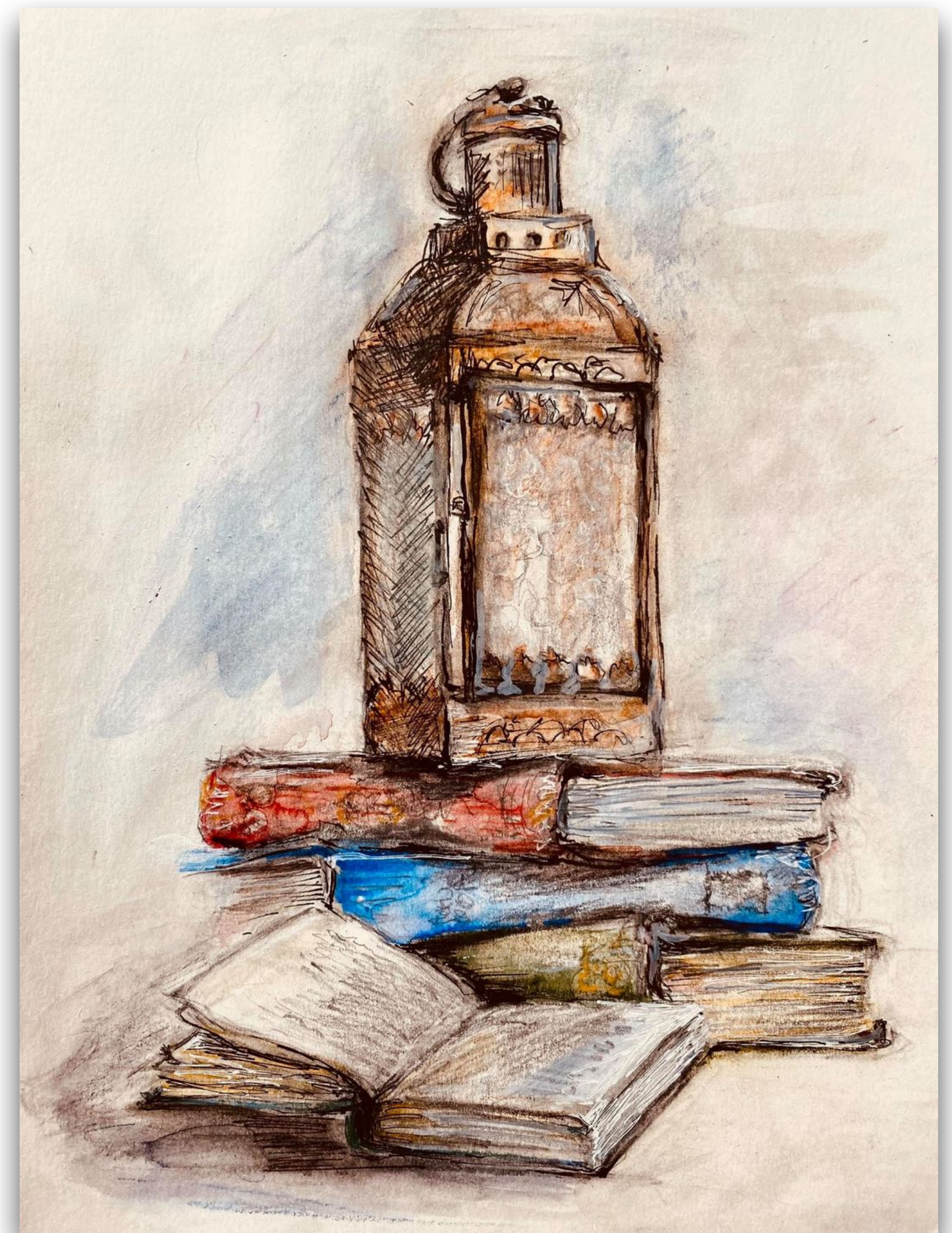


# Footsteps in Prayer

A journey through the Bible

John (I)





- 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, turn your eyes towards Jesus.
- Ask for the grace of his peace and stillness within.
- You might like to listen to Hillsong sing Turn Your Eyes Upon Jesus.
- You might like to listen to Kari Jobe sing God of Miracles.
- You might like to listen to Satie's Gymnopedie no 2.





➤ You might like to listen to:

➤ Day 1: Water you turned into wine sung by Micah Stampley then click [here](#).

➤ Day 2: Only Believe sung by The Harmonising Four then click [here](#).

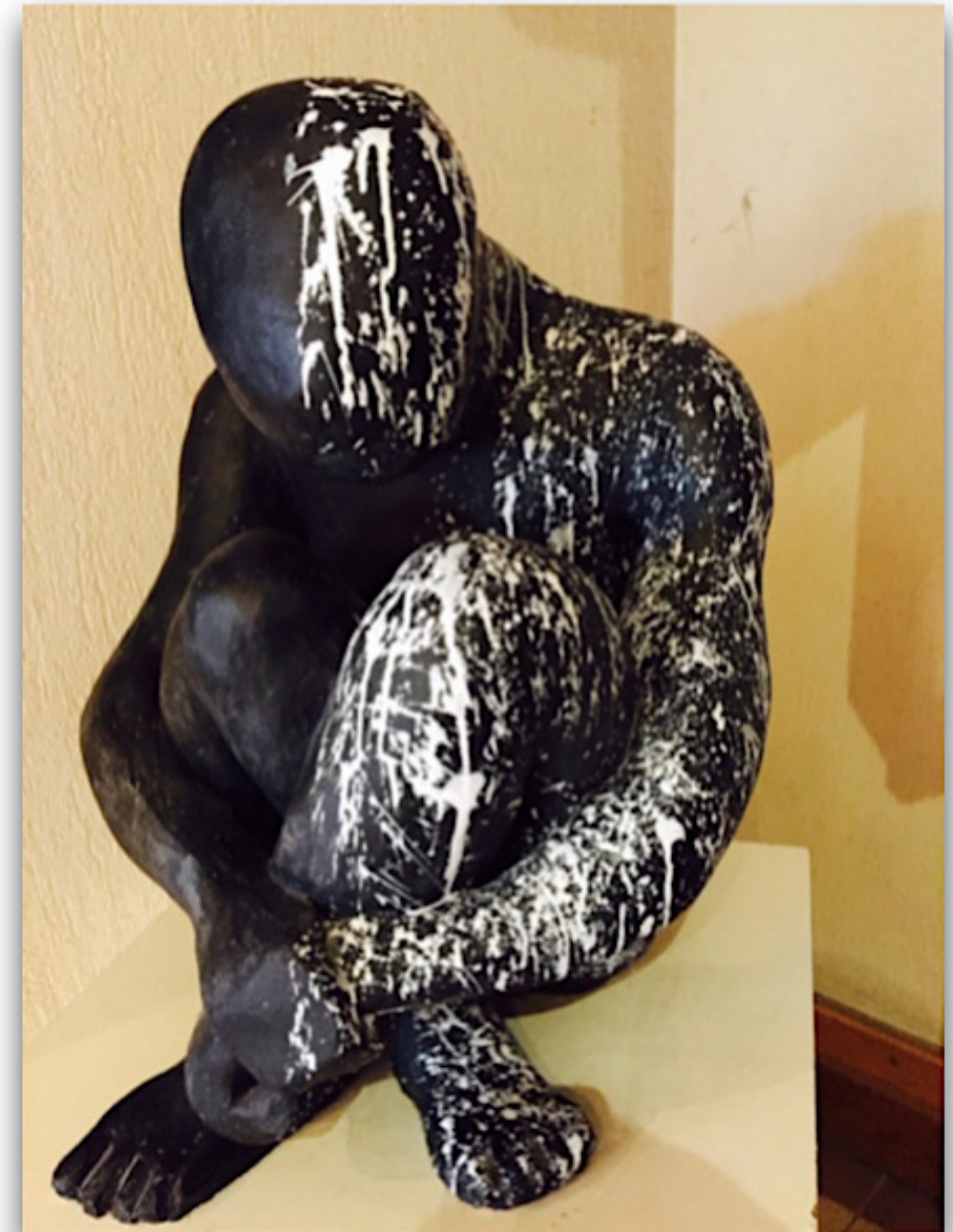
➤ Day 3: In the shadow of his wings then click [here](#).

➤ Day 4: Provider sung by Lauren Daigle then click [here](#).

➤ Day 5: Chris Tomlinson sing Jesus then click [here](#).

➤ Day 6: Unveil my eyes sung by Salt of the Sound then click [here](#).

➤ Day 7: You raise me up sung by Secret Garden then click [here](#).





# Day 1: John 2

Now there were six stone water pots standing nearby. They were meant to be used for the Jewish washing rituals. Each one held about 20 gallons or more. Jesus came to the servers and told them, “Fill the pots with water, right up to the very brim.” Then he said, “Now fill your pitchers and take them to the master of ceremonies.” And when they poured out their pitcher for the master of ceremonies to sample, the water became wine! When he tasted the water that became wine, the master of ceremonies was impressed. (Although he didn’t know where the wine had come from, but the servers knew.) He called the bridegroom over and said to him, “Every host serves his best wine first until everyone has had a cup or two, then he serves the wine of poor quality. But you, my friend, you’ve reserved the most exquisite wine until now!” This miracle in Cana was the first of the many extraordinary miracles Jesus performed in Galilee. This was a sign revealing his glory, and his disciples believed in him.

- Read this passage from John 2.
  - What words or phrases strike you?
- Read these words again slowly.
  - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- 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.
- When you have finished click [here](#) to continue.





# Day 2: John 4

Jesus entered the village of Cana of Galilee where he had transformed water into wine. And there was a governmental official in Capernaum who had a son who was very sick and dying. When he heard that Jesus had left Judea and was staying in Cana of Galilee, he decided to make the journey to Cana. When he found Jesus he begged him, "You must come with me to Capernaum and heal my son!" So Jesus said to him, "You never believe unless you see signs and wonders." But the man continued to plead, "You have to come with me to Capernaum before my little boy dies!" Then Jesus looked him in the eyes and said, "Go back home now. I promise you, your son will live and not die."

The man believed in his heart the words of Jesus and set off for home. When he was still a distance from Capernaum, his servants met him on the road and told him the good news, "Your son is healed! He's alive!" Overjoyed, the father asked his servants, "When did my son begin to recover?" "Yesterday," they said, "at one in the afternoon. All at once his fever broke—and now he's well! Then the father realised that it was at that very same hour that Jesus spoke the words to him, "Your son will live and not die." So from that day forward, the man and all his family and servants believed. This was Jesus' second extraordinary miracle in Galilee after coming from Judea.

- Read this passage from John 4.
  - What words or phrases strike you?
- Read these words again slowly.
  - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- 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.
- When you have finished click [here](#) to continue.





# Day 3: John 5

Then Jesus returned to Jerusalem to observe one of the Jewish holy days. Inside the city near the Sheep Gate there is a pool called in Aramaic, The House of Loving Kindness. And this pool is surrounded by five covered porches. Hundreds of sick people were lying there on the porches—the paralysed, the blind, and the crippled, all of them waiting for their healing. For an angel of God would periodically descend into the pool to stir the waters, and the first one who stepped into the pool after the waters swirled would instantly be healed. Now there was a man who had been disabled for thirty-eight years lying among the multitude of the sick. When Jesus saw him lying there, he knew that the man had been crippled for a long time. So Jesus said to him, “Do you truly long to be healed?” The sick man answered him, “Sir, there’s no way I can get healed, for I have no one who will lower me into the water when the angel comes. As soon as I try to crawl to the edge of the pool, someone else jumps in ahead of me.” Then Jesus said to him, “Stand up! Pick up your sleeping mat and you will walk!” Immediately he stood up—he was healed!

- Read these words from John 5.
  - What words strike you?
- Read these words again slowly.
  - Stay with one of the words that catches you and hold it in the stillness before God.
- 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.
- When you have finished click [here](#) to continue.



Artwork by Sarah Anderson. Used with permission.



# Day 4: John 6

But just then, Andrew, Peter's brother, spoke up and said, "Look! Here's a young person with five barley loaves and two small fish . . . but how far would that go with this huge crowd?" "Have everyone sit down," Jesus said to his disciples. So on the vast grassy slope, more than five thousand hungry people sat down. Jesus then took the barley loaves and the fish and gave thanks to God. He then gave it to the disciples to distribute to the people. Miraculously, the food multiplied, with everyone eating as much as they wanted! When everyone was satisfied, Jesus told his disciples, "Now go back and gather up the pieces left over so that nothing will be wasted." The disciples filled up twelve baskets of fragments, a basket of leftovers for each disciple. All the people were astounded as they saw with their own eyes the incredible miracle Jesus had performed! They began to say among themselves, "He really is the One—the true prophet we've been expecting!" So Jesus, knowing that they were about to take him and make him their king by force, quickly left and went up the mountainside alone.

- Read these words from John 6.
  - What words or phrases strike you?
- Read these words again slowly.
  - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- What thoughts, feelings and images have emerged?
- How has the Spirit been at work as you have prayed?
- You might like to note these down in your journal.
- When you have finished click [here](#) to continue.





# Day 5: John 6

After waiting until evening for Jesus to return, the disciples went down to the lake. But as darkness fell, he still hadn't returned, so the disciples got into a boat and headed across the lake to Capernaum. By now a strong wind began to blow and was stirring up the waters. The disciples had rowed about halfway across the lake when all of a sudden they caught sight of Jesus walking on top of the waves, coming toward them. The disciples panicked, but Jesus called out to them, "Don't be afraid. You know who I am." They were relieved to take him in, and the moment Jesus stepped into the boat, they were instantly transported to the other side!

- Read these words from John 6.
  - What words or phrases strike you?
- Read these words again slowly.
  - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- What thoughts, feelings and images have emerged?
- How has the Spirit been at work as you have prayed?
- You might like to note these down in your journal.
- When you have finished click [here](#) to continue.





# Day 6: John 9

Afterward, as Jesus walked down the street, he noticed a man blind from birth. His disciples asked him, “Teacher, whose sin caused this guy’s blindness, his own, or the sin of his parents?” Jesus answered, “Neither. It happened to him so that you could watch him experience God’s miracle. While I am with you, it is daytime and we must do the works of God who sent me while the light shines. For there is coming a dark night when no one will be able to work. As long as I am with you my life is the light that pierces the world’s darkness.” Then Jesus spat on the ground and made some clay with his saliva. Then he anointed the blind man’s eyes with the clay. And he said to the blind man, “Now go and wash the clay from your eyes in the ritual pool of Siloam.” So he went and washed his face and as he came back, he could see for the first time in his life!

- Read these words from John 9.
  - What words or phrases strike you?
- Read these words again slowly.
  - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- What thoughts, feelings and images have emerged?
- How has the Spirit been at work as you have prayed?
- You might like to note these down in your journal.
- When you have finished click [here](#) to continue.





# Day 7: John 11

Then Jesus, again groaning in Himself, came to the tomb. It was a cave, and a stone lay against it. Jesus said, "Take away the stone." Martha, the sister of him who was dead, said to Him, "Lord, by this time there is a stench, for he has been dead four days." Jesus said to her, "Did I not say to you that if you would believe you would see the glory of God?" Then they took away the stone from the place where the dead man was lying. And Jesus lifted up His eyes and said, "Father, I thank You that You have heard Me. And I know that You always hear Me, but because of the people who are standing by I said this, that they may believe that You sent Me." Now when He had said these things, He cried with a loud voice, "Lazarus, come forth!" And he who had died came out bound hand and foot with grave clothes, and his face was wrapped with a cloth. Jesus said to them, "Loose him, and let him go."

- Read these words from John 11.
  - What words or phrases strike you?
- Read these words again slowly.
  - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- What thoughts, feelings and images have emerged?
- How has the Spirit been at work as you have prayed?
- You might like to note these down in your journal.
- When you have finished click [here](#) to continue





➤ You might like to listen Josh Henn sing

➤ Day 1: All power is given unto our Lord

➤ Day 2: Still, still with thee

➤ Day 3: The Lord Bless You and Keep You

➤ Day 4: The Lord's Prayer

➤ Day 5: Peaceful Waters

➤ Day 6: How Great Thou Art

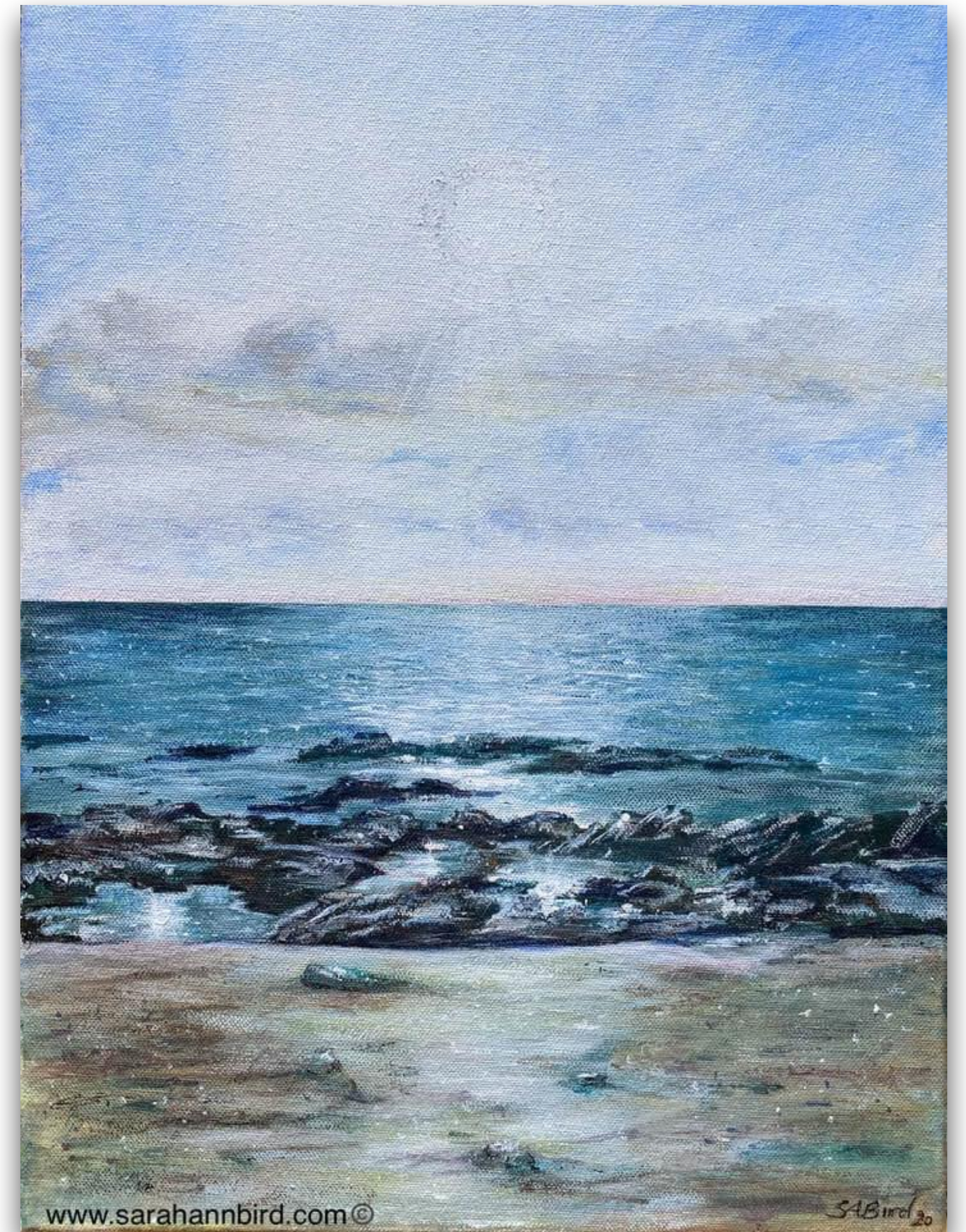
➤ Day 7: The Raising of Lazarus





## Psalms 89:9-18

You rule the raging of the sea;  
When its waves rise, You still them.  
You have broken Rahab in pieces, as one who is slain;  
You have scattered Your enemies with Your mighty arm.  
The heavens are Yours, the earth also is Yours;  
The world and all its fullness, You have founded them.  
The north and the south, You have created them;  
Tabor and Hermon rejoice in Your name.  
You have a mighty arm;  
Strong is Your hand, and high is Your right hand.  
Righteousness and justice are the foundation of Your throne;  
Mercy and truth go before Your face.  
Blessed are the people who know the joyful sound!  
They walk, O Lord, in the light of Your countenance.  
In Your name they rejoice all day long,  
And in Your righteousness they are exalted.  
For You are the glory of their strength,  
And in Your favour our horn is exalted.  
For our shield belongs to the Lord,  
And our king to the Holy One of Israel.





## Proverbs 12: 8-14

A man will be commended according to his wisdom,  
But he who is of a perverse heart will be despised.  
Better is the one who is slighted but has a servant,  
Than he who honours himself but lacks bread.  
A righteous man regards the life of his animal,  
But the tender mercies of the wicked are cruel.  
He who tills his land will be satisfied with bread,  
But he who follows frivolity is devoid of understanding.  
The wicked covet the catch of evil men,  
But the root of the righteous yields fruit.  
The wicked is ensnared by the transgression of his lips,  
But the righteous will come through trouble.  
A man will be satisfied with good by the fruit of his mouth,  
And the recompense of a man's hands will be rendered to him.





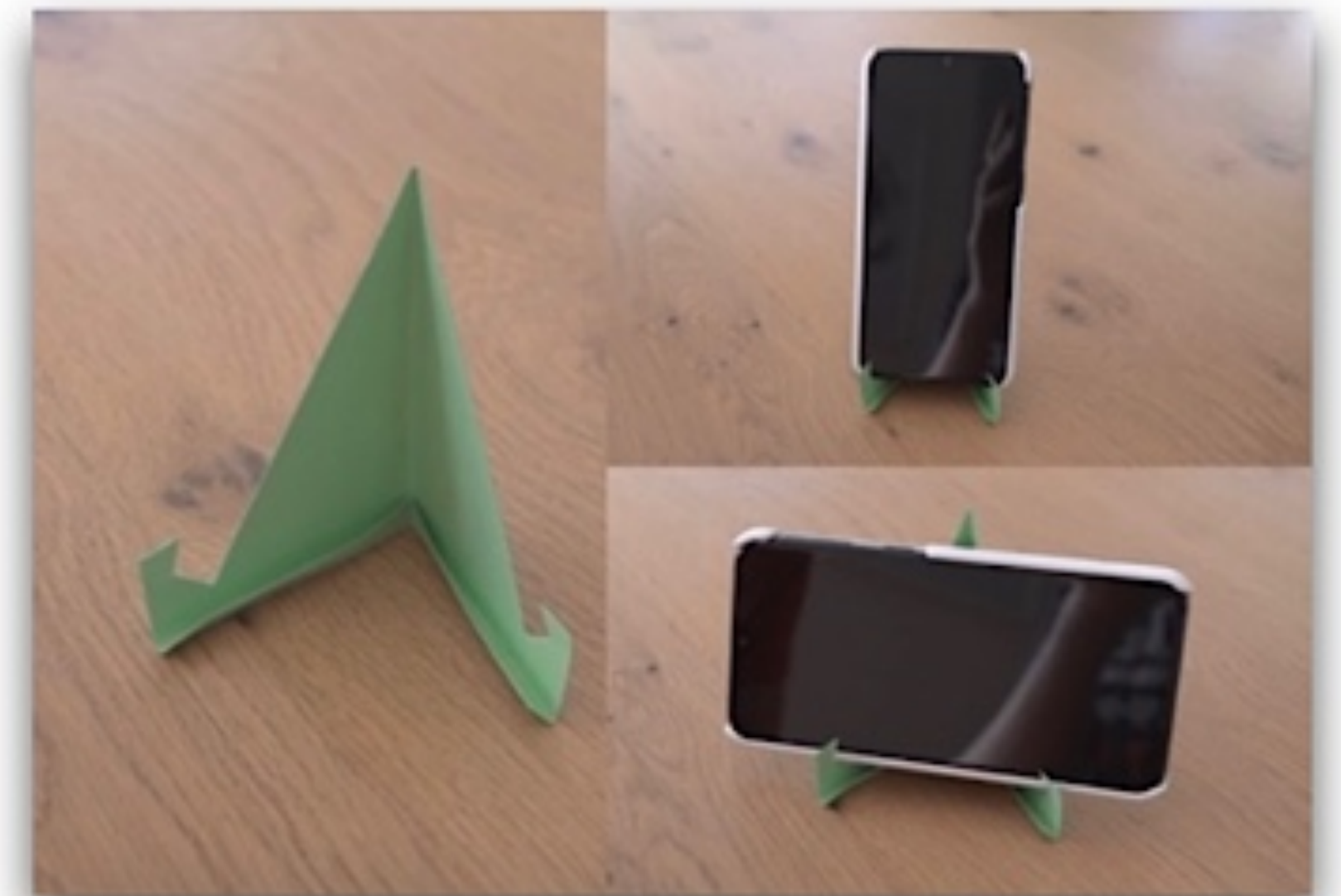
# Creative prayer

Most of us have a mobile phone

- Some of us just use it to talk to people
- Others use it just for emergencies
- Some of us are attached to it most of the day using it for worship, prayer and work

For this prayer station:

- Take a piece of card. Following the instructions [here](#) make a phone stand.
- After stage three in the instructions write the names of all the people you connect with over the phone on to the piece of card.
- As you do pray for each person, placing them into the loving arms of God.





# Matins

Somewhere, out at the edges, the night  
Is turning and the waves of darkness  
Begin to brighten the shore of dawn.

The heavy dark falls back to earth  
And the freed air goes wild with light,  
The heart fills with fresh, bright breath  
And thoughts stir to give birth to colour.

John O'Donohue

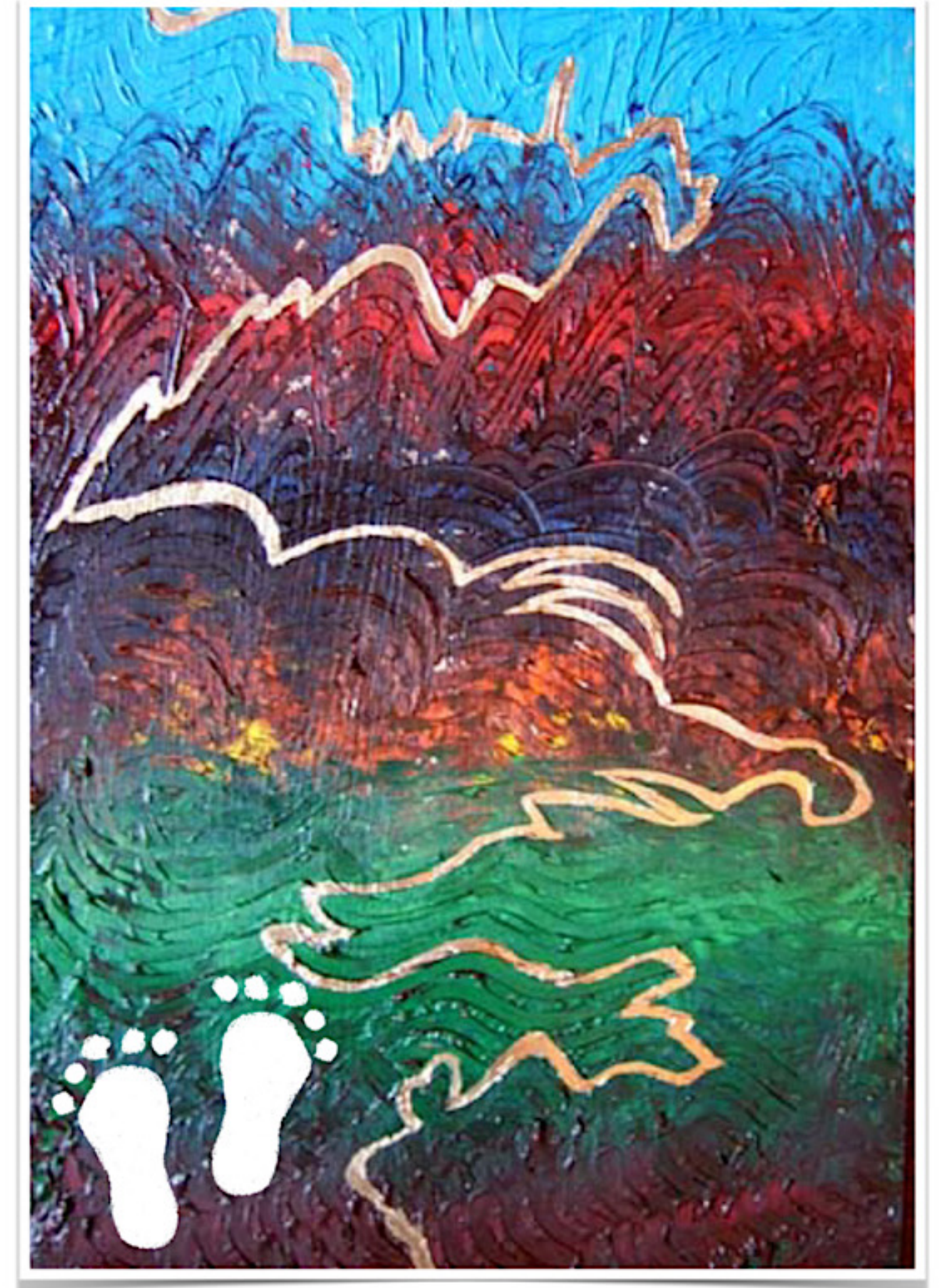




# Footsteps in Prayer

## A journey through the Bible

The second part of a graphic introduction to the book of John Ch 1-12 can be found [here](#).



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The Pathway by Kate Austin (Adapted) Used with permission.

This prayer station and other resources can be found at [\*\*The Prayer Room\*\*](#)