

Journey with Jesus

Praying through the Gospel of Mark

Station 45 - remain here and watch



- 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 breathe 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 words of Psalm 126:5 *Those who sow with tears will reap with songs of joy.*
- 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 the Matt Redman song Bless the Lord O my soul.



Sculpture by Rory Geoghagan, St Beunos

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

They went to a place called Gethsemane, and Jesus said to his disciples, "Sit here while I pray." He took Peter, James and John along with him, and he began to be deeply distressed and troubled. "My soul is overwhelmed with sorrow to the point of death," he said to them. "Stay here and keep watch."

Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. "Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will."



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 Garden of Gethsemane.

You might like to watch from the edge.

You might like to be more involved.

You might like to imagine yourself as one of the disciples asked to remain and watch.

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.

You might like to listen to *In the Garden* sung by Michael Card, or to this instrumental version of *Sweetly Broken*.



Olive Tree at Gethsemane by Annabel Barber
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Gethsemane

The grass never sleeps.
Or the roses.
Nor does the lily have a secret eye that shuts until morning.
Jesus said, wait with me. But the disciples slept.

The cricket has such splendid fringe on his feet,
and it sings, have you noticed, with its whole body,
and heaven knows if it ever sleeps.

Jesus said, wait with me. And maybe the stars did, maybe
the wind wound itself into a silver tree, and didn't move.
Maybe the lake far away, where once he walked
as on a blue pavement,
lay still and waited, wild awake.

Oh the dear bodies, slumped and eye-shut, that could not
keep that vigil, how they must have wept,
so utterly human, knowing this too
must be part of the story.



Creative prayer

- Gethsemane means Oil Press.
- You might like to get some olives and some olive oil.
- Taste and savour one of the olives.
- Taste and savour some of the olive oil.
- How are olives and olive oil used?
- Look again at the olives and consider the pressure needed to squeeze out the oil.
- Look back at your life.
 - Where do you see times of pressure and what good has come out of those times?
- As you look at the world where do you see places of crushing and pressing?
 - Ask for God to be at work in those places, bringing his anointing and healing - the oil of joy instead of mourning (Isaiah 61:3).
- As you do you might like to listen to Hillsong sing the words In the crushing, in the pressing God is making New Wine.



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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