

Journey with Jesus

Praying through the Gospel of Mark

Station 48 - on the first day of the week



- 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 breathe 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 Isaiah 26:19 *But your dead will live, LORD; their bodies will rise— let those who dwell in the dust wake up and shout for joy— your dew is like the dew of the morning; the earth will give birth to her dead.*
- 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 Easter Anthem The Lord is Ris'n Indeed.



Mosaic of Jesus and Mary Magdalene in the Resurrection Chapel,
Washington National Cathedral (Fair Use)
A virtual tour through this chapel can be found [here](#)

Triumph Over Death

The New Testament writers speak as if Christ's achievement in rising from the dead was the first event of its kind in the whole history of the universe. He is the 'first fruits,' the pioneer of life, He has forced open a door that has been locked since the death of the first man. He has met, fought, and beaten the King of Death. Everything is different because He has done so.

(C. S. Lewis, *Miracles*, ch. 16)



Jyoti Sahi *Resurrection, The Sign of Jonas*. (Fair use)

Read this passage from Mark chapter 16.
What words or phrases strike you?

When the Sabbath was over, Mary Magdalene, Mary the mother of James, and Salome bought spices so that they might go to anoint Jesus' body. Very early on the first day of the week, just after sunrise, they were on their way to the tomb and they asked each other, "Who will roll the stone away from the entrance of the tomb?" But when they looked up, they saw that the stone, which was very large, had been rolled away. As they entered the tomb, they saw a young man dressed in a white robe sitting on the right side, and they were alarmed.

"Don't be alarmed," he said. "You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him. But go, tell his disciples and Peter, 'He is going ahead of you into Galilee. There you will see him, just as he told you.'"

THE HOLY BIBLE, NEW INTERNATIONAL VERSION®, NIV® Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.



Myrrh bearing women at the empty tomb. (Fair use.)

Read these words from Mark chapter 16 again slowly.

Stay with one of the words or phrases that catches you and hold it in the stillness before God.

When the Sabbath was over, Mary Magdalene, Mary the mother of James, and Salome bought spices so that they might go to anoint Jesus' body. Very early on the first day of the week, just after sunrise, they were on their way to the tomb and they asked each other, "Who will roll the stone away from the entrance of the tomb?" But when they looked up, they saw that the stone, which was very large, had been rolled away. As they entered the tomb, they saw a young man dressed in a white robe sitting on the right side, and they were alarmed.

"Don't be alarmed," he said. "You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him. But go, tell his disciples and Peter, 'He is going ahead of you into Galilee. There you will see him, just as he told you.'"



Myrrh bearing women at the empty tomb. (Fair use.)

Now close your eyes and imagine yourself watching the scene.
You may decide to be Mary Magdalene, Mary the
mother of James, or Salome.
You may like to watch nearby or watch from a distance.

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 the young man?
What might the women want to say to Peter and the
disciples?
What do you want to say to God?
Let those words become your prayer.



Myrrh bearing women at the empty tomb. (Fair use.)

Keep Back Nothing

Keep back nothing. Nothing that you have not given away will ever be really yours. Nothing in you that has not died will ever be raised from the dead. Look for yourself, and you will find in the long run only hatred, loneliness, despair, rage, ruin, and decay. But look for Christ and you will find Him, and with Him, everything else thrown in.

C. S. Lewis, *Mere Christianity*



Jyoti Sahi *Resurrection, The Sign of Jonas*. (Fair use)

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 Kari Jobe sing Forever or to this moving rendition of the Easter Exsultet.



Mosaic of Jesus and Mary Magdalene (detail)

Creative prayer

Sand art

- You might like to prayerfully watch this sand art representation of the story of Holy Week and Easter.
- You might like instead to watch this sand animation representation of the story of salvation to the words of the creed.
- You might like to get some sand and make a sand tray and express your response to God in the sand.
- You might like to download your own sand art app. Here is a link to a free version for IOS and android.
- You might like to listen to this medley of modern Easter Worship Songs or to Handel's Messiah.



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