

Journey with Jesus

Praying through the Gospel of Mark

Station 15 - tell what the Lord has done



Matins I

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

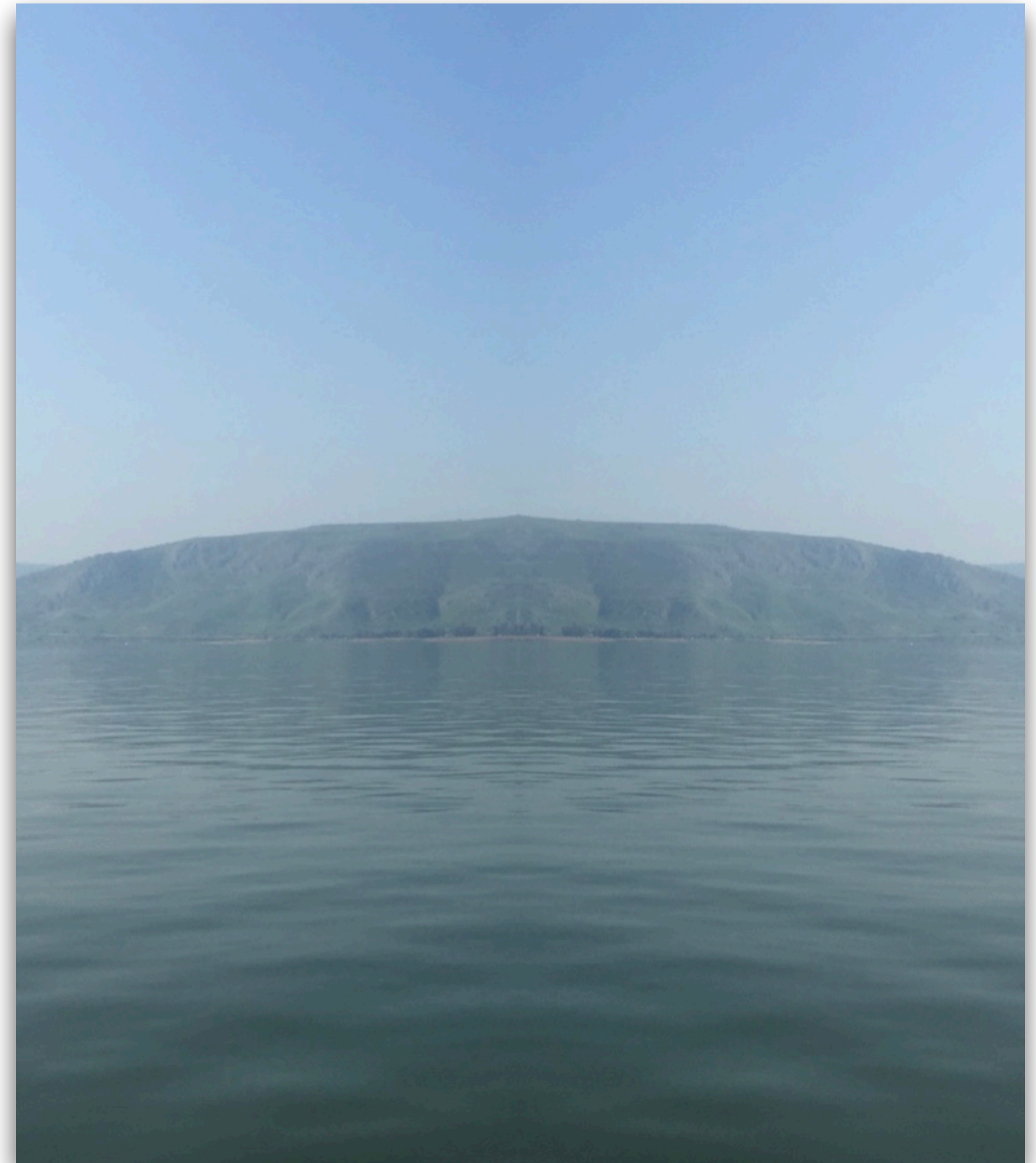
The heavy dark falls back to earth
And the freed air goes wild with light,
The heart fills with fresh, bright breath
And thoughts stir to give birth to colour.

John O'Donohue in Benedictus

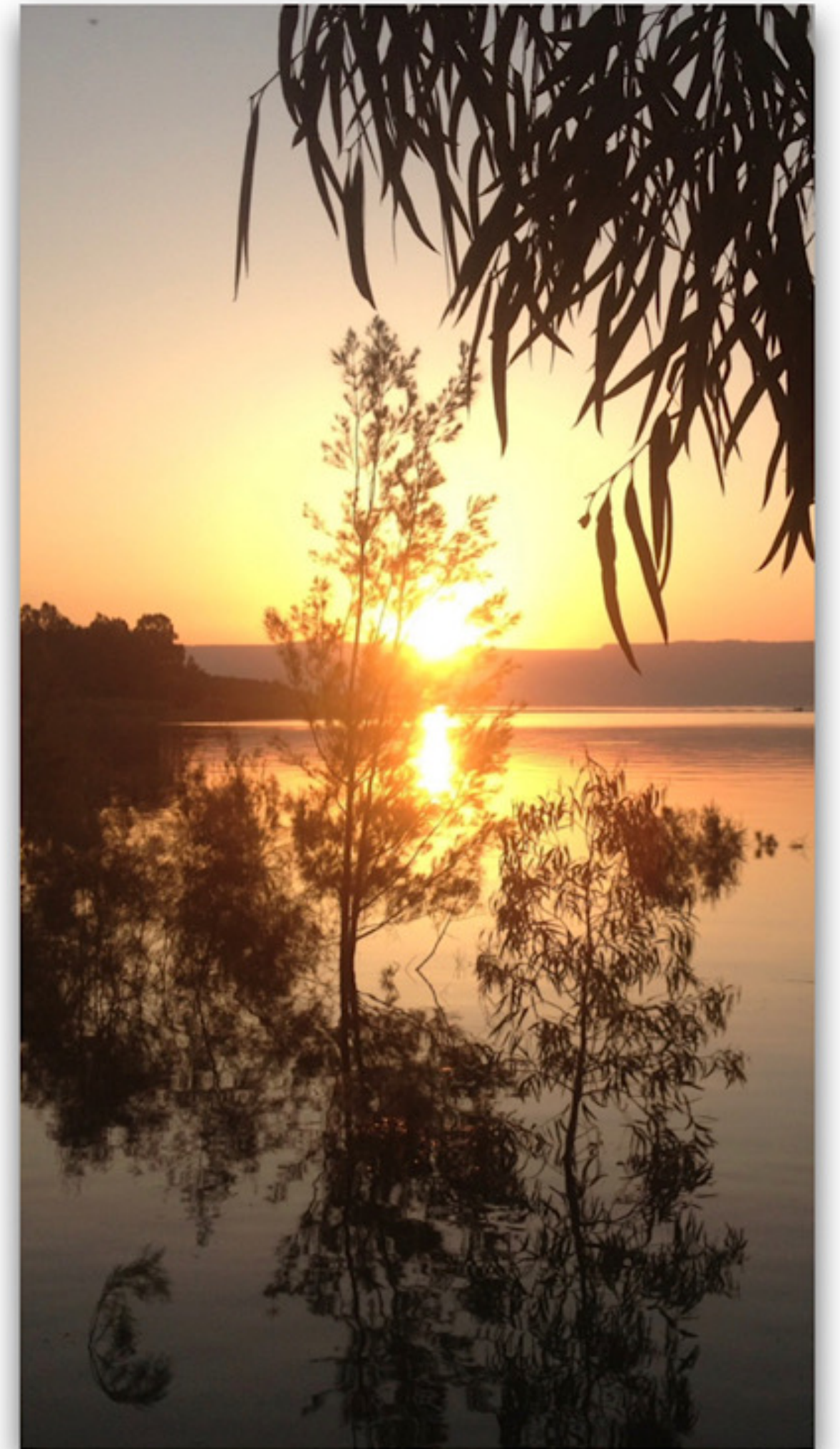


Sunrise over Galilee

- 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.

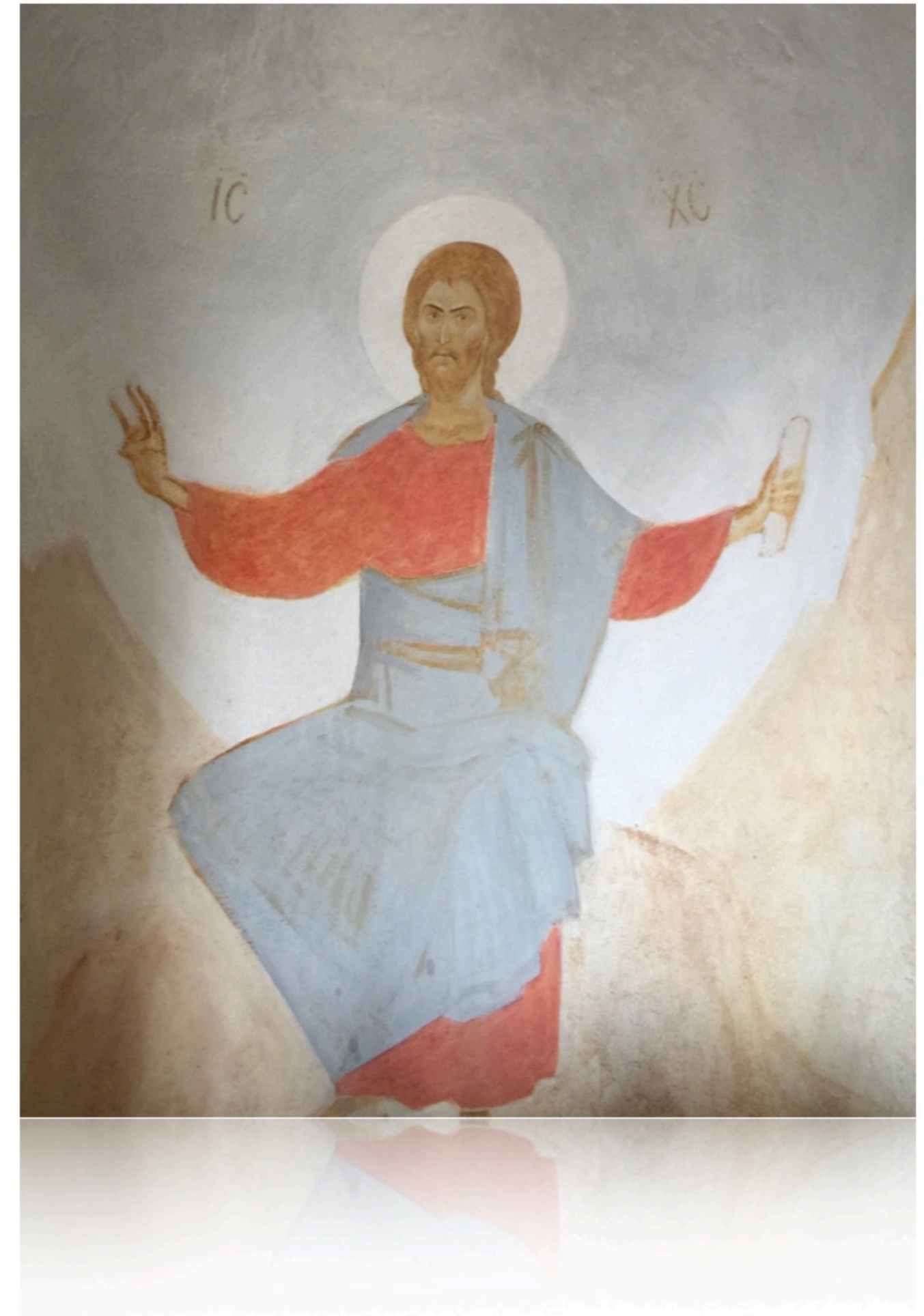


➤ You might like to listen this 'virtual' version of Is He Worthy



Read this passage from Mark chapter 5. What words or phrases strike you?

As Jesus was getting into the boat, the man who had been demon-possessed begged to go with him. Jesus did not let him, but said, “Go home to your own people and tell them how much the Lord has done for you, and how he has had mercy on you.” So the man went away and began to tell in the Decapolis how much Jesus had done for him. And all the people were amazed.



Read these words from Mark chapter 5 again slowly.
Stay with one of the words or phrases that catches you and hold it in the stillness before God.

As Jesus was getting into the boat, the man who had been demon-possessed begged to go with him. Jesus did not let him, but said, “Go home to your own people and tell them how much the Lord has done for you, and how he has had mercy on you.” So the man went away and began to tell in the Decapolis how much Jesus had done for him. And all the people were amazed.



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 much has the Lord done for you?

Who do you want to tell?

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



Creative prayer

- Over the last month what verses of scripture has God used to encourage you?
 - Take one of these and write the verse on a postcard.
 - Ask God who he might like you to share this verse with.
 - Once you have decided, write a short note on the postcard explaining to this person how God used this verse to encourage you. Tell what the Lord has done.
 - Pop the card in an envelope and send it to the person God has put it on your heart to share with.
 - Ask God's blessing on the person receiving this.



- You might to listen to this short piano instrumental by Patrick Hawes, Towards the Light
- You might like to listen to this playlist of instrumental music from Hillsong at some point today.



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.