bit. Tense and relax.
  - Lastly focus on your face and head muscles. Tense and relax.
  - Scan your body.
  - Notice any points of remaining tension. Tense and relax.
  - Let any remaining tension go.
  - Come to a place of rest.
- Be aware of God's loving eyes watching over you.
- As we Journey with Jesus ask God for the grace to notice his presence with you in all things.





‘When the music fades, all is stripped away, and I simply come  
Longing just to bring something that’s of worth that will bless your heart  
I’m coming back to the heart of worship, and it’s all about You, Jesus’

You might like to hear Matt Redman sing these words from his song  
The Heart of Worship here.



Read this passage from Mark chapter 7. What words or phrases strike you?

He replied, “Isaiah was right when he prophesied about you hypocrites; as it is written:

“These people honour me with their lips,  
but their hearts are far from me.  
They worship me in vain;  
their teachings are merely human rules.’

You have let go of the commands of God and are holding on to human traditions.”





Read these words from Mark chapter 7 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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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?

How has Jesus spoken to your heart?

Where might human traditions have displaced the commands of God?

You might like to jot down what has emerged from your prayer time in a journal.

As you do, you might like to listen to Hahn's Chansons grises - 5. L'heure exquise, played by Mischa Maisky.





# Creative prayer

What daily 'traditions' do you have? How might you spend time with God as you undertake these daily traditions in a way that will draw you closer to his heart?

- Do you have an early morning cup of tea?
  - Maybe this could become a time of thanksgiving and worship?
- Do you brush your teeth?
  - Maybe this could become a time of prayer for your family and friends as you commit them to God?
- Do you have a bath or shower?
  - May be this could become a time of confession and receiving of God's forgiveness.





# 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