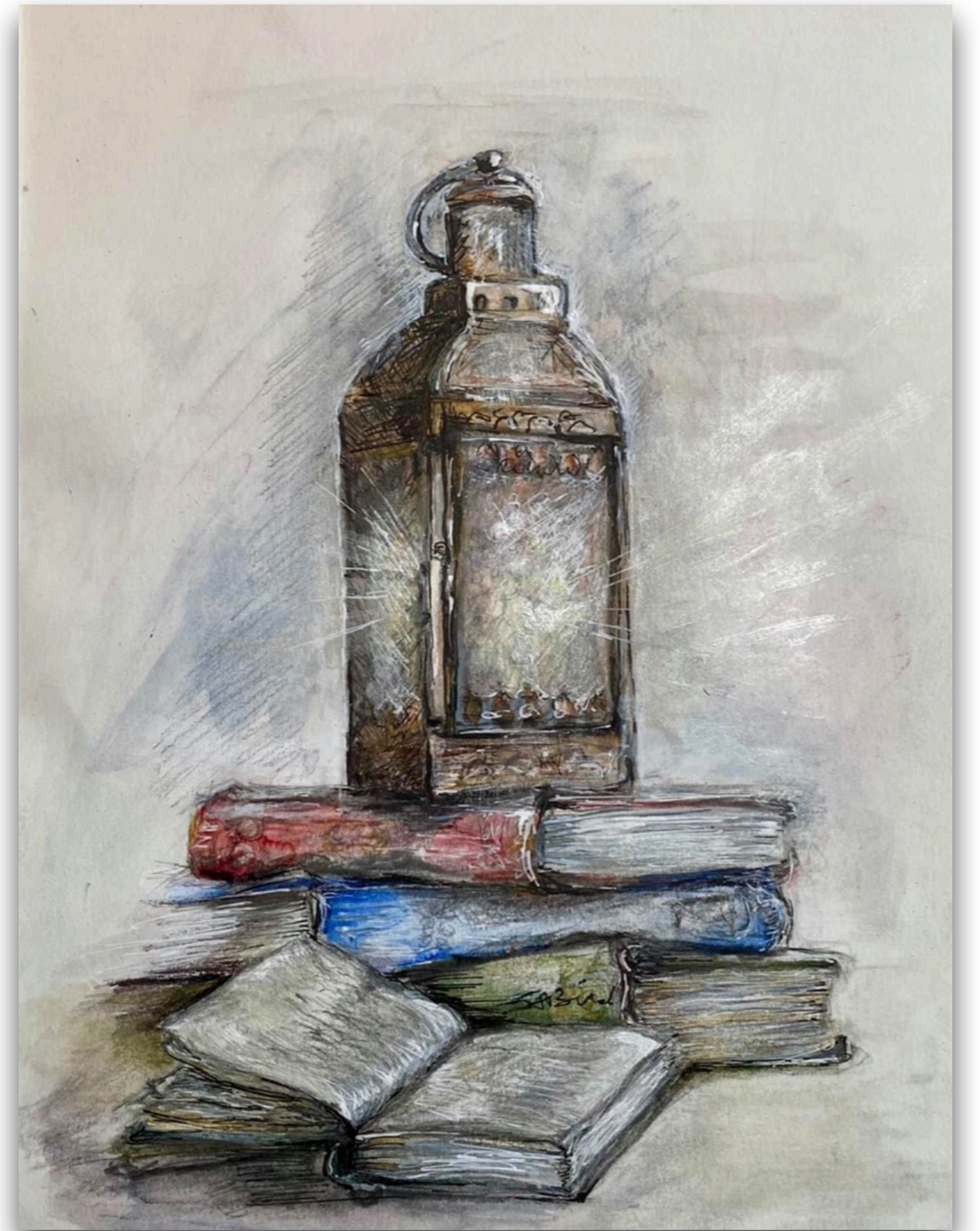


# Footsteps in Prayer

A journey through the Bible

Holy Week in the Gospels





- \* Find a place to sit quietly
  - \* Give thanks to God for who He is
  - \* Be aware of God's loving eyes watching over you
  - \* Ask God for the grace of being aware of His touch within your life and upon the world as you journey with Him through the narratives of Holy Week
  
- \* You might like to take part in the Stations of the Cross based on the artwork of Seiger Koder and the poetry of Padriag O Tuama [here](#).
  
- \* You might like to watch the Journey of the Cross [here](#).
  
- \* You might like to listen to Rebekah Young sing [What is he to you?](#)
  - \* Day 1 click [here](#)
  - \* Day 2 click [here](#)
  - \* Day 3 click [here](#)
  - \* Day 4 click [here](#)
  - \* Day 5 click [here](#)
  - \* Day 6 click [here](#)
  - \* Day 7 click [here](#)



The Everlasting Arms  
Kate Austin



Holy Week Day 1





# Be still

Holy, holy, holy  
Lord, God Almighty  
Early in the morning our song shall rise to Thee

Holy, holy, holy  
Merciful and mighty  
God in three persons blessed Trinity

You might like to click [here](#) to listen to this hymn of worship  
sung by Audrey Assad.





Read the passage from John 12 slowly - and as you do, what words or phrases strike you?

Read the passage from John 12 again slowly and where one of the words or phrases catches you stay with it and hold it in the stillness before God

Six days before the Passover, Jesus came to Bethany, where Lazarus lived, whom Jesus had raised from the dead. Here a dinner was given in Jesus' honour. Martha served, while Lazarus was among those reclining at the table with him. Then Mary took about a pint of pure nard, an expensive perfume; she poured it on Jesus' feet and wiped his feet with her hair. And the house was filled with the fragrance of the perfume.

But one of his disciples, Judas Iscariot, who was later to betray him, objected, "Why wasn't this perfume sold and the money given to the poor? It was worth a year's wages." He did not say this because he cared about the poor but because he was a thief; as keeper of the money bag, he used to help himself to what was put into it.

"Leave her alone," Jesus replied. "It was intended that she should save this perfume for the day of my burial. You will always have the poor among you, but you will not always have me."



The Anointing  
Kate Austin



Now close your eyes and imagine yourself in Bethany at the dinner in honour of Jesus.

- You might like to watch from the edge.
- You might like to be more involved.
- You might like to imagine yourself as Mary with the pint of nard anointing the feet of Jesus.

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 a prayer.



**The Anointing**  
**Kate Austin**

# Creative prayer – perfume

## Perfume

- Mary anoints Jesus with nard, also known as spikenard. This is a very expensive perfume that comes from the roots of a plant of the Valerian family. It grows in the Himalayan mountains.
  - The smell of nard spreads and lingers. It would have remained on Jesus' body for some time.
- Today you might like to create something with a smell that will linger. Every time you smell it remember the story of the anointing of Jesus' feet.
  - Gather some flowers and place in a vase.
  - Make a lavender bag.
  - You could even make some Bessamen. This is a mixture of sugar and spices that Jewish families use to celebrate the end of Sabbath.



- Click [here](#) to continue



Holy Week Day 2





# Be still

You might like to listen [here](#) to Great is Thy Faithfulness. This song was written in 1923 by Thomas Chisholm, writing of the faithfulness of God in his life. It was set to music that year. It is based on the words in Lamentations 3:22-23. The two additional verses in this version were written by John Piper.

Great is thy faithfulness!

Great is thy faithfulness!

Morning by morning new mercies I see

All I have needed Thy hand hath provided

Great is Thy faithfulness, Lord unto me!





Read the passage from John 13 slowly - and as you do, what words or phrases strike you?

Read the passage from John 13 again slowly and where one of the words or phrases catches you stay with it and hold it in the stillness before God

After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him. He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?" Jesus replied, "You do not realise now what I am doing, but later you will understand." "No," said Peter, "you shall never wash my feet." Jesus answered, "Unless I wash you, you have no part with me." "Then, Lord," Simon Peter replied, "not just my feet but my hands and my head as well!" Jesus answered, "Those who have had a bath need only to wash their feet; their whole body is clean. And you are clean, though not every one of you." For he knew who was going to betray him, and that was why he said not every one was clean. When he had finished washing their feet, he put on his clothes and returned to his place.





Now close your eyes and imagine yourself at the evening meal.

- You might like to watch from the edge.
- You might like to sit at the table.
- You might like to imagine yourself as Peter, as Jesus approaches to wash your feet.

Slowly let the scene unfold.

- What do you notice?
- What do you think?
- What do you feel?
- What do you do?

How do you respond to the actions of Jesus?

- What do you say to Him?
- Let those words become a prayer.





# Creative prayer - washed

- As you wash your hands today, think of the passage from John that we have been praying with today. Give thanks for the grace of Jesus and the Spirit of God who has washed us, cleansed us and made us holy.
- You might like to make your own image of being washed by Christ.
- You might like to cut out pieces of paper in the shape of drops of water.
  - On each drop write something that captures where you have felt the touch of the grace of God at work in your life.
  - Give thanks.



- Click [here](#) to continue



# Holy Week Day 3





# Be still

You might like to listen [here](#) to this modern song of worship that reminds us that it is because of the Cross that we have the Table.

There is always more at the Table of the Lord.





Read the passage from Mark 14 slowly - and as you do, what words or phrases strike you?

Read the passage again slowly and where one of the words or phrases catches you stay with it and hold it in the stillness before God

When evening came, Jesus arrived with the Twelve. While they were reclining at the table eating, he said, "Truly I tell you, one of you will betray me—one who is eating with me." They were saddened, and one by one they said to him, "Surely you don't mean me?" "It is one of the Twelve," he replied, "one who dips bread into the bowl with me. The Son of Man will go just as it is written about him. But woe to that man who betrays the Son of Man! It would be better for him if he had not been born." 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." When they had sung a hymn, they went out to the Mount of Olives.





Now close your eyes and imagine yourself at the evening meal.

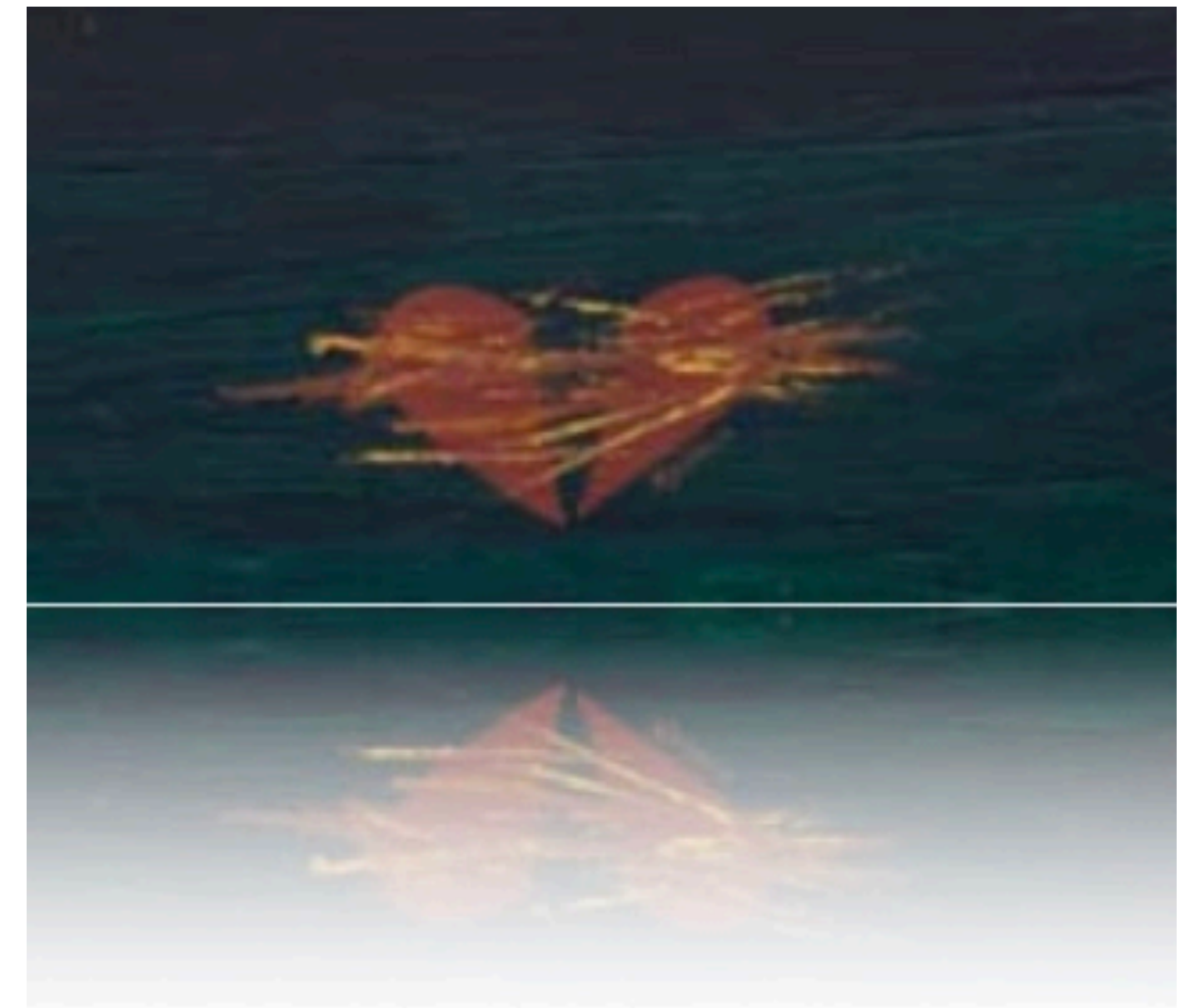
- You might like to watch from the edge.
- You might like to sit at the table.
- You might like to imagine yourself as John, as Peter or as Judas.

Slowly let the scene unfold.

- What do you notice?
- What do you feel?
- What do you think?

How do you respond to the actions of Jesus?

- What do you say to Him?
- Let those words become a prayer.





# Creative prayer – the last supper

“This is my body, which is for you; do this in remembrance of me.” In the same way, after supper he took the cup, saying, “This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.” For whenever you eat this bread and drink this cup, you proclaim the Lord’s death until he comes. 1 Corinthians 11:24

In times where we cannot meet together with the body of Christ physically to share in communion, it is often good to pray with the Last Supper narratives creatively. A link to one approach for doing this can be found [here](#).



- Click [here](#) to continue





Holy Week Day 4



There are two disturbing pieces of music that you might like to listen to as you ponder the kiss in the garden. Both are from an album called Known by the Scars by Michael Card.

### **Traitor's Look** [here](#)

Judas, don't you come too close  
I fear that I might see  
That traitor's look upon your face  
Might look too much like me.  
'Cause just like you I've sold the Lord  
And often for much less  
And like a wretched traitor  
I betrayed Him with a kiss.

### **Why?** [here](#)

Why did it have to be a friend  
Who chose to betray the Lord?  
Why did he use a kiss to show them?  
That's not what a kiss is for.



Sin's Challenge  
Kate Austin



Read the passage from Matthew 26 slowly - and as you do, what words or phrases strike you?

Read the passage from Matthew 26 again slowly and where one of the words or phrases catches you stay with it and hold it in the stillness before God

While he was still speaking, Judas, one of the Twelve, arrived. With him was a large crowd armed with swords and clubs, sent from the chief priests and the elders of the people. Now the betrayer had arranged a signal with them: "The one I kiss is the man; arrest him." Going at once to Jesus, Judas said, "Greetings, Rabbi!" and kissed him. Jesus replied, "Do what you came for, friend."





Now close your eyes and imagine yourself in the garden of Gethsemane.

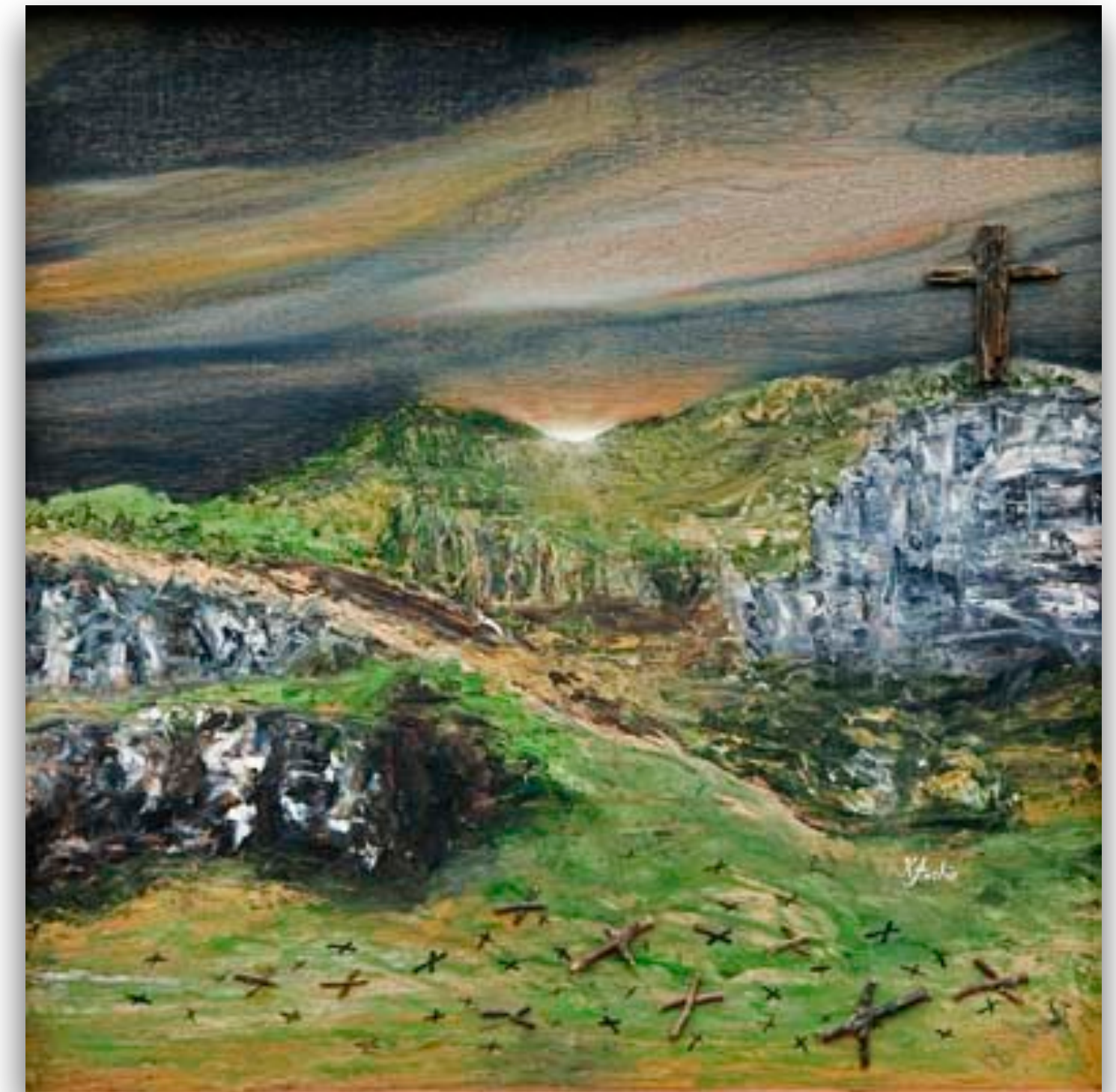
- You might like to watch from behind an olive tree.
- You might like to be with the disciples.
- You might like to imagine yourself as one of the disciples.

Slowly let the scene unfold.

- What do you notice around you?
- What do you notice in your body?
- What do you notice in your spirit?

How do you respond to the words and actions of Jesus?

- What do you say to Him?
- Let those words become a prayer.



The Tree of Death  
Kate Austin



# Creative prayer – confession

## Confession

**Blessed is the one whose transgressions are forgiven, whose sins are covered (Psalm 32).**

For this you will need

- A big bowl of water
- Aluminium foil
- A felt tip pen

Spend some time with God reflecting back on the last week.

Ask him to bring to light the things you need to say sorry for.

- Write these in felt tip pen on the aluminium foil
- When you have finished, look at what you have written
- Place the aluminium foil in the water and as you do, say the words from Psalm 51:2
  - **‘Wash away all my iniquity and cleanse me from my sin.’**
  - See the writing wash off the foil
- Give thanks for the forgiveness and infinite grace of God







Holy Week Day 5



# Be Still

As you come to prayer today, you might like to listen [here](#) to a version of O Sacred head, now wounded. It is based on the words of Bernard of Clairvaux, and is sung here by Fernando Ortega.



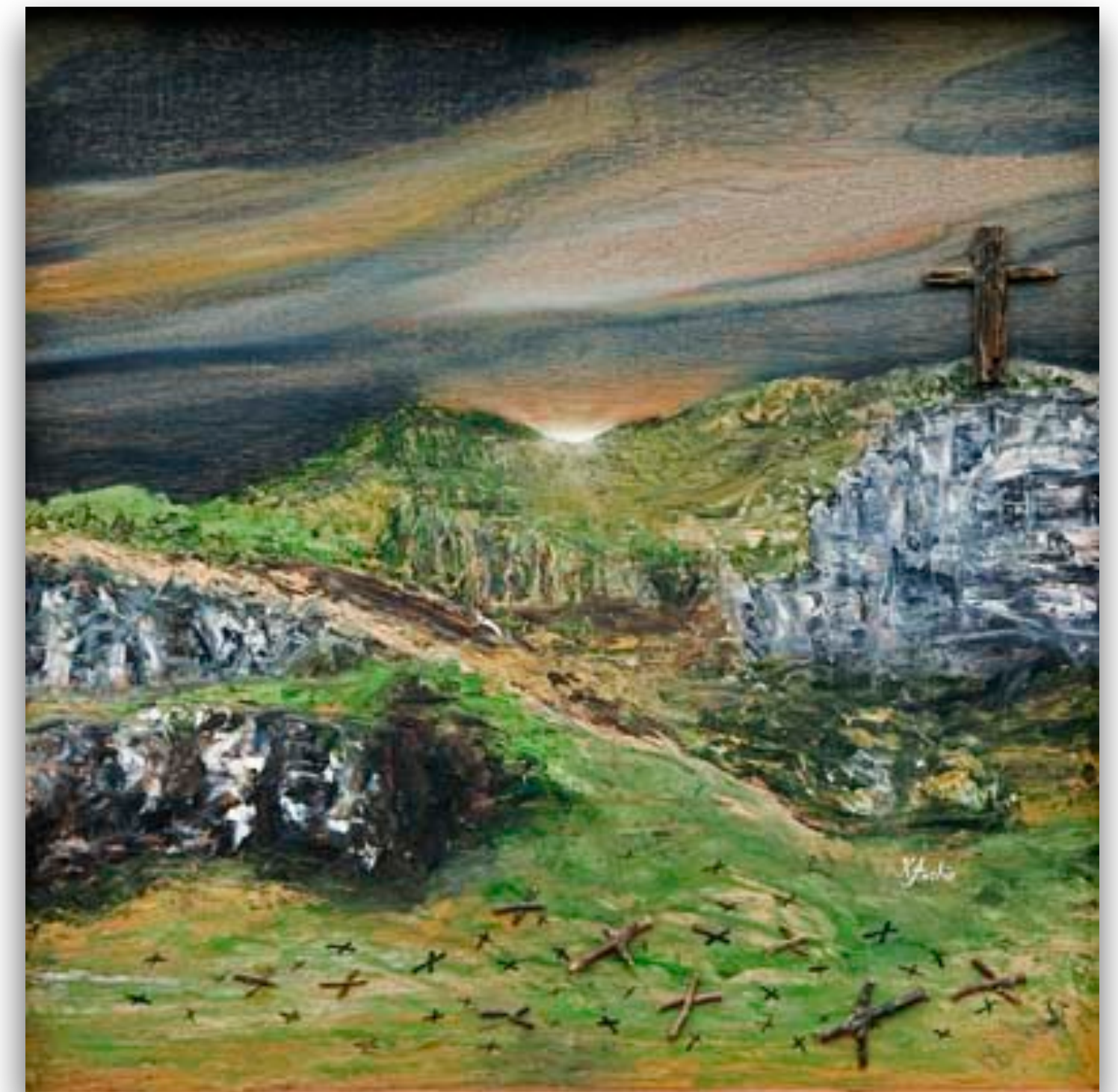
**Sacrificial King**  
Kate Austin



Read the passage from John 19 slowly - and as you do, what words or phrases strike you?

Read the passage from John 19 again slowly and where one of the words or phrases catches you stay with it and hold it in the stillness before God

Later, Joseph of Arimathea asked Pilate for the body of Jesus. Now Joseph was a disciple of Jesus, but secretly because he feared the Jewish leaders. With Pilate's permission, he came and took the body away. He was accompanied by Nicodemus, the man who earlier had visited Jesus at night. Nicodemus brought a mixture of myrrh and aloes, about seventy-five pounds. Taking Jesus' body, the two of them wrapped it, with the spices, in strips of linen. This was in accordance with Jewish burial customs. At the place where Jesus was crucified, there was a garden, and in the garden a new tomb, in which no one had ever been laid. Because it was the Jewish day of Preparation and since the tomb was nearby, they laid Jesus there.



The Tree of Death  
Kate Austin



Now close your eyes and imagine yourself at the foot of the cross.

- You might like to be a bystander.
- You might like to imagine yourself as Joseph, the secret believer.
- You might like to imagine yourself as Nicodemus, who visited Jesus at night.

Slowly let the scene unfold.

- What do you feel as Jesus' body is taken from the cross to the grave?
- What do you notice in the hands that touch Jesus' body and wrap it with spices and in strips of linen?
- What do you notice in your spirit as Jesus' body is laid in the tomb?

How do you respond to what has just happened to Jesus?

- What do you say to Him?
- Let those words become a prayer.

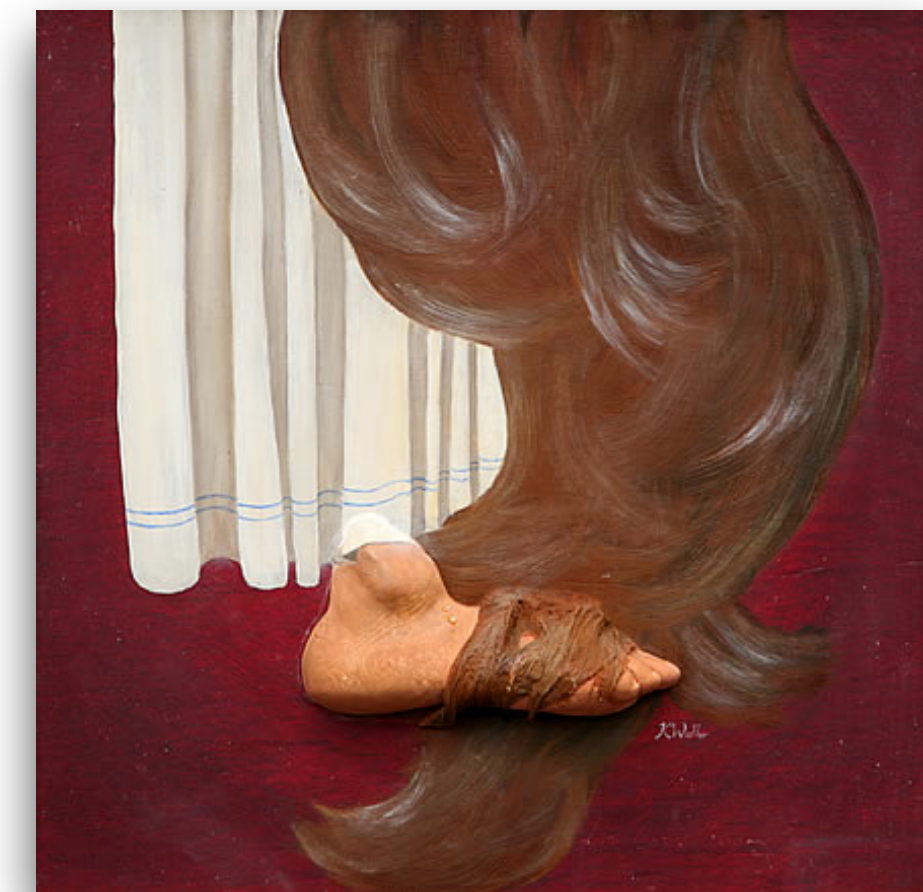
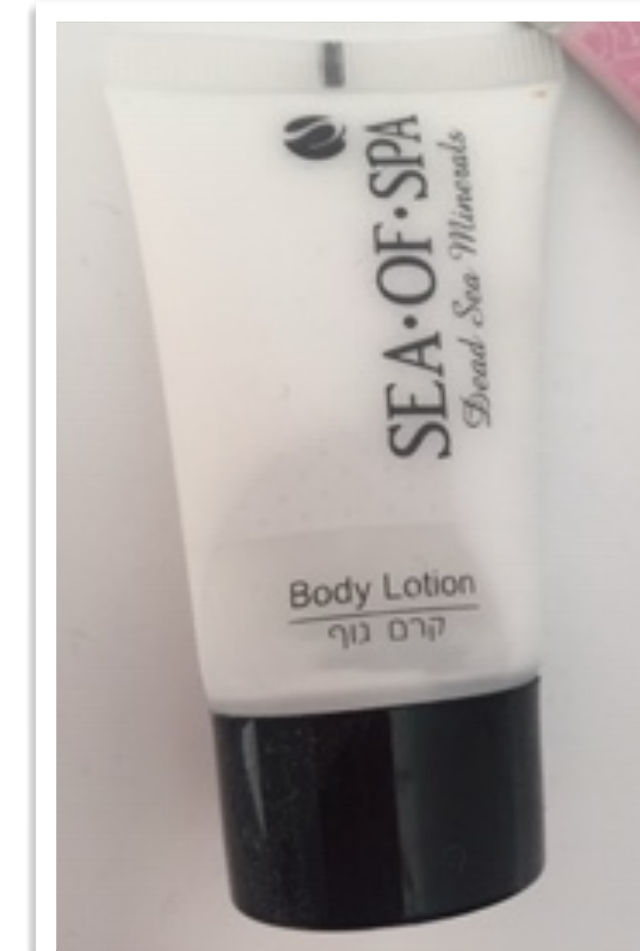


Part of Rebirth  
Kate Austin



# Creative prayer - anointing

- Find some hand cream or moisturiser.
- Rub it slowly into your hands and smell the fragrance.
  - Remember the nard Mary poured over Jesus' feet.
  - Remember the ointment and spices Joseph and Nicodemus used to wrap the body of Jesus.
- Ask God for the fragrance of Jesus to fill your life.



The Anointing  
Kate Austin

- Click [here](#) to continue



# Holy Week Day 6





Holy Saturday is a liminal time of waiting in hope.

Take time to look back over the last five days where we have prayed with five passages where Jesus has touched or been touched by others.

As you go through the readings and look at the images remember the gifts God has given you as you have journeyed with Jesus through the Holy Week narratives.

You might like to watch [this video](#) which shows images of the Journey of the Cross by Seiger Koder.

You might like to read this [reflective narrative](#) of Good Friday from the perspective of Joseph of Arimathea written by David Ritchie.



The Everlasting Arms  
Kate Austin



# In the shadow and light of the cross

As you look back on the different prayer stations from this week:

How has God touched you?

How do you want to respond?

You might like to listen Nocturne from Songs from a Secret Garden.

May the dark night watch over you  
As we wait until morning.



- Click [here](#) to continue



He is Risen  
Holy Week Day 7





As we come to our time of prayer today, you  
might like to listen to this song, Love Crucified  
Arose, by  
Michael Card

You might also like to read the poem on the next  
slide, out loud. It is by Gerard Kelly from his book  
Spoken Worship. It reminds us how the  
resurrection of Jesus touches lives in so many  
ways. Because He is Risen.





# Because he is risen: a poem for Easter

Because he is risen,  
spring is possible  
in all the cold hard places  
gripped by winter  
and freedom jumps the queue  
to take fear's place  
as our focus.  
Because he is risen.

Because he is risen,  
my future is an epic novel  
where once it was a mere short story.  
My contract on life is renewed  
in perpetuity.  
My options are open ended;  
my travel plans are cosmic.  
Because he is risen.

Because he is risen,  
healing is on order and assured  
and every disability will bow  
before the endless dance of his ability  
and my grave too will open  
when my life is restored,  
for this frail and fragile body  
will not be the final word  
on my condition.  
Because he is risen.



Because he is risen,  
hunger will go begging in the streets  
for want of a home  
and selfishness will have a shortened shelf-life  
and we will throng to the funeral of famine  
and dance on the callous grave of war  
and poverty will be history  
in our history.  
Because he is risen.

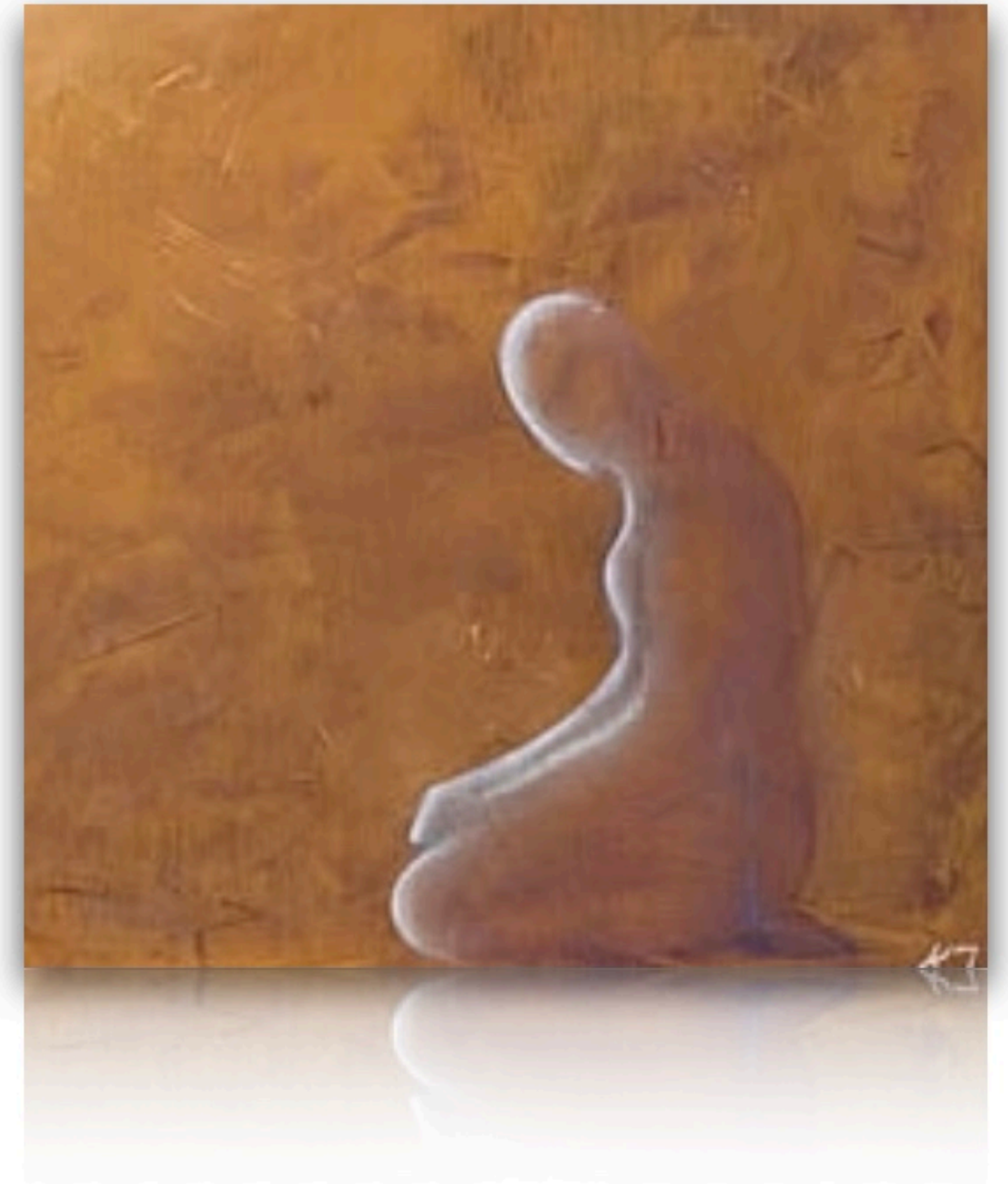
And because he is risen,  
a fire burns in my bones  
and my eyes see possibilities  
and my heart hears hope  
like a whisper on the wind  
and the song that rises in me  
will not be silenced  
as life disrupts  
this shadowed place of death  
like a butterfly under the skin  
and death itself  
runs terrified to hide.  
Because he is risen



Read the passage from Luke 24 slowly - and as you do, what words or phrases strike you?

Read the passage from Luke 24 again slowly and where one of the words or or phrases catches you stay with it and hold it in the stillness before God

Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem. They were talking with each other about everything that had happened. As they talked and discussed these things with each other, Jesus himself came up and walked along with them; but they were kept from recognising him. He asked them, "What are you discussing together as you walk along?" They stood still, their faces downcast. One of them, named Cleopas, asked him, "Are you the only one visiting Jerusalem who does not know the things that have happened there in these days?" "What things?" he asked. "About Jesus of Nazareth," they replied. "He was a prophet, powerful in word and deed before God and all the people. The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place. In addition, some of our women amazed us. They went to the tomb early this morning but didn't find his body. They came and told us that they had seen a vision of angels, who said he was alive. Then some of our companions went to the tomb and found it just as the women had said, but they did not see Jesus." He said to them, "How foolish you are, and how slow to believe all that the prophets have spoken! Did not the Messiah have to suffer these things and then enter his glory?" And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself. As they approached the village to which they were going, Jesus continued on as if he were going farther. But they urged him strongly, "Stay with us, for it is nearly evening; the day is almost over." So he went in to stay with them. When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. Then their eyes were opened and they recognised him, and he disappeared from their sight. They asked each other, "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?"



**In the presence of Light**  
**Kate Austin**



Now close your eyes and imagine yourself walking along with Jesus and the disciples.

- You might like to be a bystander.
- You might like to imagine yourself as one of the disciples.

Slowly let the scene unfold.

- How do you respond when you realise who Jesus is?
- How do you respond when he breaks and shares the bread?
- What do you want to say to Jesus?
- Let those words become a prayer.





# Creative prayer – ropes and beads

- The Jesus Prayer is a prayer that has been used for many years in the Orthodox Church.
  - **Lord Jesus Christ, Son of the Living God, have mercy on me a sinner**
- The prayer is repeated slowly as a way of stilling the body, mind and spirit to help us enter more deeply into the presence of God.
- Many people use a similar approach using other words from scripture.
  - **You are the resurrection and the life**
  - **You are the way, the truth and the life**
  - **You are the light of the world**
- Some people find using a prayer rope or prayer beads helpful in maintaining focus on God.
  - Instructions to make a prayer rope can be found [here](#)
  - Instructions for some 'anglican' prayer beads can be found [here](#)
  - Instructions for a bracelet rosary can be found [here](#)
- You pray the prayer slowly and repetitively - one bead or one knot at a time.
  - Click [here](#) to continue





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

In what ways have you become more aware of being drawn into the love of God?

What is God's invitation to you?

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



- Click [here](#) to continue



As you reflect on what God has shown you, you might like to listen to:

- Day 1 Celtic harp music played by Nadia Birkenstock.
- Day 2 Infinite Grace, by Sarah Hart.
- Day 3 Blessed Assurance by Guy Penrod.
- Day 4 Pulchra es, amica mea (you are beautiful, my love) by Ola Djeilo here.
- Day 5 Audrey Assad sing Jesus Blood never failed me.
- Day 6 Audrey Assad sing I wonder as I wander.
- Day 7 Kelley Mooney's adaptation of Hallelujah.





## MAN WELL DRESSED

You might like to read this poem by Malcolm Guite following the link [here](#).

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# Footsteps in Prayer

A journey through the Bible

The story of Holy Week is told in song and image [here](#).



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