

Journey with Jesus

Praying through the Gospel of Mark

Station 40 - do not be alarmed



- 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 Isaiah 43: 1-3 sung by Esther Mui.



Between the image and the flame By Paul Hobbs.
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But now, this is what the Lord says—
he who created you, Jacob,
he who formed you, Israel:
Do not fear, for I have redeemed you;
I have summoned you by name; you are mine.
When you pass through the waters,
I will be with you;
and when you pass through the rivers,
they will not sweep over you.
When you walk through the fire,
you will not be burned;
the flames will not set you ablaze.

Isaiah 43 : 1-3



Read this passage from Mark chapter 13. What words or phrases strike you?

Jesus said to them: “Watch out that no one deceives you. Many will come in my name, claiming, ‘I am he,’ and will deceive many. When you hear of wars and rumours of wars, do not be alarmed.

“Such things must happen, but the end is still to come. Nation will rise against nation, and kingdom against kingdom. There will be earthquakes in various places, and famines. These are the beginning of birth pains.”



Read these words from Mark chapter 13 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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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 Stuart Townend sing Psalm 23



*And though I walk the darkest path,
I will not fear the evil one,
For You are with me, and Your rod and staff
Are the comfort I need to know.*

Photo by Andy Curtis used with permission

You might like to listen to the USC Concert Choir sing The Song of Habakkuk.

You might like to speak to God the words of the chorus of the Stuart Townend version of Psalm 23.

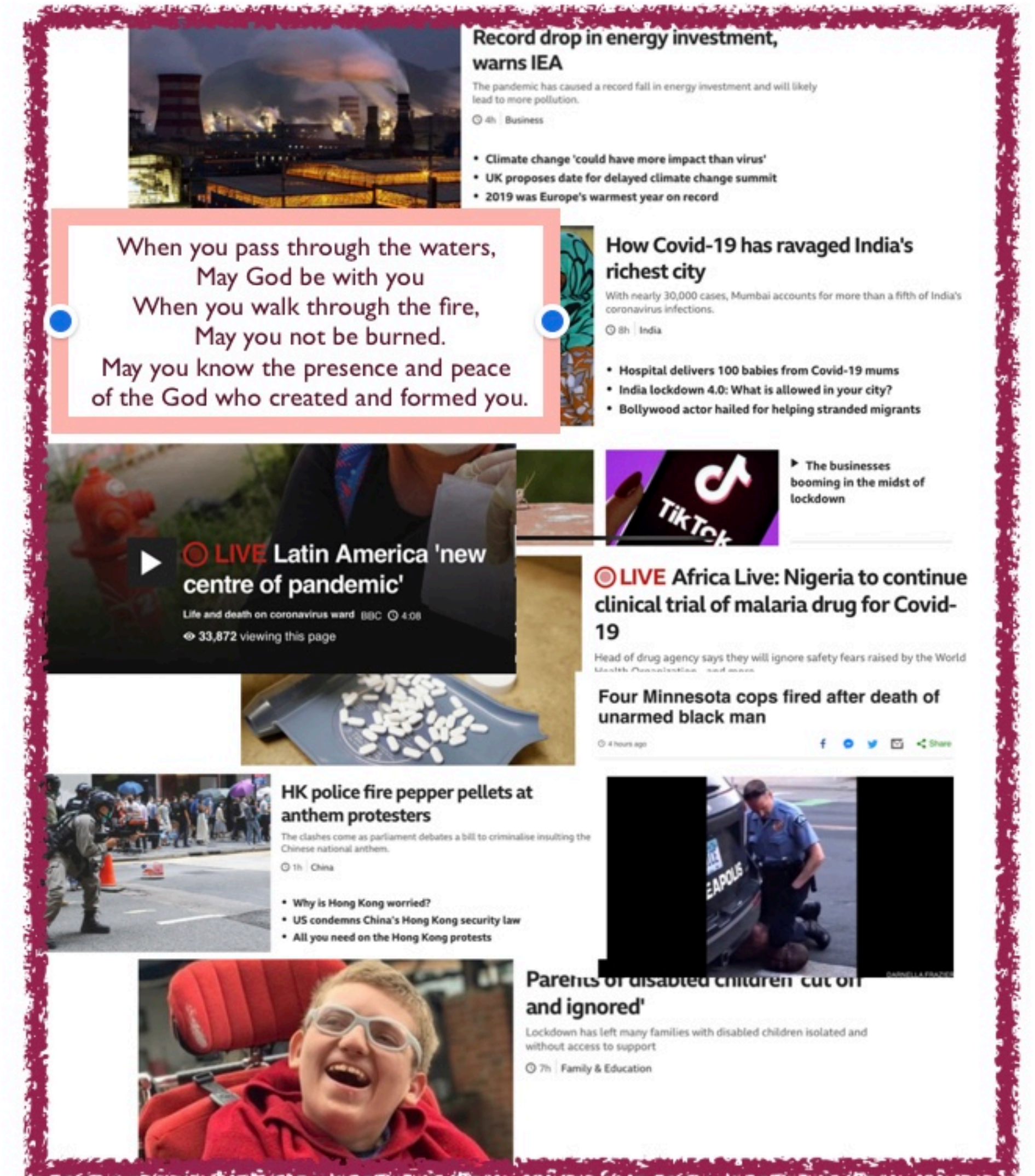


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*And I will trust in You alone,
And I will trust in You alone,
For Your endless mercy follows me,
Your goodness will lead me home.*

Newspaper prayer

- You will need a newspaper or an online news channel
- Cut out from a newspaper or a printed screenshot items of news that God draws to your attention
- Place them in a collage
- On a separate piece of paper write a prayer based on the words of Isaiah 43: 1-3
- Pray these words over the situations on your collage
- Place this collage in a prominent place and pray over these situations over the week
- You might like to incorporate this approach into your weekly pattern of praying for the world

Creative prayer



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