

# Journey with Jesus

Praying through the Gospel of Mark

***Station 20 - take courage, it is I***





Lord, help me enter into that peace  
which consists in  
having put my life in your hands.

Carlo Maria Martini SJ



- Find a place to sit quietly.
- Sit in a relaxed position
  - Become aware of your feet on the floor.
  - Notice your legs. Tense and relax your muscles. In the same way notice the rest of your body, bit by bit. Tense and relax.
  - Lastly focus on your face and head muscles. Tense and relax.
  - Scan your body.
  - Notice any points of remaining tension. Tense and relax.
  - Let any remaining tension go.
  - Come to a place of rest.
- Be aware of God's loving eyes watching over you.
- As we Journey with Jesus ask God for the grace to notice his presence with you in all things.





Many people find repetitive prayer helpful in leading into a stillness before God

- Repeating The Jesus Prayer slowly and prayerfully is one way
  - **Lord Jesus Christ, Son of the Living God, have mercy on me a sinner**
- Repeating words of the Lord's Prayer slowly and prayerfully is another way
  - **Your kingdom come on earth as it is in heaven**
- Joining Michael Smith repeating in song the words Let it Rain is another way

You might like to continue to enter our time of prayer in one of these ways



## Read this passage from Mark chapter 6. What words or phrases strike you?

Immediately Jesus made his disciples get into the boat and go on ahead of him to Bethsaida, while he dismissed the crowd. After leaving them, he went up on a mountainside to pray. Later that night, the boat was in the middle of the lake, and he was alone on land.

He saw the disciples straining at the oars, because the wind was against them. Shortly before dawn he went out to them, walking on the lake. He was about to pass by them, but when they saw him walking on the lake, they thought he was a ghost. They cried out, because they all saw him and were terrified.

Immediately he spoke to them and said, "Take courage! It is I. Don't be afraid." Then he climbed into the boat with them, and the wind died down. They were completely amazed, for they had not understood about the loaves; their hearts were hardened.





Read these words from Mark chapter 6 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?

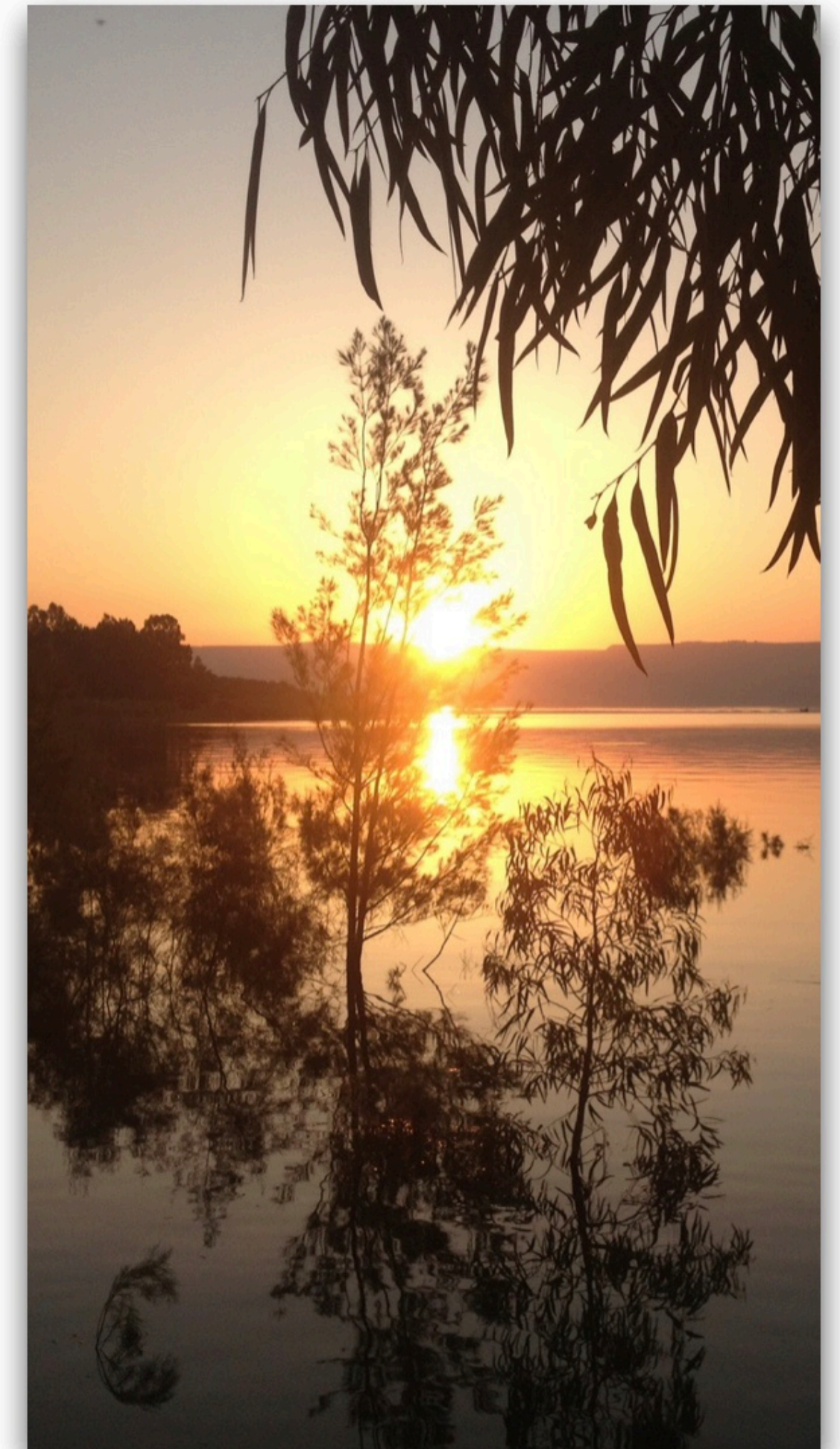
How has the Spirit been at work in your heart as you have prayed?

How has Jesus spoken to your heart?

Where might you need to take courage?

You might like to jot down what has emerged from your prayer time in a journal.

As you do you might like to listen to Gabriel's Oboe played here by Ennio Morricone.



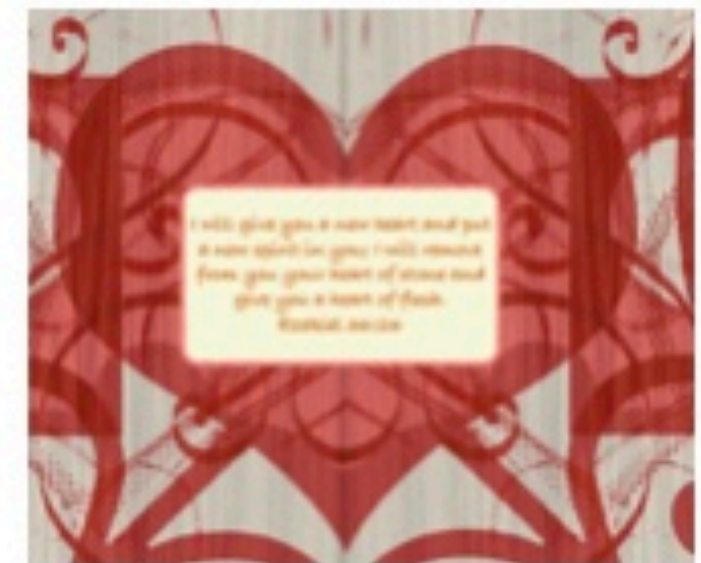


# Creative prayer

- Cut out a heart shape from paper.
  - You might like to paint or use collage to embellish it.
- On one side of the heart write down the places in your heart that you feel, or God has shown you, are hardened.
- On a separate piece of paper write down the words from Ezekiel 36:26.
  - Stick these words as a promise on to the heart you have written on.
- Turn the words of Ezekiel into a prayer as you ask God to be at work softening particular areas of your heart.



I will give you a new heart  
and put a new spirit in you; I  
will remove from you your  
heart of stone and give you a  
heart of flesh.  
Ezekiel 36:26





# Journey with Jesus

A series of prayer stations  
based on the gospel of Mark.



Christ Walking on the Waters, Julius Sergius Von Klever, <https://bit.ly/2YAZyIi>  
Thanks to Adrian Chatfield for the photograph of The Way of Life taken at Ely Cathedral  
All other images in today's prayer station are by the Sea of Galilee