

Journey with Jesus

Praying through the Gospel of Mark

Station 31 - three days later he will rise



- 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 The Living Stones Quartet sing Turn Your Eyes Upon Jesus.



Now the Lord provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights. From inside the fish Jonah prayed to the Lord his God.

He said:

“In my distress I called to the Lord,
and he answered me.

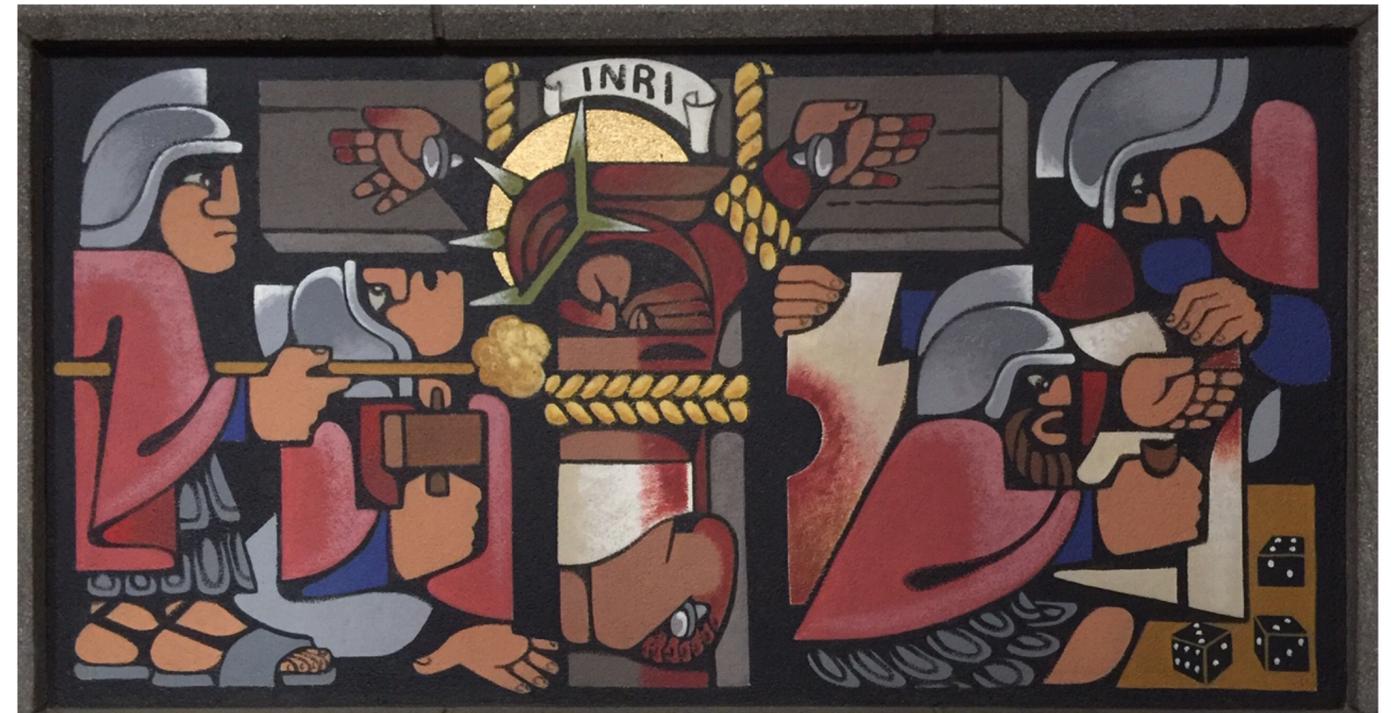
From deep in the realm of the dead I called for help,
and you listened to my cry.”

Jonah 1: 17- Jonah 2:1



Read this passage from Mark chapter 10. What words or phrases strike you?

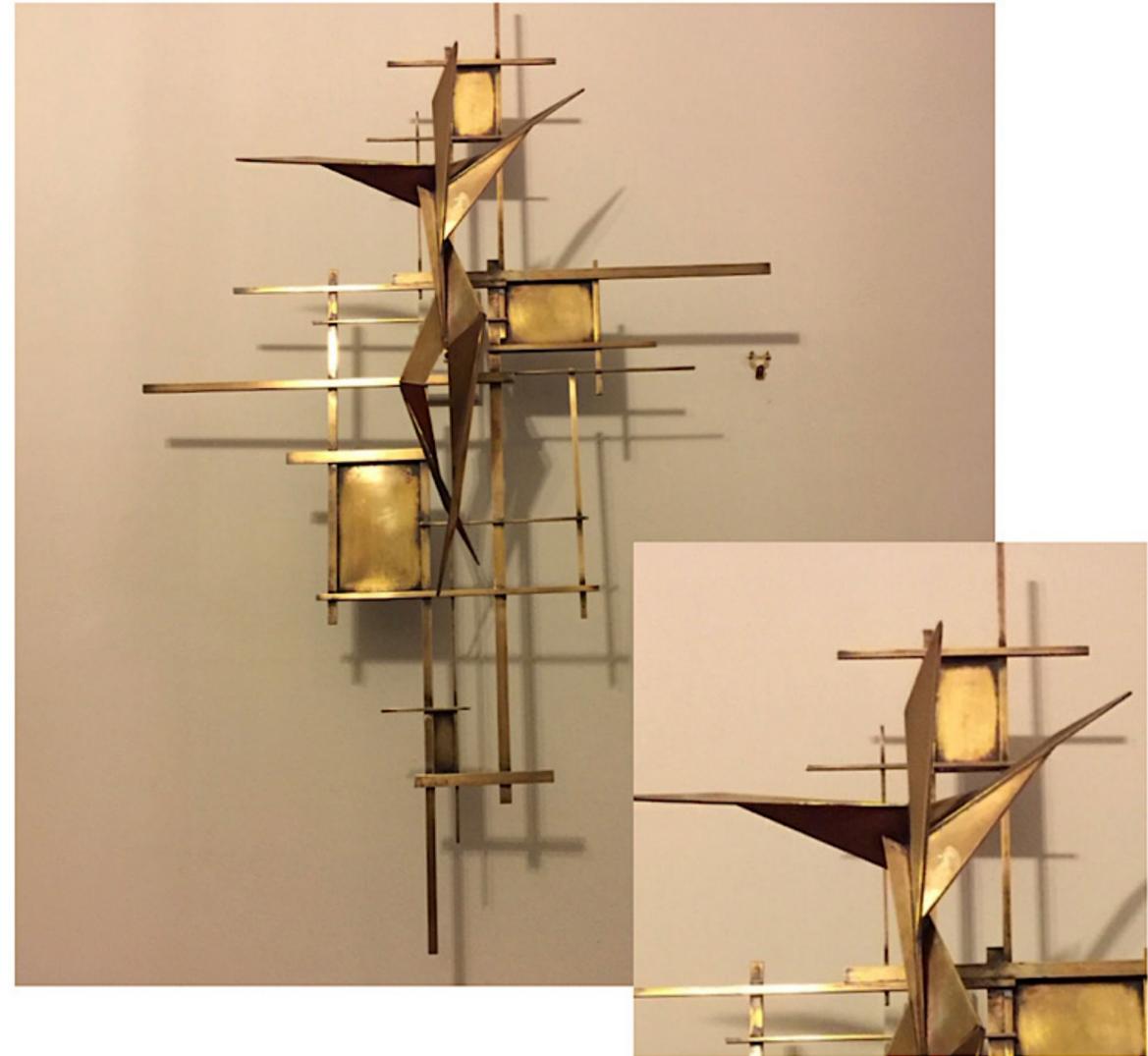
They were on their way up to Jerusalem, with Jesus leading the way, and the disciples were astonished, while those who followed were afraid. Again he took the Twelve aside and told them what was going to happen to him. “We are going up to Jerusalem,” he said, “and the Son of Man will be delivered over to the chief priests and the teachers of the law. They will condemn him to death and will hand him over to the Gentiles, who will mock him and spit on him, flog him and kill him. Three days later he will rise.”



Read these words from Mark chapter 10 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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For as Jonah was three days and three nights in the belly of a huge fish, so the Son of Man will be three days and three nights in the heart of the earth.

Matthew 12:40



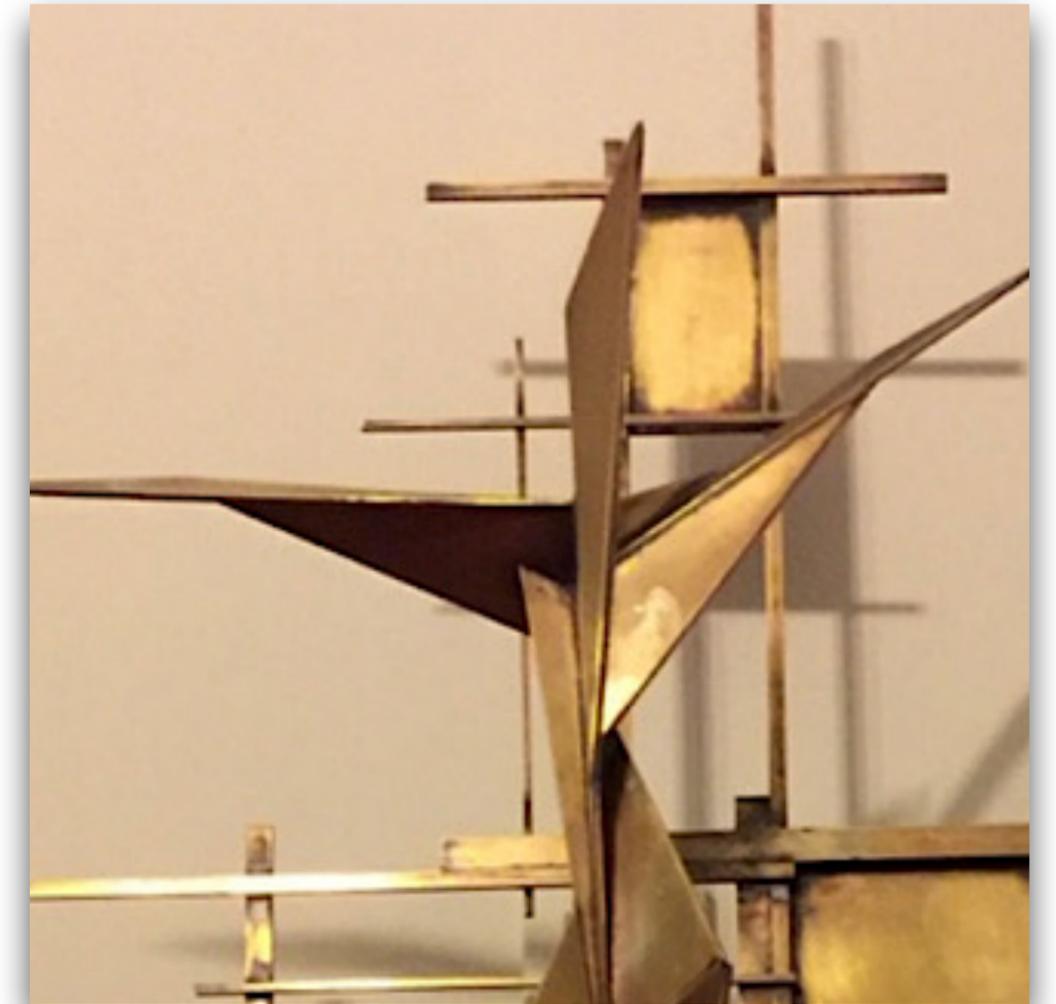
How has the Spirit been at work in your heart as you have prayed?

When has God answered you in your distress?

When has God listened to your cry?

Maybe you would like to note down what God has revealed to you in this time.

As you pray you might like to listen to this instrumental version of Beauty for Brokenness. You might prefer to listen to Ravel's Kaddish played here by Steven Isserlis and the Norwegian Chamber Orchestra.



Creative prayer

Send a card

- You might know someone who is unable to get out of their home at the moment.
- You might know someone who feels a bit like Jonah in the whale.
- What words of support or encouragement would you like to give them?
- You might like to send them a card today with these words of support or encouragement.
- You might like to make your own card to send, using [this clip](#) as a guide.



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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