

Journey with Jesus

Praying through the Gospel of Mark

Station 43 - she did what she could



In the name of God and trusting in his might alone,
we receive Christ's healing touch to make us whole.

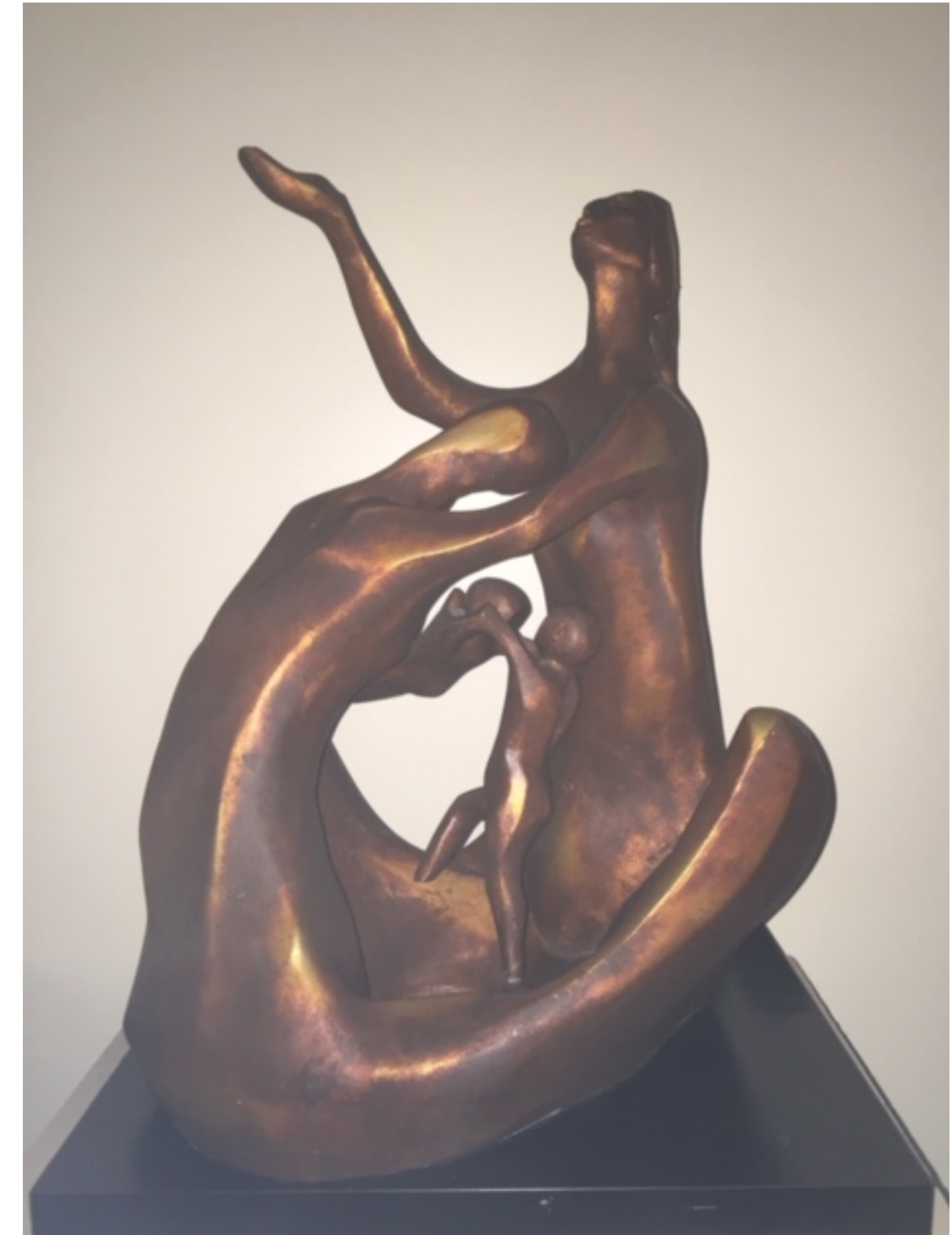
May Christ bring us wholeness
of body, mind and spirit,
deliver us from every evil,
and give us his peace.



We are anointed in the name of God who gives
us life. We receive Christ's forgiveness, his
healing and his love.

May the Father of our Lord Jesus Christ
grant us the riches of his grace,
his wholeness and his peace.

- Find a place to sit quietly and close your eyes.
- Be aware of God's loving eyes watching over you.
- Take a deep breath in and breath out slowly. As you breath out pray the words from Nehemiah 8:10. *The joy of the Lord is my strength.*
- Repeat this three times
- You might like to remember the joy in the visitation encounter. Mary meets Elizabeth and John leaps in the womb with joy. As Jeremy Taylor says, '*It is not easy to imagine what a collision of joys was at this blessed meeting*'.
- As you do this you might like to ask for the grace of a deepening joy in you as you notice the presence of God in and through all things.
- You might like to listen to Michael Card sing Joy on the Journey



Sculpture by Rory Geoghagan, St Beunos

Read this passage from Mark chapter 14.
What words or phrases strike you?

While he was in Bethany, reclining at the table in the home of Simon the Leper, a woman came with an alabaster jar of very expensive perfume, made of pure nard. She broke the jar and poured the perfume on his head. Some of those present were saying indignantly to one another, “Why this waste of perfume? It could have been sold for more than a year’s wages and the money given to the poor.” And they rebuked her harshly.

“Leave her alone,” said Jesus. “Why are you bothering her? She has done a beautiful thing to me. The poor you will always have with you, and you can help them any time you want. But you will not always have me. She did what she could. She poured perfume on my body beforehand to prepare for my burial. Truly I tell you, wherever the gospel is preached throughout the world, what she has done will also be told, in memory of her.”

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Read these words from Mark chapter 14 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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Now close your eyes and imagine yourself in the house of Simon the Leper
You might like to watch from the edge.
You might like to be more involved.
You might like to imagine yourself as the woman breaking the jar and
anointing the head of Jesus.

Slowly let the scene unfold.
What do you notice?
What do you see?
What do you hear?
What can you taste?
What can you smell?

How do you respond to the words of Jesus?
What do you say to Him?
Let those words become your prayer.



What thoughts, feelings and images have emerged in this time of prayer?

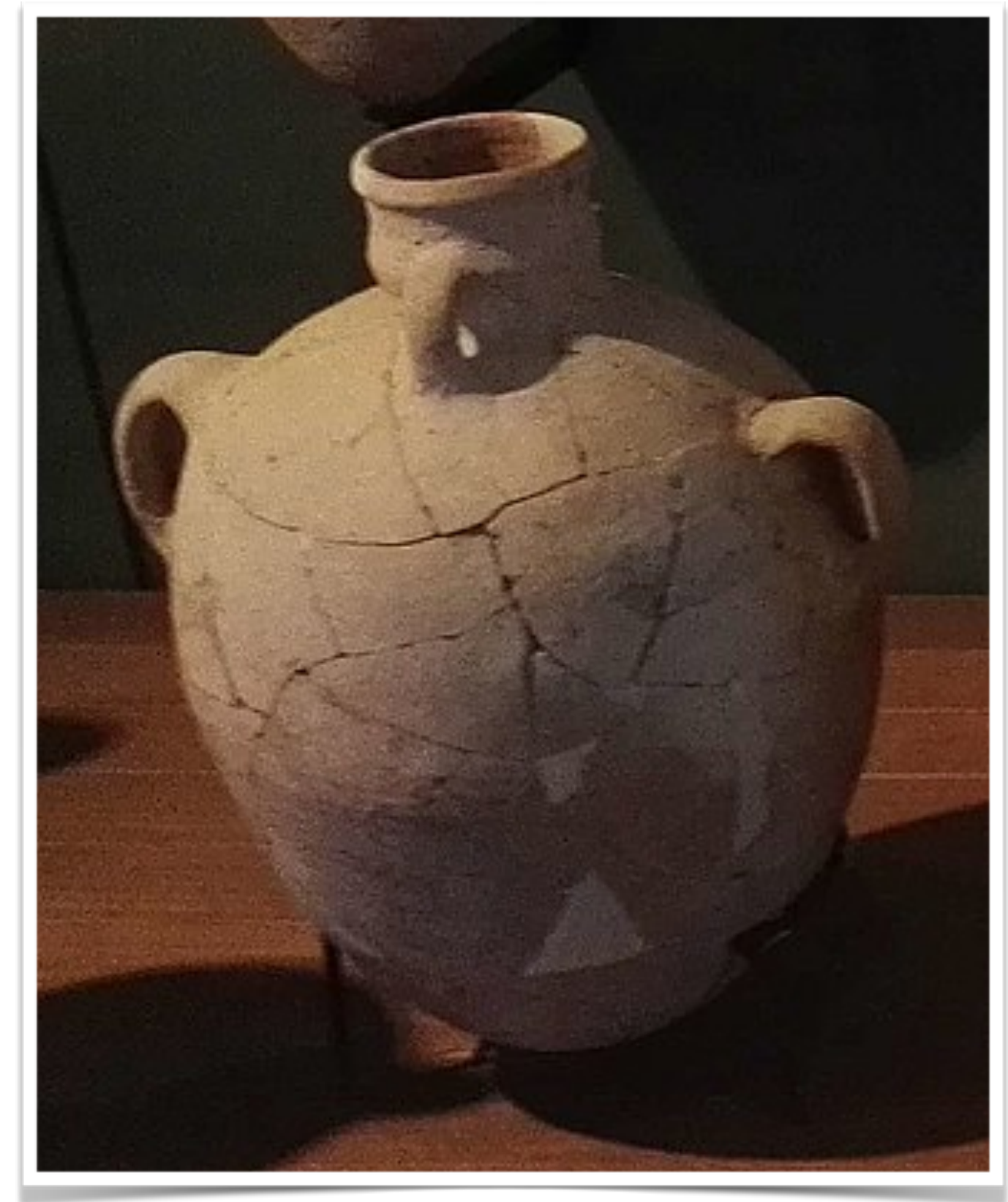
How has the Spirit been at work in your heart as you have prayed?

You might like to note these down in your journal.



More beautiful for being broken:
“She has done something beautiful for me.
She did what she could.
She poured perfume on my body
So wherever the good news goes,
what she has done will be told.”

Poem from <https://rhfoerger.wordpress.com>



You might like to listen to this instrumental version of The Father's Song
or to Friar Alessandro sing Bizet's Angus Dei.

Photo [Bukvoed](#) / CC BY

Creative prayer

Prayerful colouring

- Sometimes just being active in creativity can be a way of stilling the mind to listen to God in prayer.
- You can buy many books and cards where we are encouraged to use colouring as prayer. Lindisfarne Scriptorium has some examples.
- To the right there is an image of Spikenard, the Himalayan plant used to make nard. On the next page is a black and white image of the same plant.
- Print out the page and get some crayons or pens or brushes and colour in. As you do let your mind wander in prayer with Jesus and see where he takes you. Release yourself into his hands and open your heart to him.
- As you do you might like to listen to Rend Collective sing The Joy of the Lord is my strength





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