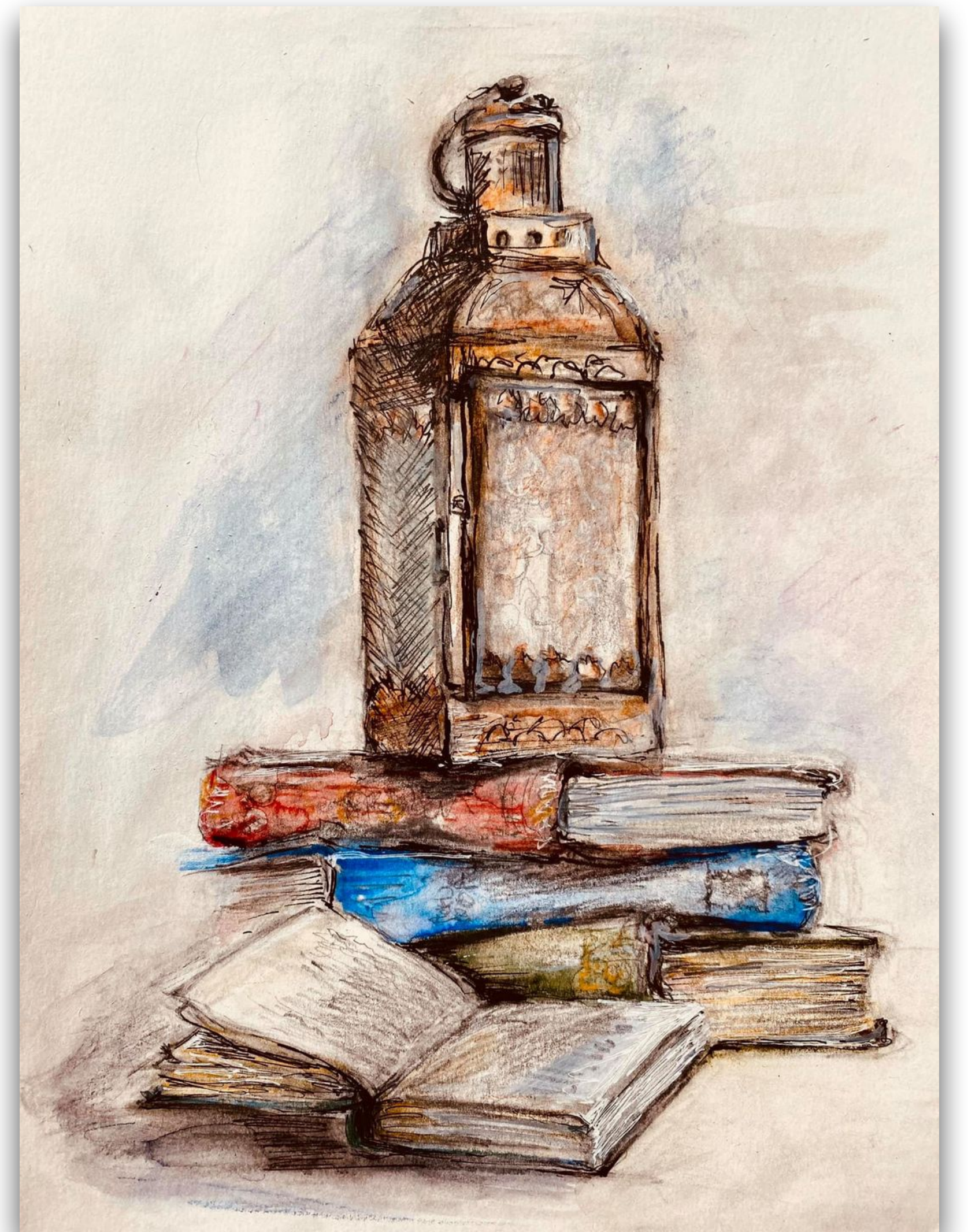


# Footsteps in Prayer

A journey through the Bible

Matthew (I)





- Find a place where you can sit quietly.
- Take a few slow deep breaths and become still.
- Be aware of being in the presence of God who loves you.
- What does the coming of Jesus into the world mean for you and others?
- What does the coming of Jesus into your life mean for you and others?
- You might like to listen to Fox and Hound sing What Child is this? or to Salt of the Sound sing O Come, O Come Emmanuel.
- You might instead like to listen to Chad Lawson's Autumn Suite Vol I I or to The Kings Singers sing Spem in Alium.





➤ You might like to listen to:

➤ Day 1: The Jesse Tree sung by Blackburn Cathedral Choir then click [here](#).

➤ Day 2: The Final Word sung by Michael Card then click [here](#).

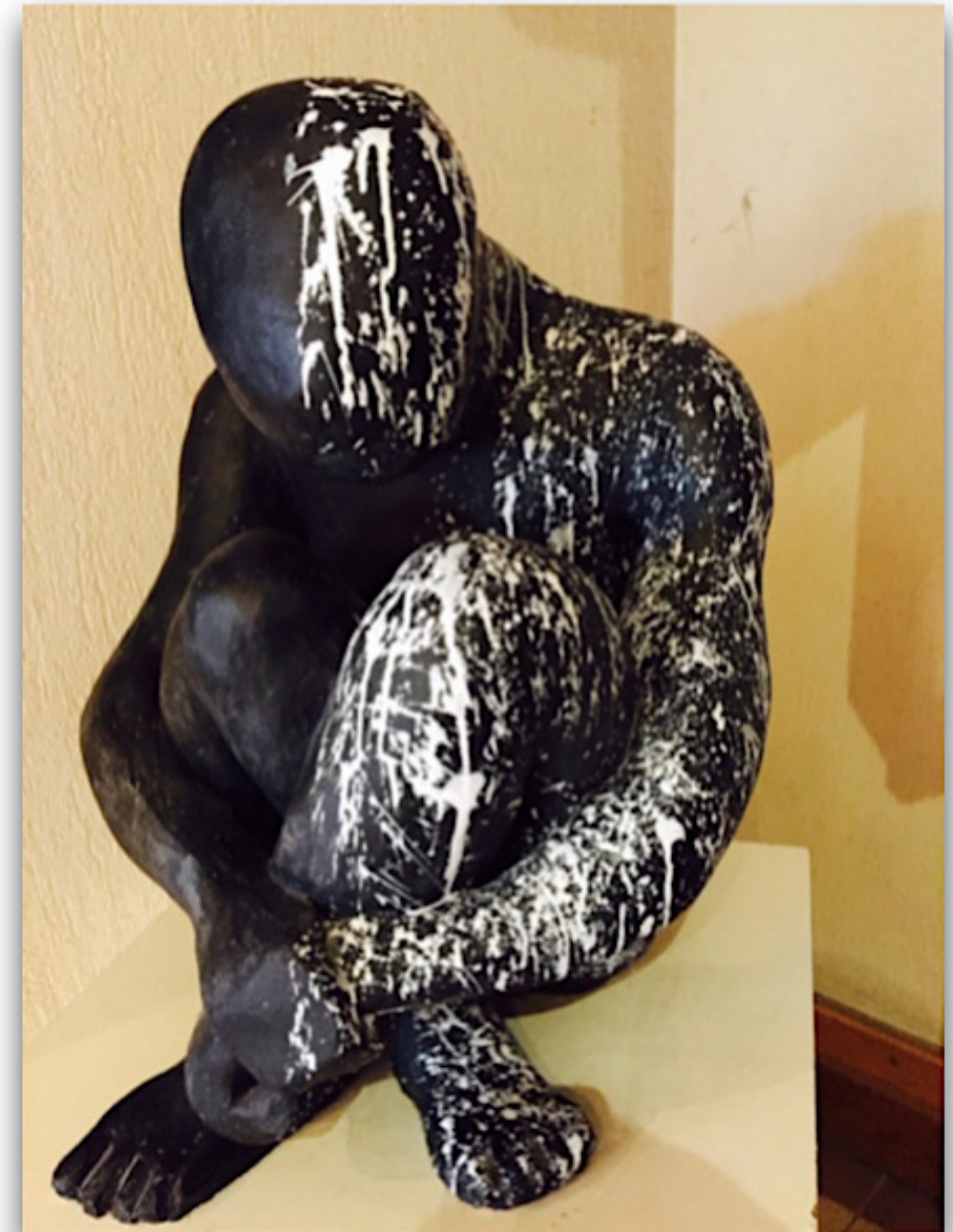
➤ Day 3: Immanuel sung by Michael Card then click [here](#).

➤ Day 4: Your Spirit sung by Tasha Cobbs Leonard then click [here](#).

➤ Day 5: Tim Hughes sing God of Justice then click [here](#).

➤ Day 6: The Gathering sung by Casey J then click [here](#).

➤ Day 7: Enni and Kanaan Francis sing No Longer Slaves then click [here](#).





# Day 1: Matthew 1

This is the genealogy of Jesus the Messiah the son of David, the son of Abraham...and Jacob the father of Joseph, the husband of Mary, and Mary was the mother of Jesus who is called the Messiah. Thus there were fourteen generations in all from Abraham to David, fourteen from David to the exile to Babylon, and fourteen from the exile to the Messiah.

- Read this passage from Matthew 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: Matthew 1

This is how the birth of Jesus the Messiah came about: His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be pregnant through the Holy Spirit. Because Joseph her husband was faithful to the law, and yet did not want to expose her to public disgrace, he had in mind to divorce her quietly. But after he had considered this, an angel of the Lord appeared to him in a dream and said, “Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit. She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins.”

- Read this passage from Matthew 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 3: Matthew 1

All this took place to fulfil what the Lord had said through the prophet: “The virgin will conceive and give birth to a son, and they will call him Immanuel” (which means “God with us”). When Joseph woke up, he did what the angel of the Lord had commanded him and took Mary home as his wife. But he did not consummate their marriage until she gave birth to a son. And he gave him the name Jesus.

- Read these words from Matthew 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.





# Day 4: Matthew 2

“But you , Bethlehem, in the land of Judah are by no means least among the rulers of Judah, for out of you will come a ruler who will shepherd my people Israel”.



*O SAPIENTIA - O Wisdom*

*The spirit of the Lord shall rest upon him: a spirit of wisdom and of understanding, a spirit of counsel and of strength, a spirit of knowledge and fear of the Lord, and his delight shall be the fear of the Lord. (Isaiah 11:2-3)*

*Wonderful is His counsel and great is His wisdom. (Isaiah 28:29)*

*You came forth from the mouth of the Most High, and reaching from beginning to end You ordered all things mightily and sweetly. Come, and teach us the way of prudence (Isaiah 40:14).*

- Read these words from Matthew 2 and the other advent passages above.
  - What words or phrases strike you?
- Read these words again slowly.
- Stay with one of the words or phrases that catches you.
- 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: Matthew 2

“But you, Bethlehem, in the land of Judah are by no means least among the rulers of Judah, for out of you will come a ruler who will shepherd my people Israel”.



*O ADONAI- O Lord*

*He shall judge the poor with justice, and decide aright for the lands afflicted. He shall strike the ruthless with the rod of his mouth, and with the breath of his lips he shall slay the wicked. Justice shall be the band around his waist, and faithfulness a belt upon his hips. (Isaiah 11:4-5)*

*Indeed the Lord will be there with us, majestic; yes the Lord our judge, the Lord our lawgiver, the Lord our king, he it is who will save us. (Isaiah 33:22)*

- Read these words from Matthew 2 and the other advent passages above.
  - What words or phrases strike you?
- Read these words again slowly.
- Stay with one of the words or phrases that catches you.
- 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: Matthew 2

“But you , Bethlehem, in the land of Judah are by no means least among the rulers of Judah, for out of you will come a ruler who will shepherd my people Israel”.



Photograph by Sr Maureen CSF  
Used with permission.

O RADIX JESSE

But a shoot shall sprout from the stump of Jesse,  
and from his roots a bud shall blossom. (Isaiah  
11:1)

On that day, the root of Jesse, set up as a signal  
for the nations, the Gentiles shall seek out, for his  
dwelling shall be glorious. (Isaiah 11:10)

- Read these words from Matthew 2 and the other advent passages above.
  - What words or phrases strike you?
- Read these words again slowly.
- Stay with one of the words or phrases that catches you.
- 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: Matthew 2

“But you, Bethlehem, in the land of Judah are by no means least among the rulers of Judah, for out of you will come a ruler who will shepherd my people Israel”.



*O CLAVIS DAVID - O key of David*

*I will place the Key of the House of David on His shoulder; when he opens, no one will shut, when he shuts, no one will open. (Isaiah 22:22)*

*His dominion is vast and forever peaceful, from David's throne, and over His kingdom, which he confirms and sustains by judgment and justice, both now and forever. (Isaiah 9:6)*

- Read these words from Matthew 2 and the other advent passages above.
  - What words or phrases strike you?
- Read these words again slowly.
- Stay with one of the words or phrases that catches you.
- 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 1: O come O come Emmanuel.**

➤ Click [here](#) for an instrumental version of this prayer by Chad Dawson

➤ **Day 2: Jesus, be the joy of our desiring.**

➤ Click [here](#) for an instrumental version of this prayer by Chad Dawson

➤ **Day 3: Jesus, may we see your face.**

➤ Click [here](#) for an instrumental version of What child is this by Chad Dawson

➤ **Day 4: O Wisdom, O holy Word of God, you govern all creation with your strong yet tender care. Come and show your people the way to salvation.**

➤ Click [here](#) for a link to various sung versions of O Wisdom.

➤ **Day 5: O sacred Lord of ancient Israel, who showed yourself to Moses in the burning bush, who gave him the holy law on Sinai mountain: come, stretch out your mighty hand to set us free.**

➤ Click [here](#) for a link to a sung version of O Lord.

➤ **Day 6: O Flower of Jesse's stem, you have been raised up as a sign for all peoples; kings stand silent in your presence; the nations bow down in worship before you. Come, let nothing keep you from coming to our aid.**

➤ Click [here](#) for a link to a sung version of O root of Jesse.

➤ **Day 7: O Key of David, O royal Power of Israel controlling at your will the gate of Heaven: Come, break down the prison walls of death for those who dwell in darkness and the shadow of death; and lead your captive people into freedom.**

➤ Click [here](#) for a link to a sung version of O key of David.





## Psalms 89:1-8

I will sing of the Lord's great love forever;  
with my mouth I will make your faithfulness known  
through all generations.

I will declare that your love stands firm forever,  
that you have established your faithfulness in heaven itself.

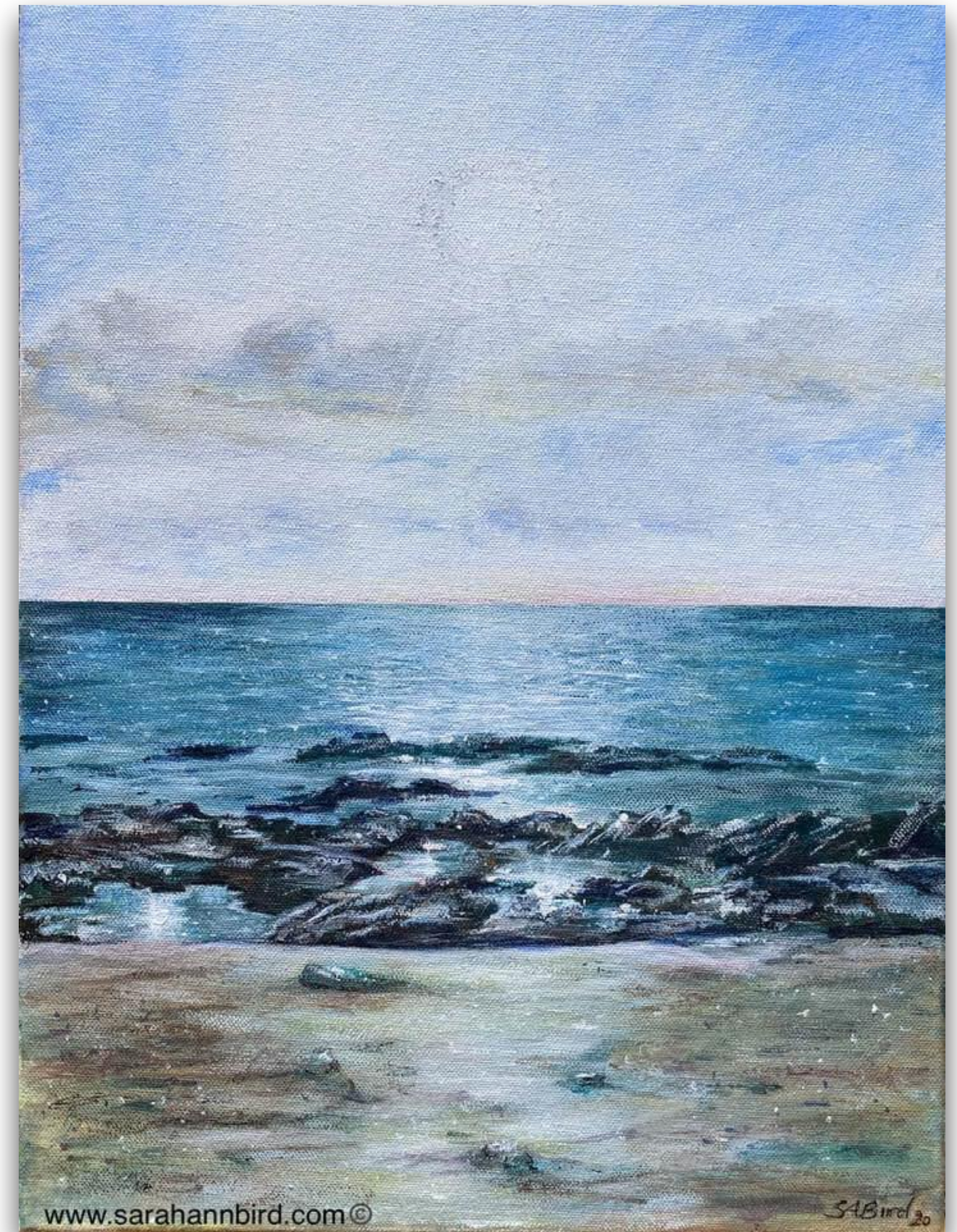
You said, "I have made a covenant with my chosen one,  
I have sworn to David my servant,  
'I will establish your line forever  
and make your throne firm through all generations.'"

The heavens praise your wonders, Lord,  
your faithfulness too, in the assembly of the holy ones.

For who in the skies above can compare with the Lord?  
Who is like the Lord among the heavenly beings?

In the council of the holy ones God is greatly feared;  
he is more awesome than all who surround him.

Who is like you, Lord God Almighty?  
You, Lord, are mighty, and your faithfulness surrounds you.





## Proverbs 10: 29-32

The way of the Lord is a refuge for the blameless,  
but it is the ruin of those who do evil.

The righteous will never be uprooted,  
but the wicked will not remain in the land.

From the mouth of the righteous comes the fruit of wisdom,  
but a perverse tongue will be silenced.

The lips of the righteous know what finds favour,  
but the mouth of the wicked only what is perverse.





# Creative prayer

## The Jesse Tree

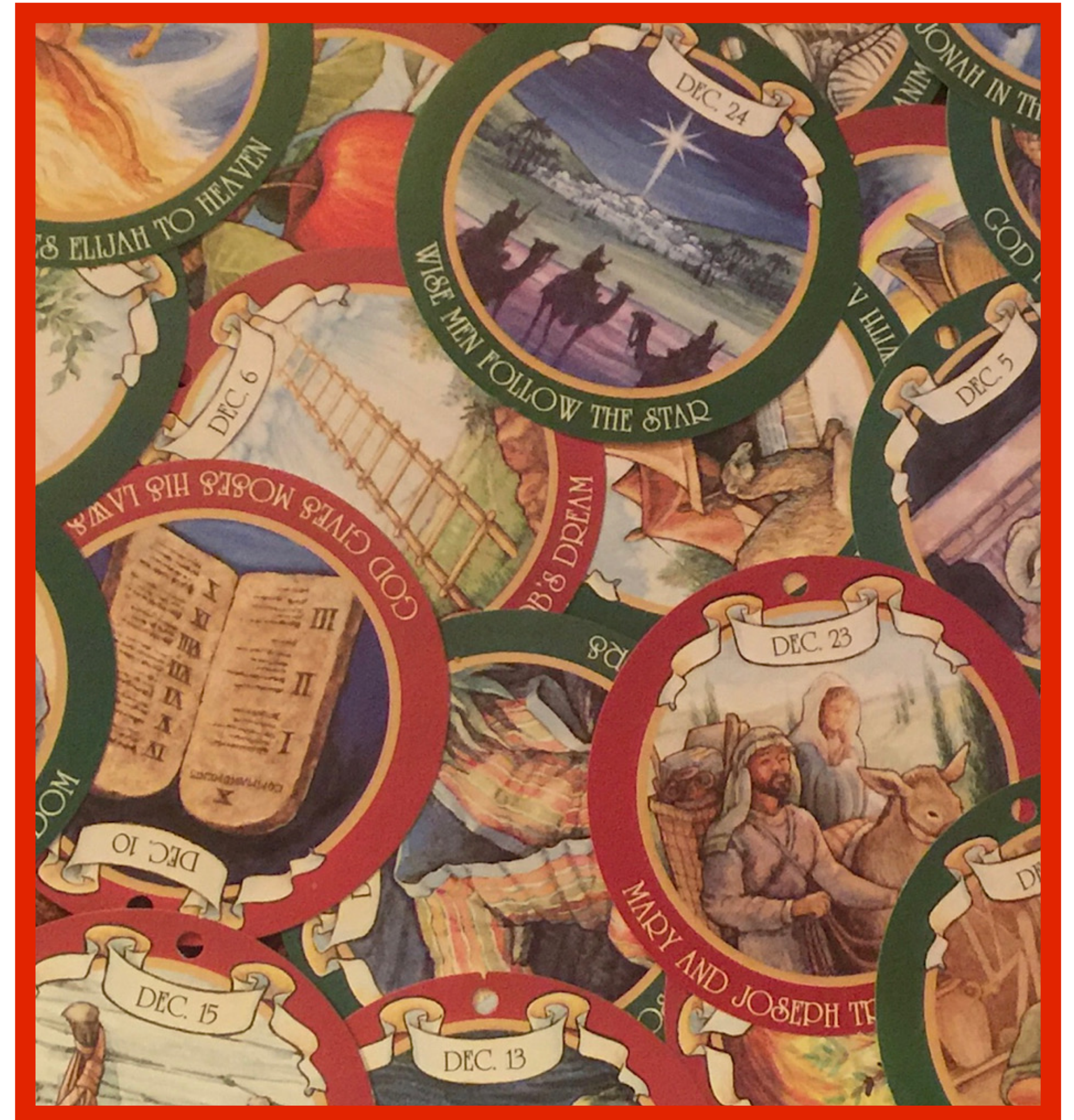
The Jesse Tree is a traditional way of reflecting on the story of scripture in advent.

What ever time of year it is - you might to prepare for advent this year by making the items for a Jesse tree.

One approach is by making 3D ornaments for the Christmas Tree - a guide can be found [here](#).

Another approach is by making and colouring 2D ornaments for the Christmas Tree or to decorate the house - a guide can be found [here](#).

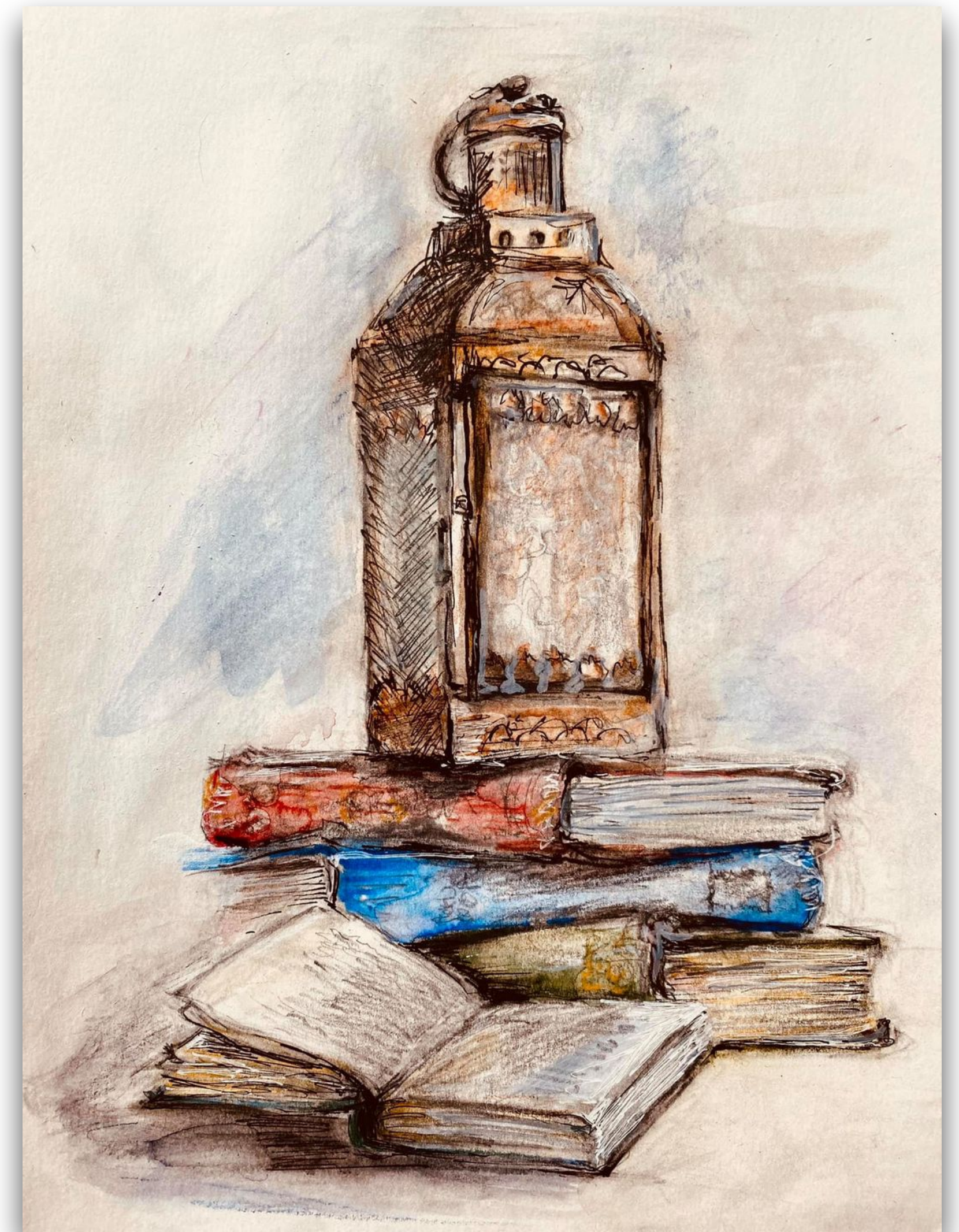
Or if you prefer a set of ornaments that only need to be cut out, they can be downloaded [here](#).





Into our world  
as into Mary's womb...  
COME LORD JESUS.  
Into the forgotten places,  
as into the stable...  
COME LORD JESUS.  
Into the lives of the poor, bringing hope;  
into the lives of the powerful, bringing caution;  
into the lives of the weary, bringing rest;  
into the lives of the wise, bringing restlessness;  
and into our lives and longings, whatever our estate...  
COME LORD JESUS.  
This is the good news:  
Christ is coming,  
and blessed are those who wait on the Lord.  
THEREFORE COME QUICKLY, LORD.  
AMEN.

From Cloth for the Cradle, Wild Goose Worship Group

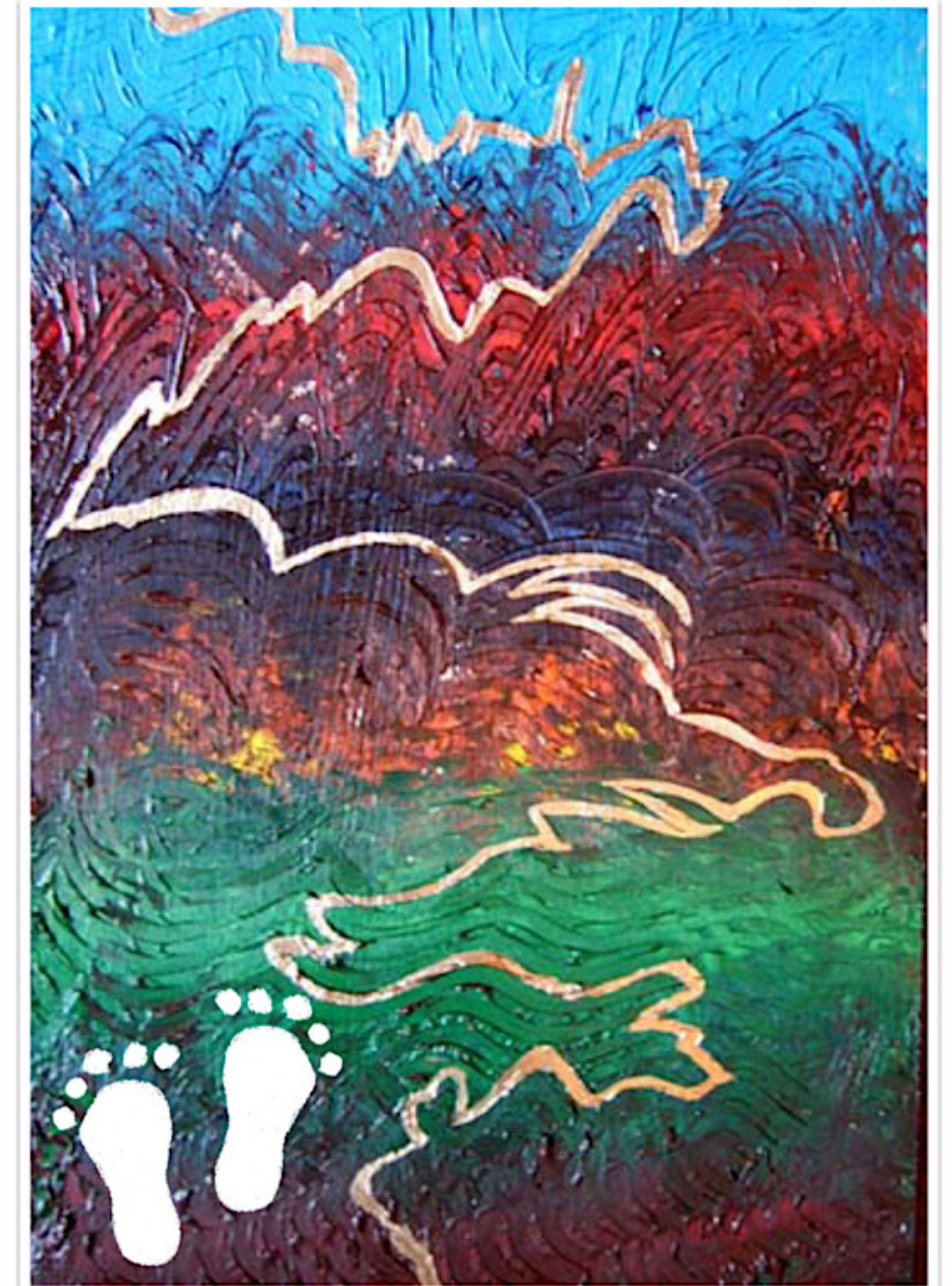




# Footsteps in Prayer

## A journey through the Bible

The first part of a graphic introduction to the book of Matthew can be found [here](#).



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○ Antiphons adapted from <https://www.catholiceducation.org/en/culture/catholic-contributions/what-are-the.html>

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

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