

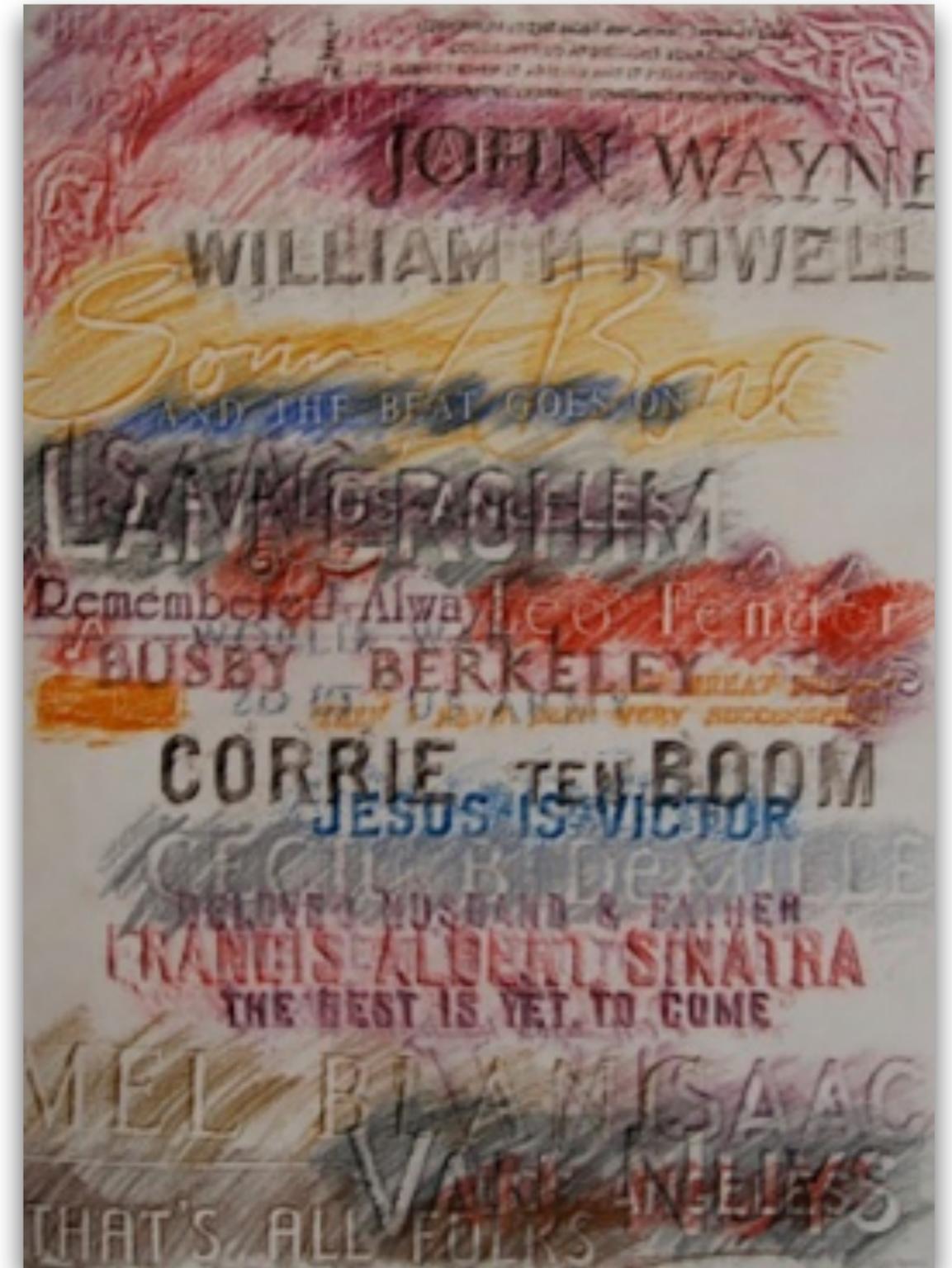
# Footsteps in Prayer

A journey through the Bible

Titus, Philemon and Hebrews

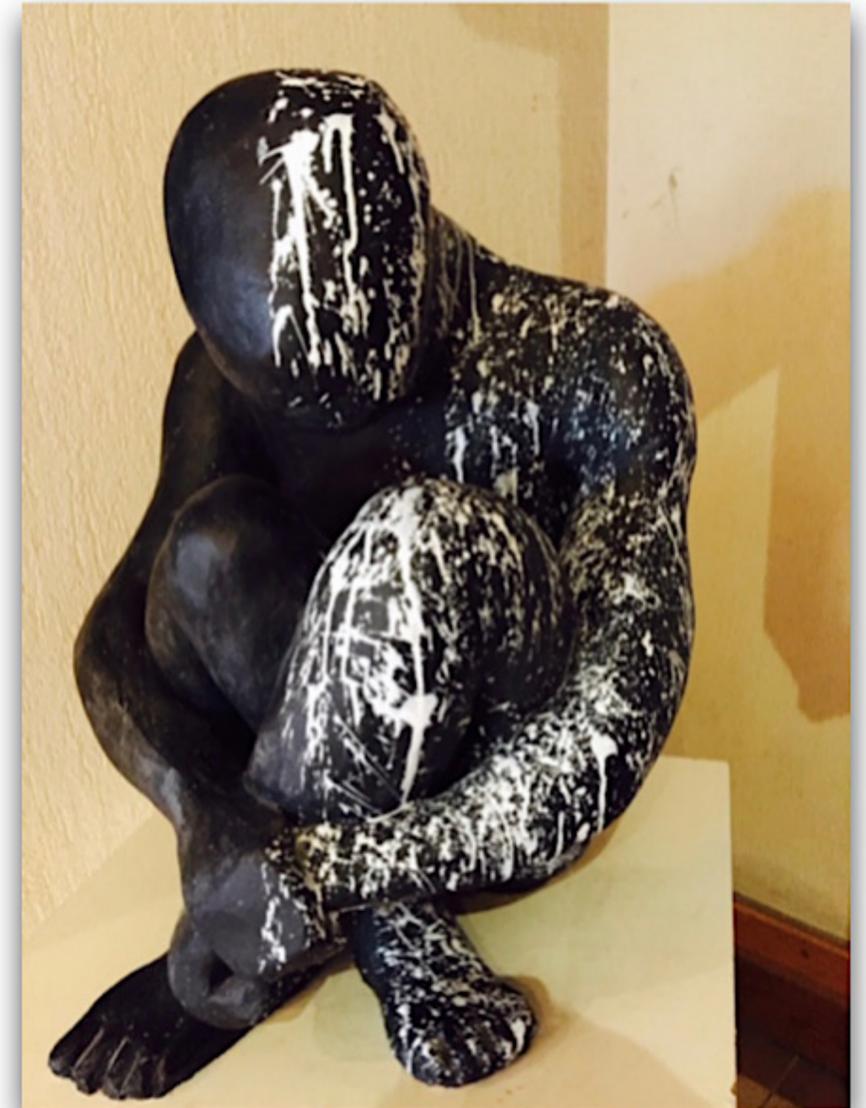


- Find a place to sit quietly.
- Be aware of God's loving eyes watching over you.
- Sit in a relaxed position and come to a place of stillness.
- We read in Hebrews 11, 'Now faith is the assurance of things hoped for, the conviction of things not seen.'
- You might like to ask God for the graces of assurance and conviction.
- You might like to listen to St Patrick's Breastplate sung by Lisa Kelly.
- You might like to listen to Salt of the Sound sing Awake my Soul or to Sherri Beioley sing What can I give to the Lord?
- You might like to listen to Alison Balsom play Bach's Cello Suite No.2 in D Minor.



• You might like to listen to:

- Day 1: Mighty to save sung by the Katinas then click [here](#).
- Day 2: Amazing Grace sung by Judy Collins then click [here](#).
- Day 3: Glorious Christ sung by Sovereign Grace music then click [here](#).
- Day 4: O Lord Our Lord sung by Keith Green then click [here](#).
- Day 5: Advent Hymn sung by Cristy Nockels then click [here](#).
- Day 6: In Christ Alone sung by Celtic Worship then click [here](#).
- Day 7: Cloud of Witnesses sung by Mark Schultz then click [here](#).



# Day 1: Titus 3

But when the goodness and loving kindness of God our Saviour appeared, he saved us, not because of any works of righteousness that we had done, but according to his mercy, through the water of rebirth and renewal by the Holy Spirit. This Spirit he poured out on us richly through Jesus Christ our Saviour, so that, having been justified by his grace, we might become heirs according to the hope of eternal life. The saying is sure.

- Read this passage from Titus 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: Philemon

When I remember you in my prayers, I always thank my God because I hear of your love for all the saints and your faith toward the Lord Jesus. I pray that the sharing of your faith may become effective when you perceive all the good that we may do for Christ. I have indeed received much joy and encouragement from your love, because the hearts of the saints have been refreshed through you, my brother.

- ✧ Read this passage from Philemon.
  - ✧ 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: Hebrews 1

But of the Son he says,  
“Your throne, O God, is forever and ever,  
and the righteous scepter is the scepter of your kingdom.  
You have loved righteousness and hated wickedness;  
therefore God, your God, has anointed you  
with the oil of gladness beyond your companions.”

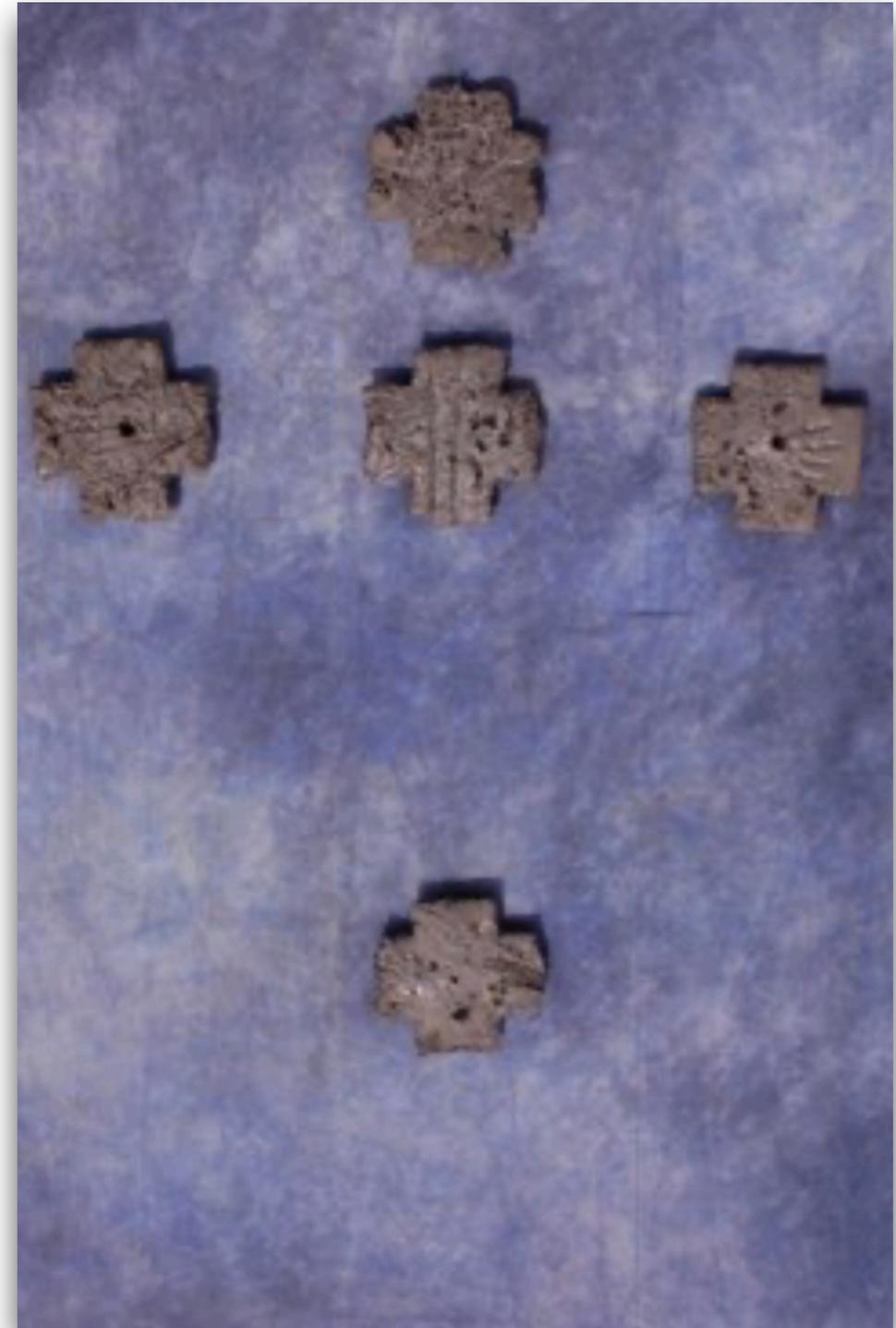
- Read these words from Hebrews 1.
  - What words or phrases strike you?
- Read these words again slowly.
  - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- What thoughts, feelings and images have emerged in this time of prayer?
- How has the Spirit 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 4: Hebrews 2

Now in subjecting all things to them, God left nothing outside their control. As it is, we do not yet see everything in subjection to them, but we do see Jesus, who for a little while was made lower than the angels, now crowned with glory and honour because of the suffering of death, so that by the grace of God he might taste death for everyone. It was fitting that God, for whom and through whom all things exist, in bringing many children to glory, should make the pioneer of their salvation perfect through sufferings.

- Read these words from Hebrews 2.
  - 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?
- 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.



Behold the Lamb by Denise Weyhrich <http://deniseweyhrich.com>. Used with permission.

This human sized ceramic sculptural piece is completely hand carved. It was created as a pure response to the crucifixion and the tears the body of Christ went through. As you look at this image, you might like to imagine encountering it in its full size.

# Day 5: Hebrews 4

Indeed, the word of God is living and active, sharper than any two-edged sword, piercing until it divides soul from spirit, joints from marrow; it is able to judge the thoughts and intentions of the heart. And before him no creature is hidden, but all are naked and laid bare to the eyes of the one to whom we must render an account.

Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. For we do not have a high priest who is unable to sympathise with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.

- ✠ Read these words from Hebrews 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?
- ✠ 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: Hebrews 6

We have this hope, a sure and steadfast anchor of the soul, a hope that enters the inner shrine behind the curtain, where Jesus, a forerunner on our behalf, has entered, having become a high priest forever according to the order of Melchizedek.

- ✧ Read these words from Hebrews 6.
  - ✧ 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?
- ✧ 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: Hebrews 12

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God. Consider him who endured such hostility against himself from sinners, so that you may not grow weary or lose heart.

- Read these words from Hebrews 12
  - 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?
- 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.



Surrounded by a cloud of witnesses by Denise Weyhrich <http://deniseweyhrich.com>. Used with permission.

This is one of the 'Portraits of Faith' series. These are a collective body of work that record the memorials and testimonies found on grave markers throughout the United States of America and extensive work in Great Britain, where more ancient cultures can be recorded. Direct molds are made on the site and remain authentic to the memorial, in both word and image. These works are all high fire ceramic sculptures tablets. By bringing to life testimonies of the past, yet presenting them in contemporary art forms; these 'Portraits of faith' create discourse about our future.

• You might like to listen to Lucy Bunce sing :

• Day 1: Come away with me

• Day 2: Celtic Blessing

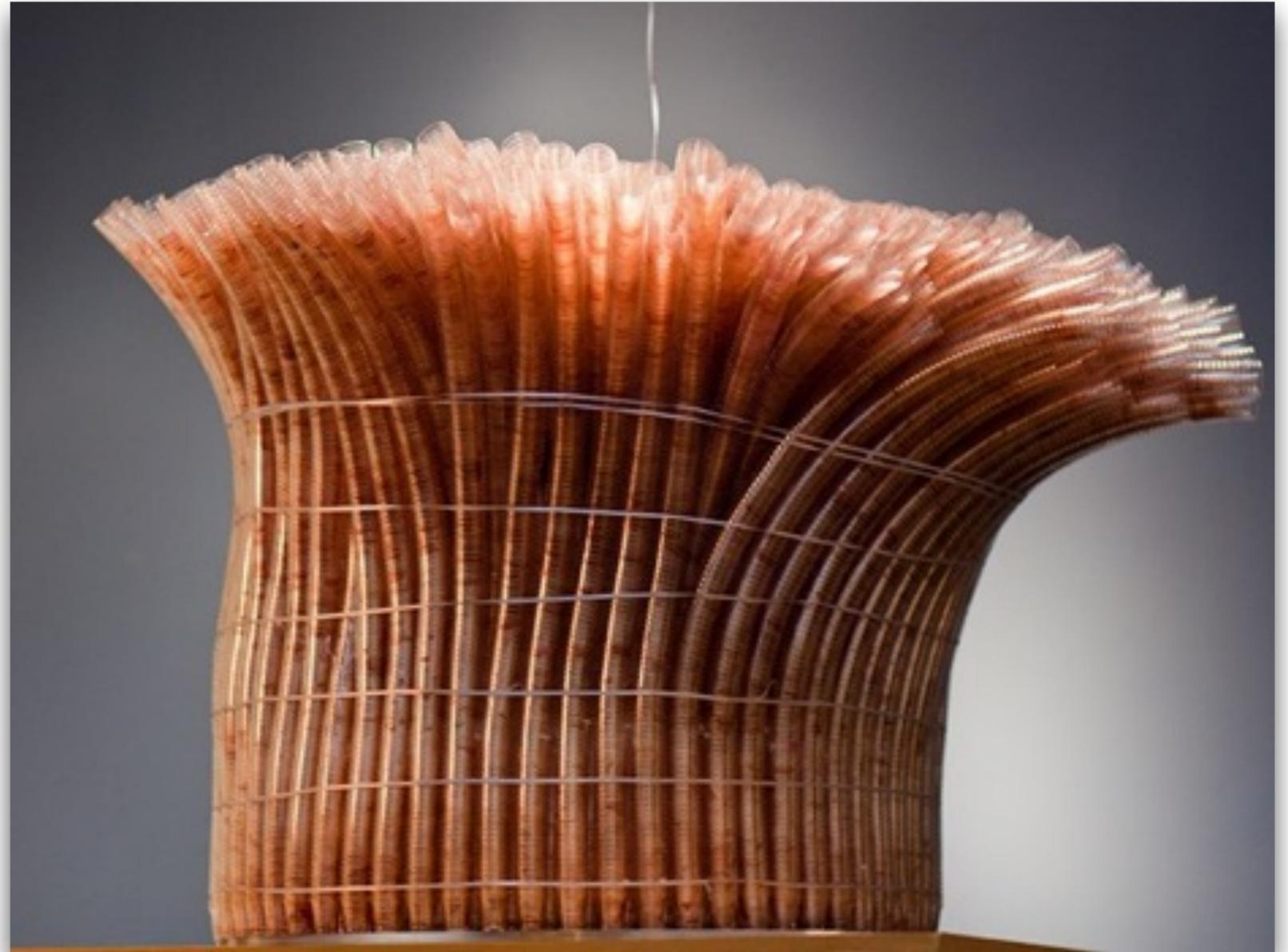
• Day 3: Deep Peace

• Day 4: Holy Overshadowing

• Day 5: I wonder as I wander

• Day 6: Glorious things the Lord has done

• Day 7: I arise through the strength of heaven



Tabernacle by Denise Weyhrich <http://deniseweyhrich.com>. Photograph by Jeff LeFever. Used with permission.

This piece is made from 70,000 communion cups from Easter 2009 - Yom Kippur 2011. This was a 2 year process of placing cups in two or three's to dry, then stacking the unwashed communion cups with silver ribbon running throughout and up to the ceiling. It is part of the collection at the Inland Empire Museum of Art/Sasse Museum.

## Psalm 101

I will sing of loyalty and of justice;  
to you, O Lord, I will sing.  
I will study the way that is blameless.  
When shall I attain it?  
I will walk with integrity of heart  
within my house;  
I will not set before my eyes  
anything that is base.  
I hate the work of those who fall away;  
it shall not cling to me.  
Perverseness of heart shall be far from me;  
I will know nothing of evil.  
One who secretly slanders a neighbour  
I will destroy.  
A haughty look and an arrogant heart  
I will not tolerate.  
I will look with favour on the faithful in the land,  
so that they may live with me;  
whoever walks in the way that is blameless  
shall minister to me.  
No one who practices deceit  
shall remain in my house;  
no one who utters lies  
shall continue in my presence.  
Morning by morning I will destroy  
all the wicked in the land,  
cutting off all evildoers  
from the city of the Lord.



## Proverbs 21: 1-5

The king's heart is a stream of water in the hand of the Lord;  
he turns it wherever he will.

All deeds are right in the sight of the doer,  
but the Lord weighs the heart.

To do righteousness and justice  
is more acceptable to the Lord than sacrifice.

Haughty eyes and a proud heart—  
the lamp of the wicked—are sin.

The plans of the diligent lead surely to abundance,  
but everyone who is hasty comes only to want.



If God cannot disturb us, He cannot move us.  
If He cannot move us, He cannot save us. If  
He cannot get us concerned about the things  
of God, He cannot do anything at all for us.

A.W. Tozer, *Experiencing the Presence of God: Teachings from  
the Book of Hebrews*



# Creative prayer

## Faith Art Journalling

- You might like to spend time looking at this YouTube clip on [faith art journalling](#).
  - You might like to find a book to journal your journey with God, using some of the approaches Jenna describes in her YouTube clip.
- You might like to find some bits and pieces of 'stuff' that hold memories of who God is and has been to you, to decorate the outside of the journal.
- You might like to use a word, rather like Denise Weyhrich has on the word Provision, as illustrated by the image on this slide, to create a collage journal, or to embellish a book that you have read that God has spoken to you through.



# Footsteps in Prayer

A journey through the Bible

A graphic introduction to Titus can be found [here](#).

A graphic introduction to Philemon can be found [here](#).

A graphic introduction to Hebrews can be found [here](#).

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

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

