

Journey with Jesus

Praying through the Gospel of Mark

Station 38 - hear, O Israel



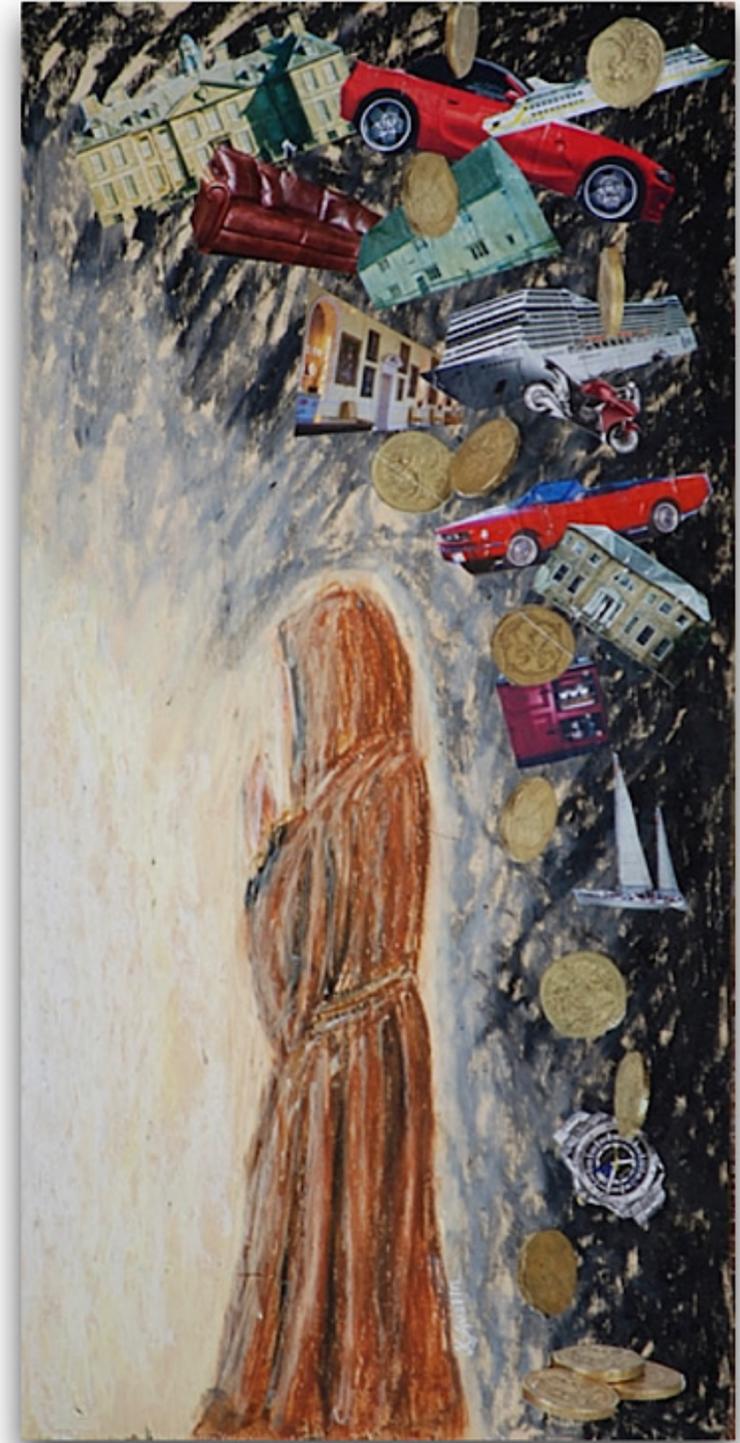
- Find a place to sit quietly.
- Sit in a relaxed position.
- Close your eyes.
- Breathe normally being aware that God holds you in every breath you take.
- Be aware of God's loving eyes watching over you.
- As you do, you might like to ask for the grace of a deeper awareness of the life we have in Christ, in which we will live for ever.
- You might like to listen to this version of Love the Lord your God.



Jewelled Fish by Kate Austin

O God,
if I do not love you with all my heart,
with all my mind,
with all my will, and with all my life,
I shall love something else with all my being.
Save me, O God, from other gods, which are no
gods:
Save me, O God, for yourself alone,
and I shall be safe,
I shall be free,
I shall be whole.

George Appleton



Do not covet by Kate Austin

Read this passage from Mark chapter 12. What words or phrases strike you?

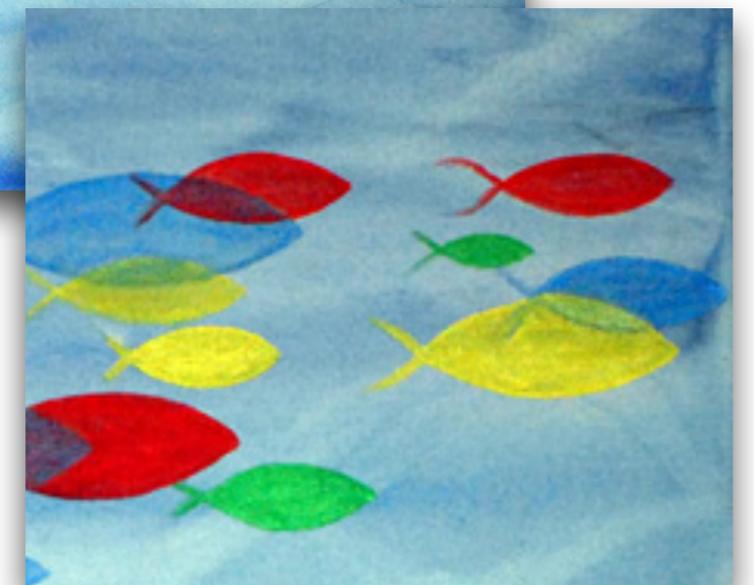
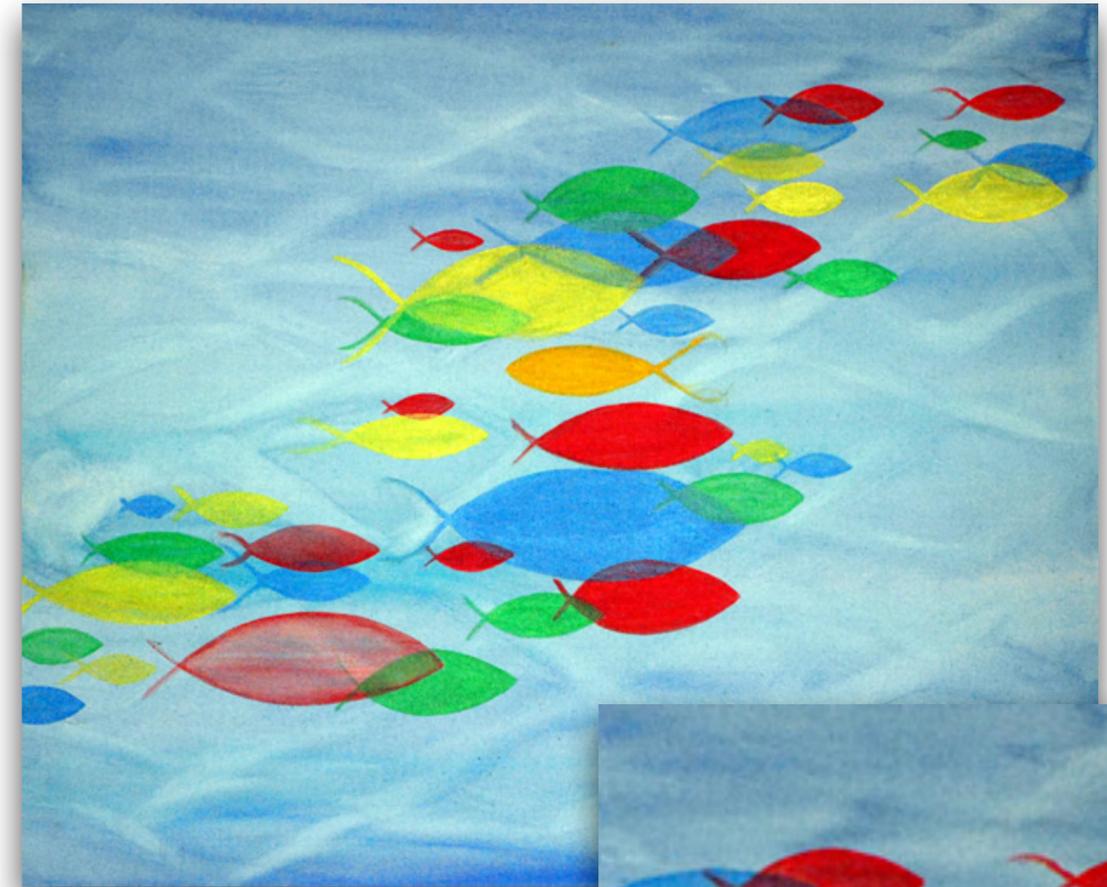
“The most important one,” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbour as yourself.’ There is no commandment greater than these.”



Read these words from Mark chapter 12 again slowly.

Stay with one of the words or phrases that catches you and hold it in the stillness before God.

“The most important one,” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbour as yourself.’ There is no commandment greater than these.”



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?

What do you want to say to Jesus?

What is his response to you?

You might like to listen to this version of God, I look to you, echoing the words

I will love you Lord my strength,
I will love you Lord my shield,
I will love you God my rock,
for ever all my days I will love you Lord.



I go for love of you.
I go with love from you,
I go in love, with you.

George Appleton



Shalom by Kate Austin

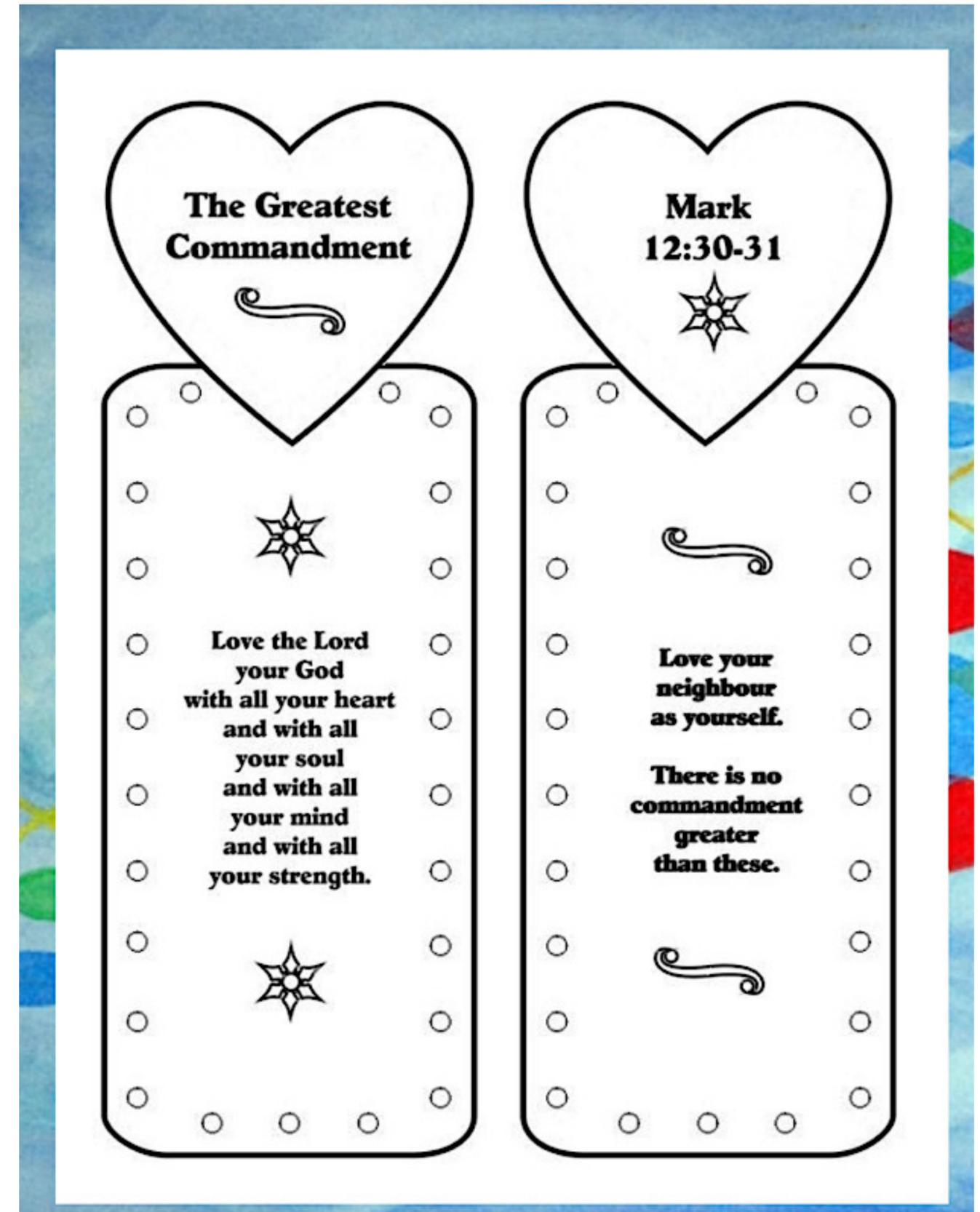
You might like to listen to Max Bruch's Kol Nidre played by Jaqueline Du Pre

You might like to listen to Elgar's Lux Aeterna sung by Voces 8



Creative prayer

- According to Bernard of Clairvaux there are four degrees of love
 - 1st Degree of Love: Loving Yourself For Your Own Sake (Selfish Love)
 - 2nd Degree of Love: Loving God for Your Own Blessing (Dependence on God)
 - 3rd Degree of Love: Loving God for God's Own Sake (Intimacy with God)
 - 4th Degree of Love: Self-Love for God's Sake (Being United with God's Love)
- In this time of creative prayer cut out, embellish and note down what has emerged from this time of prayer and consider
 - how do you love God?
 - how do you love yourself?
 - how do you love your neighbour?
- Ask God to fill you with His love.



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
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