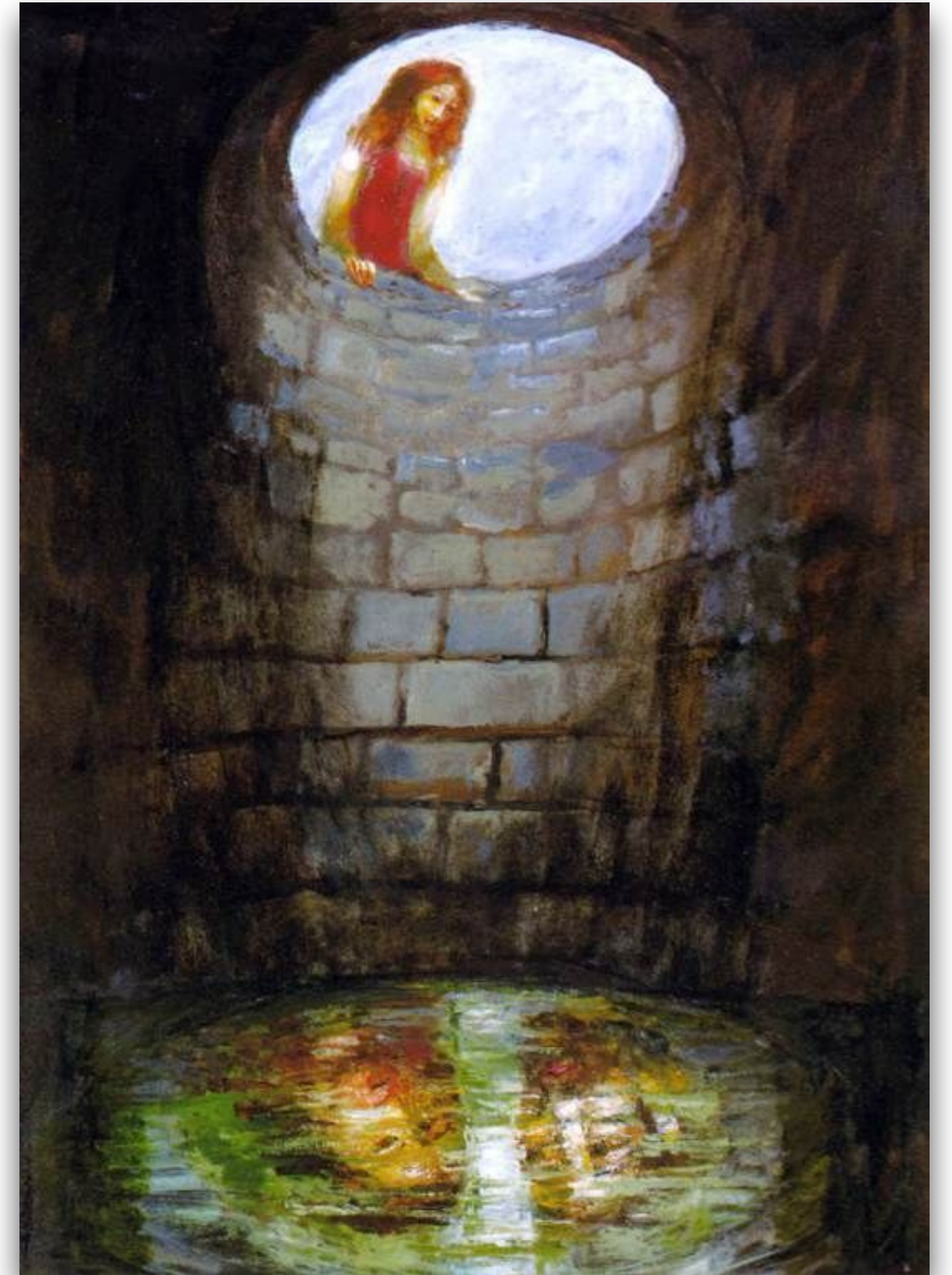


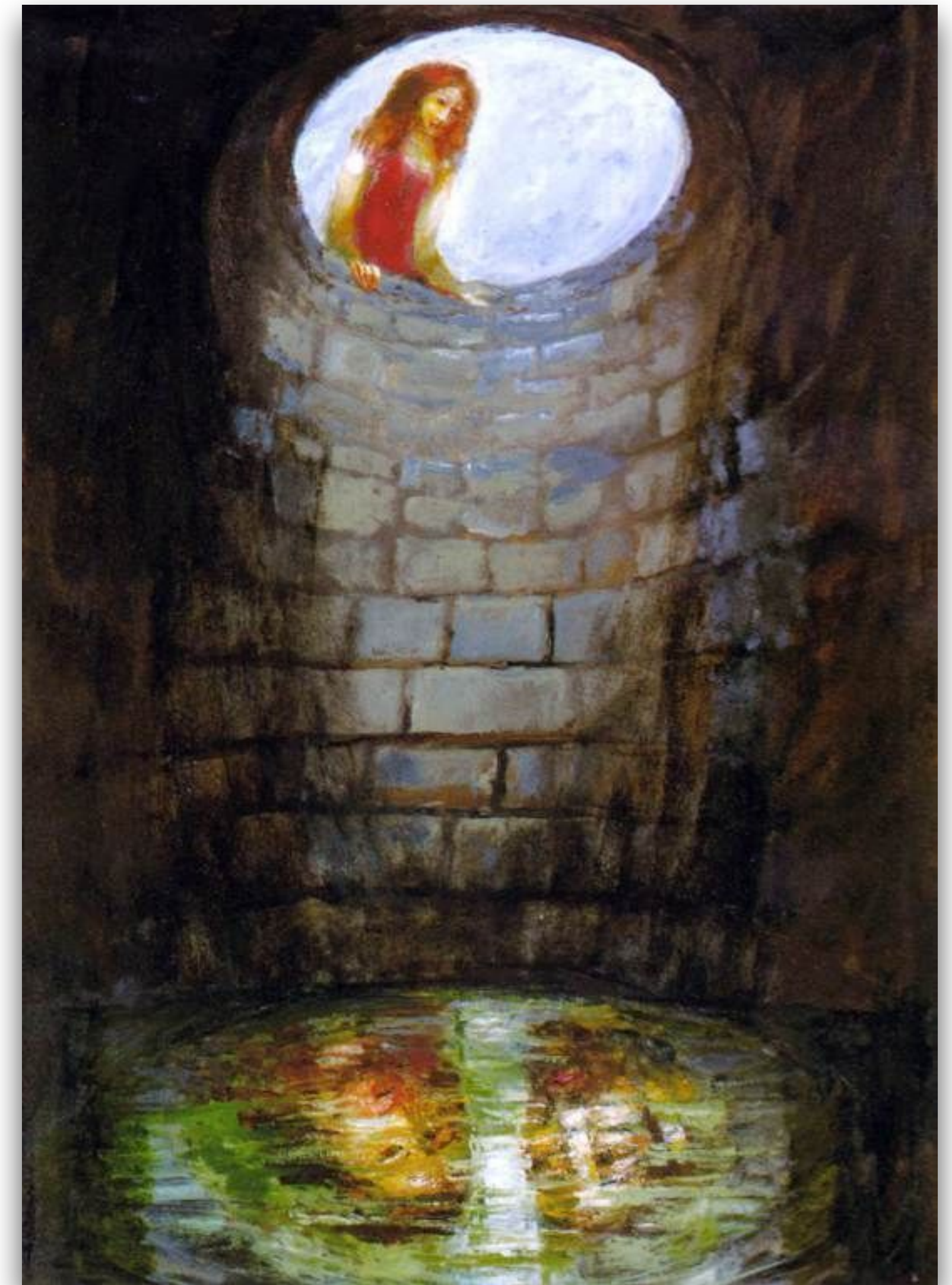
Journey with Jesus

Praying through the Gospel of John

Week 3



- Find a place to sit quietly.
- Sit in a relaxed position.
- Close your eyes.
- Breathe normally being aware that God holds you in every breath you take.
- Be aware of God's loving eyes watching over you.
- Take some time to consider the place of water in your life.
- You might like to ask God for a deeper experience of his cleansing and refreshing living water.
- You might like to listen to Shane and Shane sing Living Water
- You might like to listen to Steffany Gretzinger sing As the deer.
- You might like to listen to Debussy's Reflections in the water.



Woman by the Well by Seiger Koder (Fair use)

➤ You might like to listen to:

➤ Day 1: God so loved the world by Tenebrae then click [here](#).

➤ Day 2: Miracles sung by Alisa Turner then click [here](#).

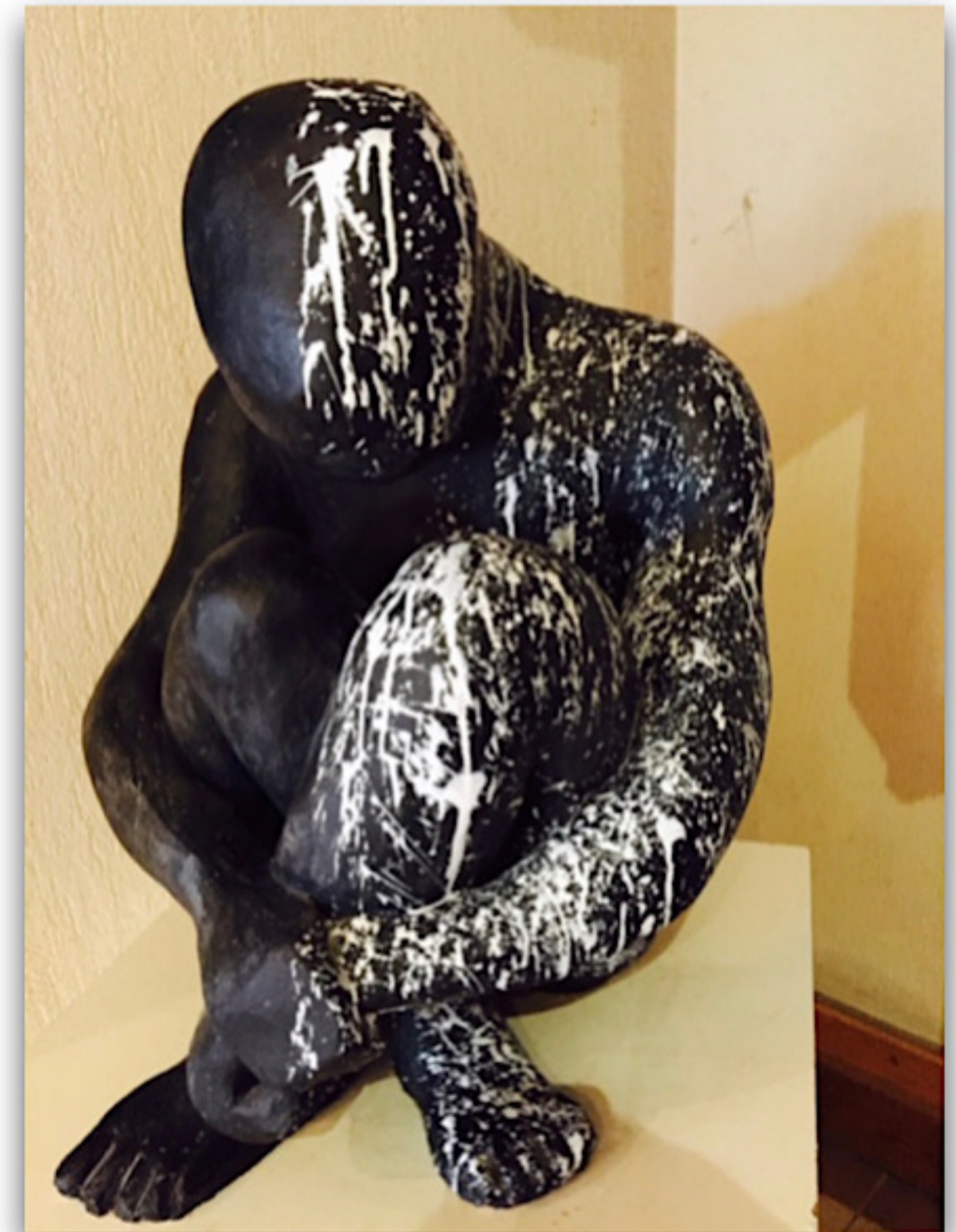
➤ Day 3: The Spirit and the Bride sung by Joshua Aaron then click [here](#).

➤ Day 4: O Thou who camest from above sung by Worcester Cathedral choir then click [here](#).

➤ Day 5: Makenna Crites and Sean Matta sing Baptism Song then click [here](#).

➤ Day 6: Woman at the well sung by Olivia Lane then click [here](#).

➤ Day 7: Open our eyes sung by Steffany Gretzinger then click [here](#).



Day 1: John 3:16-21

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him. Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God's one and only Son. This is the verdict: Light has come into the world, but people loved darkness instead of light because their deeds were evil.

Everyone who does evil hates the light, and will not come into the light for fear that their deeds will be exposed. But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God

- Read this passage from John 3.
 - 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: John 3:22-26

After this, Jesus and his disciples went out into the Judean countryside, where he spent some time with them, and baptised. Now John also was baptising at Aenon near Salim, because there was plenty of water, and people were coming and being baptised. (This was before John was put in prison.) An argument developed between some of John's disciples and a certain Jew over the matter of ceremonial washing. They came to John and said to him, "Rabbi, that man who was with you on the other side of the Jordan—the one you testified about—look, he is baptising, and everyone is going to him."

- Read this passage from John 3.
 - 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: John 3:27-30

To this John replied, “A person can receive only what is given them from heaven. You yourselves can testify that I said, ‘I am not the Messiah but am sent ahead of him.’ The bride belongs to the bridegroom. The friend who attends the bridegroom waits and listens for him, and is full of joy when he hears the bridegroom’s voice. That joy is mine, and it is now complete. He must become greater; I must become less.”

- Read this passage from John 3.
 - 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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- When you have finished click [here](#) to continue.



Day 4: John 3: 31-36

The one who comes from above is above all; the one who is from the earth belongs to the earth, and speaks as one from the earth. The one who comes from heaven is above all. He testifies to what he has seen and heard, but no one accepts his testimony. Whoever has accepted it has certified that God is truthful. For the one whom God has sent speaks the words of God, for God gives the Spirit without limit. The Father loves the Son and has placed everything in his hands. Whoever believes in the Son has eternal life, but whoever rejects the Son will not see life, for God's wrath remains on them.

- Read this passage from John 3.
 - 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 5: John 4:1-3

Now Jesus learned that the Pharisees had heard that he was gaining and baptising more disciples than John— although in fact it was not Jesus who baptised, but his disciples. So he left Judea and went back once more to Galilee.

- Read this passage from John 4.
 - 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 6: John 4:4-10

Now he had to go through Samaria. So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon. When a Samaritan woman came to draw water, Jesus said to her, "Will you give me a drink?" (His disciples had gone into the town to buy food.) The Samaritan woman said to him, "You are a Jew and I am a Samaritan woman. How can you ask me for a drink?" (For Jews do not associate with Samaritans. Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water."

- Read this passage from John 4.
 - 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.
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Day 7: John 4:11-15

“Sir,” the woman said, “you have nothing to draw with and the well is deep. Where can you get this living water? Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his livestock?” Jesus answered, “Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.” The woman said to him, “Sir, give me this water so that I won’t get thirsty and have to keep coming here to draw water.”

- Read this passage from John 4.
 - 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.
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➤ You might like to listen this music by Patrick Hawes from his album Blue in Blue

➤ Day 1: Blue in Blue

➤ Day 2: Quanta Qualia

➤ Day 3: Swan

➤ Day 4: Reflectionem

➤ Day 5: Rain

➤ Day 6: The waters of love

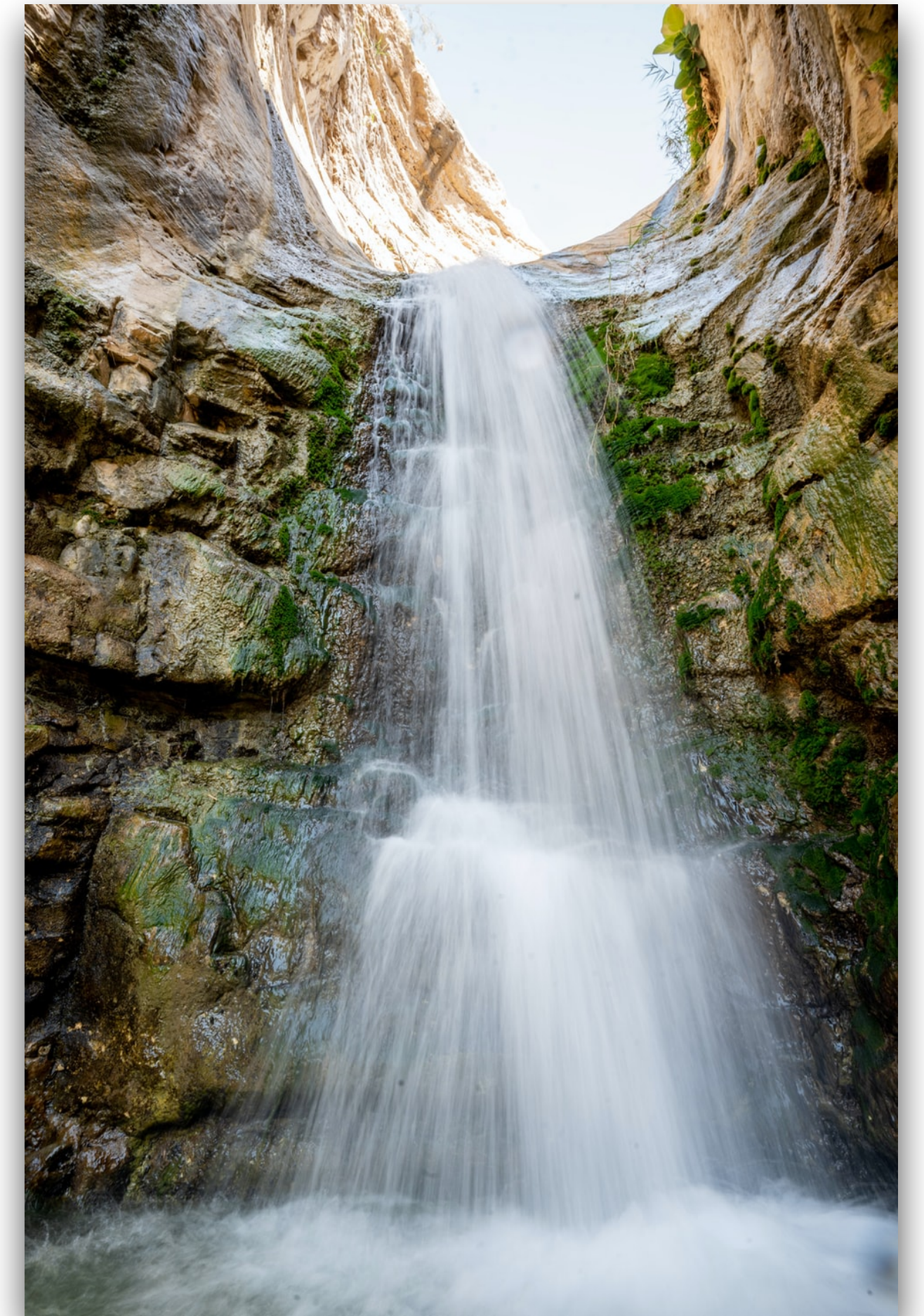
➤ Day 7: Pavane



Deliverance from self by Kate Austin. Used with permission.

Creative prayer

- In the time of Jesus in the Holy Land there were three main sources of water
 - Living water - water that came from rain falling through rocks and emerging as springs. Living water was cool and fresh and freely available
 - Water from wells - water in the ground and depends on the water table. Well water was warmer, less fresh and required work to get it
 - Water in cisterns - water gathered in the rainy season to provide for the dry season. By the end of the dry season the water was thick and not pleasant.
- You might like to visit a well near you and pray with the story of the woman by the well.
 - The British Geological Survey, for example, has mapped all the wells in Britain. If you live or visit the UK you can go to this website and enter your post code and discover all the wells nearby [here](#).
- You might like to find out more about water and the Bible.
 - A free, enjoyable and accessible 16 hour course looking at the Geography of the Bible which shows the huge impact of water on the bible narratives and how life was lived can be found [here](#).



I am the resurrection and the life

How can you be the final resurrection?
That resurrection hasn't happened yet.
Our broken world is still bent on destruction,
No sun can rise before that sun has set.
Our faith looks back to father Abraham
And toward to the one who is to come
How can you speak as though he knew your name?
How can you say: before he was I am?

Begin in me and I will read your riddle
And teach you truths my Spirit will defend
I am the End who meets you in the middle,
The new Beginning hidden in the End.
I am the victory, the end of strife
I am the resurrection and the life.

Malcolm Guite - used with the poet's permission

Click on the title of this sonnet to listen to the author read these words.



Textile art by Jane Allan. Used with permission.

Journey with Jesus

Praying through the Gospel of John

Week 3

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

