

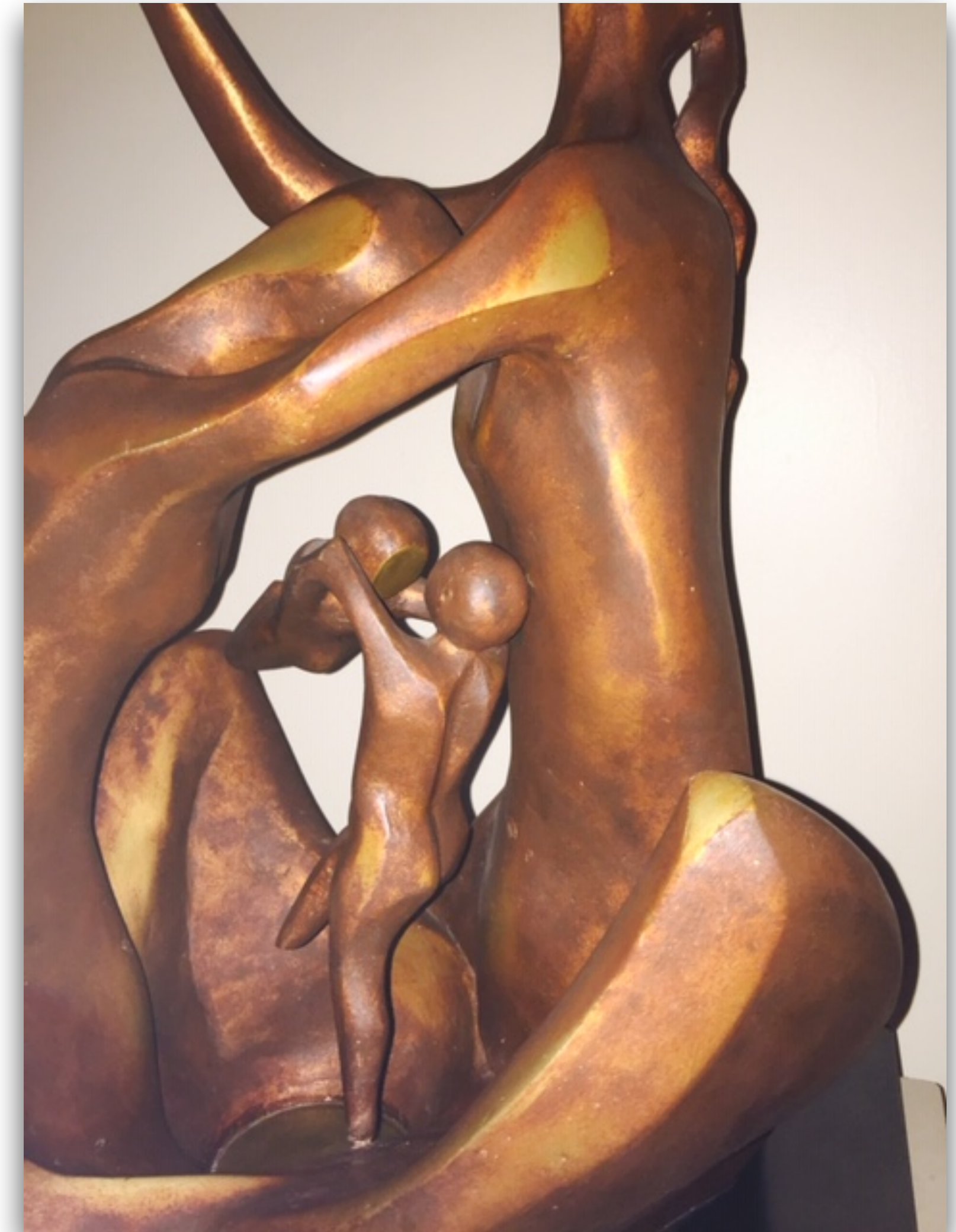
Journey with Jesus

Praying through the Gospel of Mark

Station 44 - he took bread



- 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 breath 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 Isaiah 55:12 *You will go out in **joy** and be led forth in peace; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands.*
- 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 Taize chant, The Kingdom of God.



Sculpture by Rory Geoghagan, St Beunos

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

While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, “Take it; this is my body.” Then he took a cup, and when he had given thanks, he gave it to them, and they all drank from it. “This is my blood of the covenant, which is poured out for many,” he said to them. “Truly I tell you, I will not drink again from the fruit of the vine until that day when I drink it new in the kingdom of God.”



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.

While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take it; this is my body."
Then he took a cup, and when he had given thanks, he gave it to them, and they all drank from it. "This is my blood of the covenant, which is poured out for many," he said to them. "Truly I tell you, I will not drink again from the fruit of the vine until that day when I drink it new in the kingdom of God."



Now close your eyes and imagine yourself in the upper room

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 or as one of the other people serving the meal.

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 this worship song, *The Table of the Lord* or to this instrumental version of *There is a redeemer*.



Love bade me welcome

LOVE bade me welcome; yet my soul drew back,
 Guilty of dust and sin.
But quick-eyed Love, observing me grow slack
 From my first entrance in,
Drew nearer to me, sweetly questioning
 If I lack'd anything.
'A guest,' I answer'd, 'worthy to be here.'
 Love said, 'You shall be he.'
'I, the unkind, ungrateful? Ah, my dear,
 I cannot look on Thee.'
Love took my hand and smiling did reply,
 'Who made the eyes but I?'
'Truth, Lord; but I have marr'd them: let my shame
 Go where it doth deserve.'
'And know you not,' says Love, 'Who bore the blame?'
 'My dear, then I will serve.'
'You must sit down,' says Love, 'and taste my meat.'
 So I did sit and eat.

George Herbert



The lifter of my head by Kate Austin <http://www.christart.co.uk>.

Creative prayer

- You might like to introduce a regular time of prayer where you focus on the Last Supper.
- To the right is a sheet of readings and an approach to guided prayer to help enable you.
 - A downloadable PDF can be found [here](#).
- As you do you might like to listen to the song [I am the bread of life](#) sung by John Michael Talbot.

DRAW NEAR WITH FAITH

The liturgy below is not a communion service. Instead it seeks to draw believers into deeper communion with God and with others, using scripture, meditative and contemplative prayer, and action. It is particularly designed for those in isolation at the moment.

Zephaniah 3:17

The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing.

Luke 22:19-20

And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me." In the same way, after the supper he took the cup, saying, "This cup is the new covenant in my blood, which is poured out for you."

1 Corinthians 11:23-26

For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, and when he had given thanks, he broke it, and said, "This is my body, which is for you. Do this in remembrance of me." In the same way also he took the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

John 6:35

Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."

Hebrews 10:22

Let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.

Find a quiet space in your home.

- Give thanks to God for his presence with you.
- Be aware of God's loving eyes watching over you.
- Take some time to look back over the previous week.
- Where have you been close to God?
- Where have you wandered away?
- Say sorry for those times you have wandered away.
- Receive God's forgiveness.

Take time to read the four passages of scripture above.

- Which one resonates with you most?
- Read that passage again slowly.
- What words or phrases strike you?
- Read the passage once more.
- Stay with one of the words or phrases and hold it in the stillness before God.
- In that stillness become aware of your part in the wider body of Christ.

Take your mind to the last supper where Jesus shares the Passover meal with his disciples.

- What do you notice?
- What do you see; hear; smell; taste; touch?
- What does Jesus say to you?
- How do you respond?
- Give thanks to God.



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
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