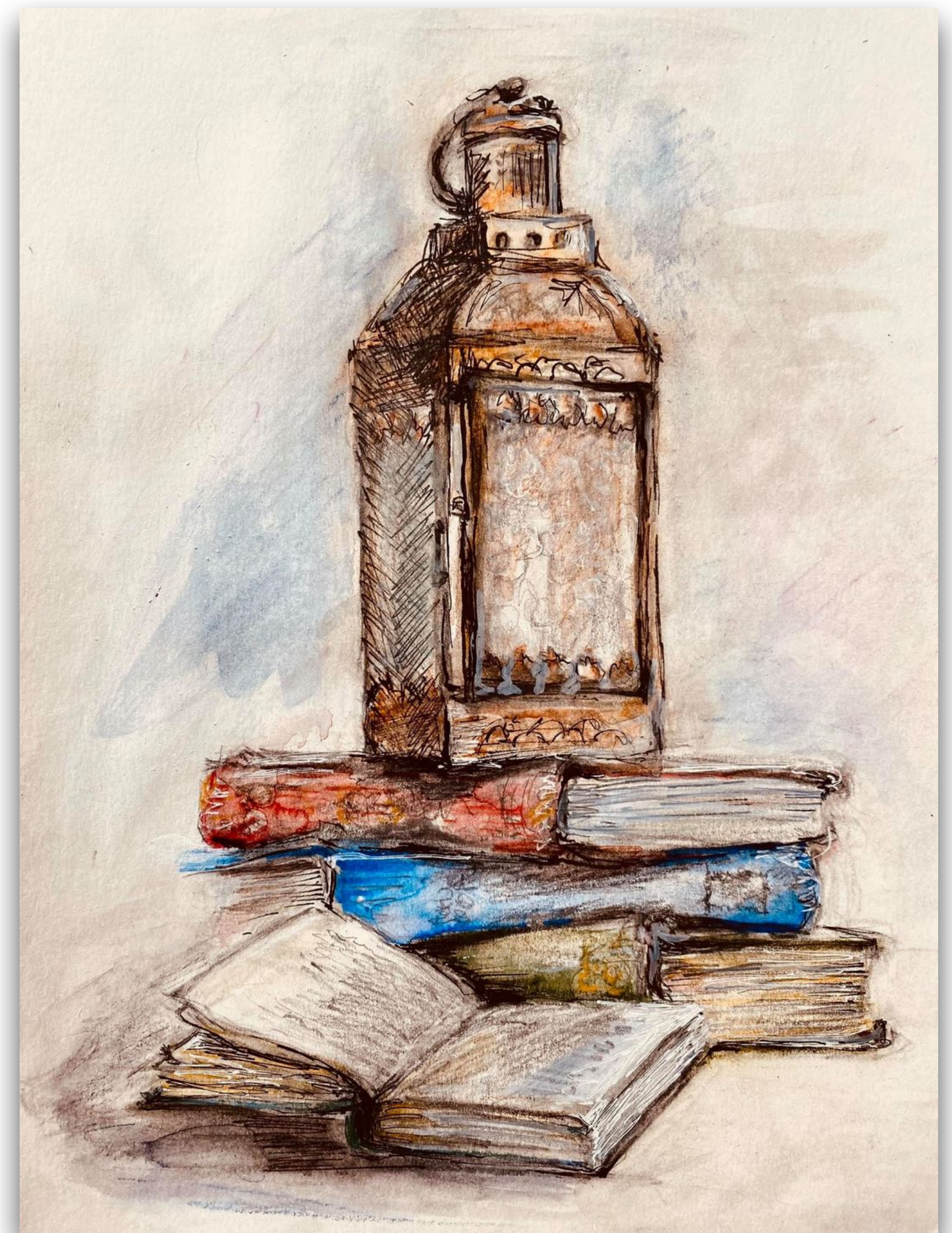


Footsteps in Prayer

A journey through the Bible

Mark (2)



- Find a place to sit quietly.
- You may like to spend some time just listening to the sounds around you.
 - Focus on these sounds, one by one.
- Now focus on the sound within you, your breathing, your heart beat, your thoughts.
- Let yourself come to a place of rest.
- Be aware of God's loving eyes watching over you.
- As we step further into the gospel of Mark, ask God for the grace to see him more clearly.



➤ You might like to listen to:

➤ Day 1: Peace in the storm sung by Salt of the Sound then click here.

➤ Day 2: Christ the Lord is with me sung by Steffany Getzinger then click here.

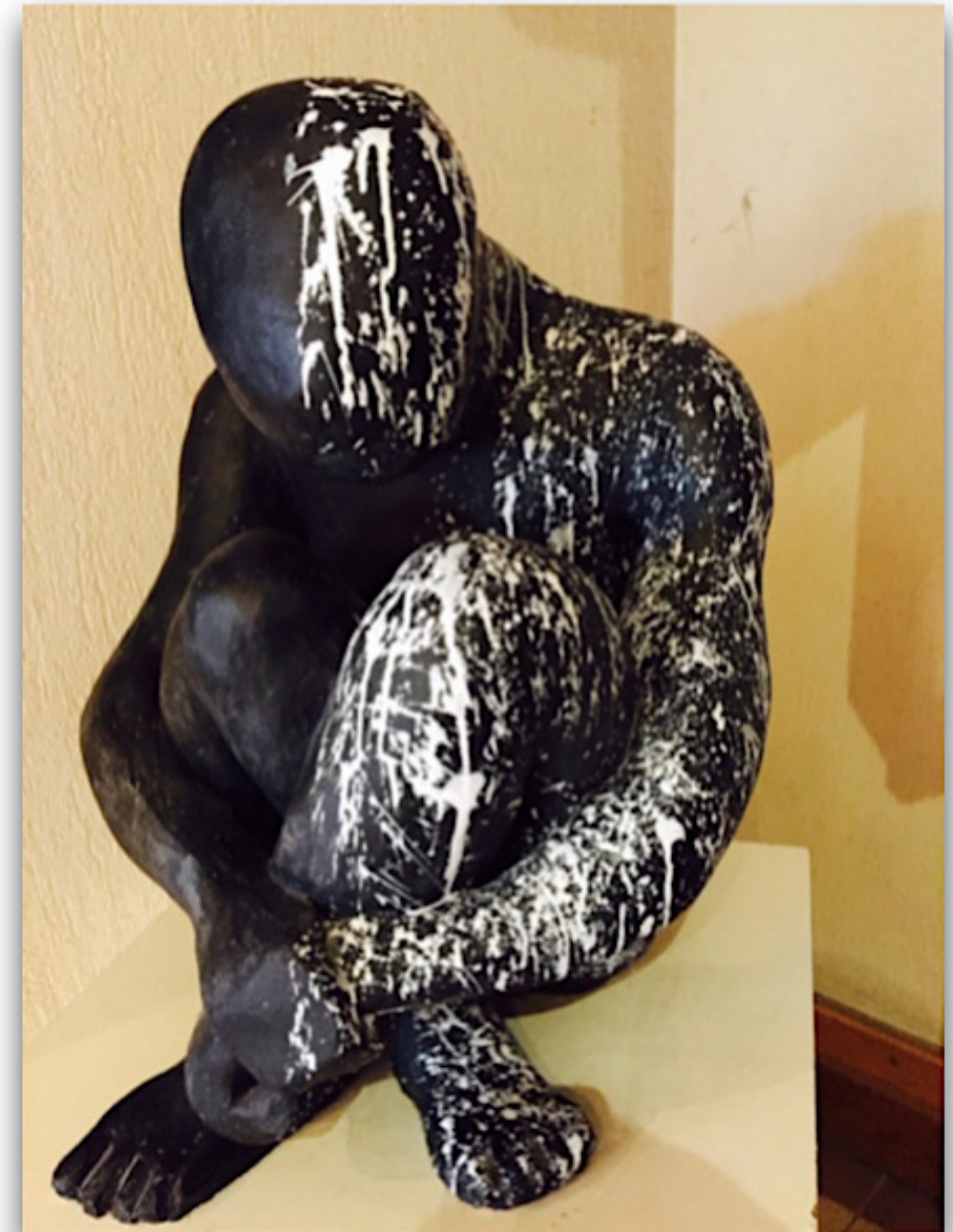
➤ Day 3: The Goodness of God sung by Lucy Bunce click here.

➤ Day 4: Talitha Koum then click here.

➤ Day 5: I wouldn't take nothing for my journey now then click here.

➤ Day 6: Come let us sing sung by the Sons of Korah then click here.

➤ Day 7: Christ, whose glory fills the skies then click here.



Day 1: Mark 4

That day when evening came, he said to his disciples, “Let us go over to the other side.” Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, “Teacher, don’t you care if we drown?” He got up, rebuked the wind and said to the waves, “Quiet! Be still!” Then the wind died down and it was completely calm. He said to his disciples, “Why are you so afraid? Do you still have no faith?” They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!”

- Read this passage from Mark 4.
 - What words or phrases strike you?
- Read these words again slowly.
 - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- 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.
- When you have finished click [here](#) to continue.

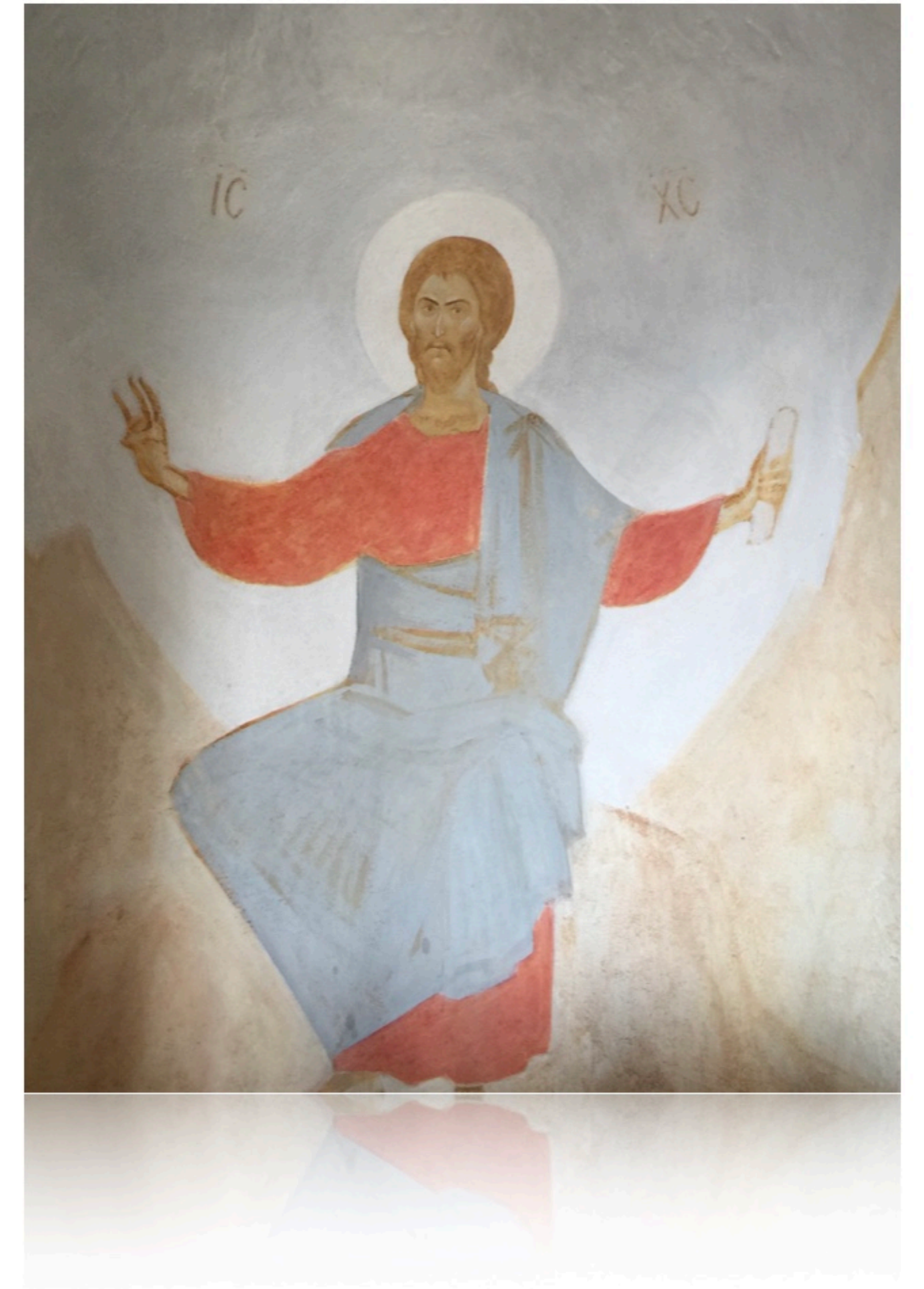


Photograph taken by Sister Maureen CSF and used with permission.

Day 2: Mark 5

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 this passage from Mark 5.
 - What words or phrases strike you?
- Read these words again slowly.
 - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- 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.
- When you have finished click [here](#) to continue.



Day 3: Mark 5

A large crowd followed and pressed around him. And a woman was there who had been subject to bleeding for twelve years. She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse. When she heard about Jesus, she came up behind him in the crowd and touched his cloak, because she thought, “If I just touch his clothes, I will be healed.” Immediately her bleeding stopped and she felt in her body that she was freed from her suffering. At once Jesus realised that power had gone out from him. He turned around in the crowd and asked, “Who touched my clothes?” “You see the people crowding against you,” his disciples answered, “and yet you can ask, ‘Who touched me?’” But Jesus kept looking around to see who had done it. Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth. He said to her, “Daughter, your faith has healed you. Go in peace and be freed from your suffering.”

- Read these words from Mark 5.
 - What words strike you?
- Read these words again slowly.
 - Stay with one of the words that catches you and hold it in the stillness before God.
- 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.
- When you have finished click [here](#) to continue.



The healing of a bleeding woman, Rome, Catacombs of Marcellinus and Peter.
Public Domain

Day 4: Mark 5

He took her by the hand and said to her, “Talitha koum!” (which means “Little girl, I say to you, get up!”). Immediately the girl stood up and began to walk around (she was twelve years old). At this they were completely astonished. He gave strict orders not to let anyone know about this, and told them to give her something to eat.

- Read these words from Mark 5.
 - What words strike you?
- Read these words again slowly.
 - Stay with one of the words that catches you and hold it in the stillness before God.
- 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.
- When you have finished click [here](#) to continue.



Day 5: Mark 6

Then Jesus went around teaching from village to village. Calling the Twelve to him, he began to send them out two by two and gave them authority over impure spirits. These were his instructions: “Take nothing for the journey except a staff—no bread, no bag, no money in your belts. Wear sandals but not an extra shirt. Whenever you enter a house, stay there until you leave that town. And if any place will not welcome you or listen to you, leave that place and shake the dust off your feet as a testimony against them.” They went out and preached that people should repent. They drove out many demons and anointed many sick people with oil and healed them.

- Read these words from Mark 6.
 - What words strike you?
- Read these words again slowly.
 - Stay with one of the words that catches you and hold it in the stillness before God.
- 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.
- When you have finished click [here](#) to continue.



Day 6: Mark 6

Then Jesus directed them to have all the people sit down in groups on the green grass. So they sat down in groups of hundreds and fifties. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to his disciples to distribute to the people. He also divided the two fish among them all. They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces of bread and fish. The number of the men who had eaten was five thousand.

- Read these words from Mark 6.
 - What words strike you?
- Read these words again slowly.
 - Stay with one of the words that catches you and hold it in the stillness before God.
- 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.
- When you have finished click [here](#) to continue.



Day 7: Mark 6

Immediately Jesus made his disciples get into the boat and go on ahead of him to Bethsaida, while he dismissed the crowd. After leaving them, he went up on a mountainside to pray. Later that night, the boat was in the middle of the lake, and he was alone on land. He saw the disciples straining at the oars, because the wind was against them. Shortly before dawn he went out to them, walking on the lake. He was about to pass by them, but when they saw him walking on the lake, they thought he was a ghost. They cried out, because they all saw him and were terrified. Immediately he spoke to them and said, “Take courage! It is I. Don’t be afraid.” Then he climbed into the boat with them, and the wind died down. They were completely amazed, for they had not understood about the loaves; their hearts were hardened.

- Read these words from Mark 6.
 - What words strike you?
- Read these words again slowly.
 - Stay with one of the words that catches you and hold it in the stillness before God.
- 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.
- When you have finished click [here](#) to continue.



You might like to listen to the sound of the sea and then to these pieces of music by Patrick Hawes from his album Chorale.

- Day 1: Waves on the sea here.
 - Day 2: Universal Voices .
 - Day 3: Chorale .
 - Day 4: Leap of faith.
 - Day 5: The Dreaming Spires .
 - Day 6: Spirit of Adventure .
 - Day 7: Song of the Soul .
- You might also like to listen to a musical version of the gospel of Mark, sung by Michael Card here.



Psalms 65

Praise awaits you, our God, in Zion;
to you our vows will be fulfilled.
You who answer prayer,
to you all people will come.
When we were overwhelmed by sins,
you forgave our transgressions.
Blessed are those you choose
and bring near to live in your courts!
We are filled with the good things of your house,
of your holy temple.
You answer us with awesome and righteous deeds,
God our saviour,
the hope of all the ends of the earth
and of the farthest seas,
who formed the mountains by your power,
having armed yourself with strength,
who stilled the roaring of the seas,
the roaring of their waves,
and the turmoil of the nations.



The whole earth is filled with awe at your wonders;
where morning dawns, where evening fades,
you call forth songs of joy.
You care for the land and water it;
you enrich it abundantly.
The streams of God are filled with water
to provide the people with grain,
for so you have ordained it.
You drench its furrows and level its ridges;
you soften it with showers and bless its crops.
You crown the year with your bounty,
and your carts overflow with abundance.
The grasslands of the wilderness overflow;
the hills are clothed with gladness.
The meadows are covered with flocks
and the valleys are mantled with grain;
they shout for joy and sing.

Proverbs 11: 16-20

A kindhearted woman gains honour ,
but ruthless men gain only wealth.

Those who are kind benefit themselves,
but the cruel bring ruin on themselves.

A wicked person earns deceptive wages,
but the one who sows righteousness reaps a sure reward.

Truly the righteous attain life,
but whoever pursues evil finds death.

The Lord detests those whose hearts are perverse,
but he delights in those whose ways are blameless.



Creative Prayer

Making a prayer shawl

We are told in Luke that the woman touched the fringes of Jesus' cloak. She possibly touched the tassels of his prayer shawl (the Tzitzit of his Tallit).

- You might like to knit a prayer shawl for someone else.
 - As you knit, you pray for them and hold them before God.
- You might like to knit a prayer shawl for yourself.
 - Each row you knit becomes a year of your life.
 - As you knit notice where God was present in your life that year.
 - As you continue to knit after you reach the number of rows equivalent to your age, commit your future into God's hands.
 - Ask to grow in greater freedom in him.
 - As you cast off give thanks to God for his love and faithfulness.
- A guide to making a shawl can be found [here](#).



Waterfall

The lake lies still
Within the folded hills.
Myriad streams in
Ceaseless movement
Empty into one silence

Where - beyond sight -
The valley opens up its arms
There is release:

The ecstasy of
Breaking,
Falling,
Tumbling,
On the shining rock

The power
Shuddering and shaking
The mist hung air.

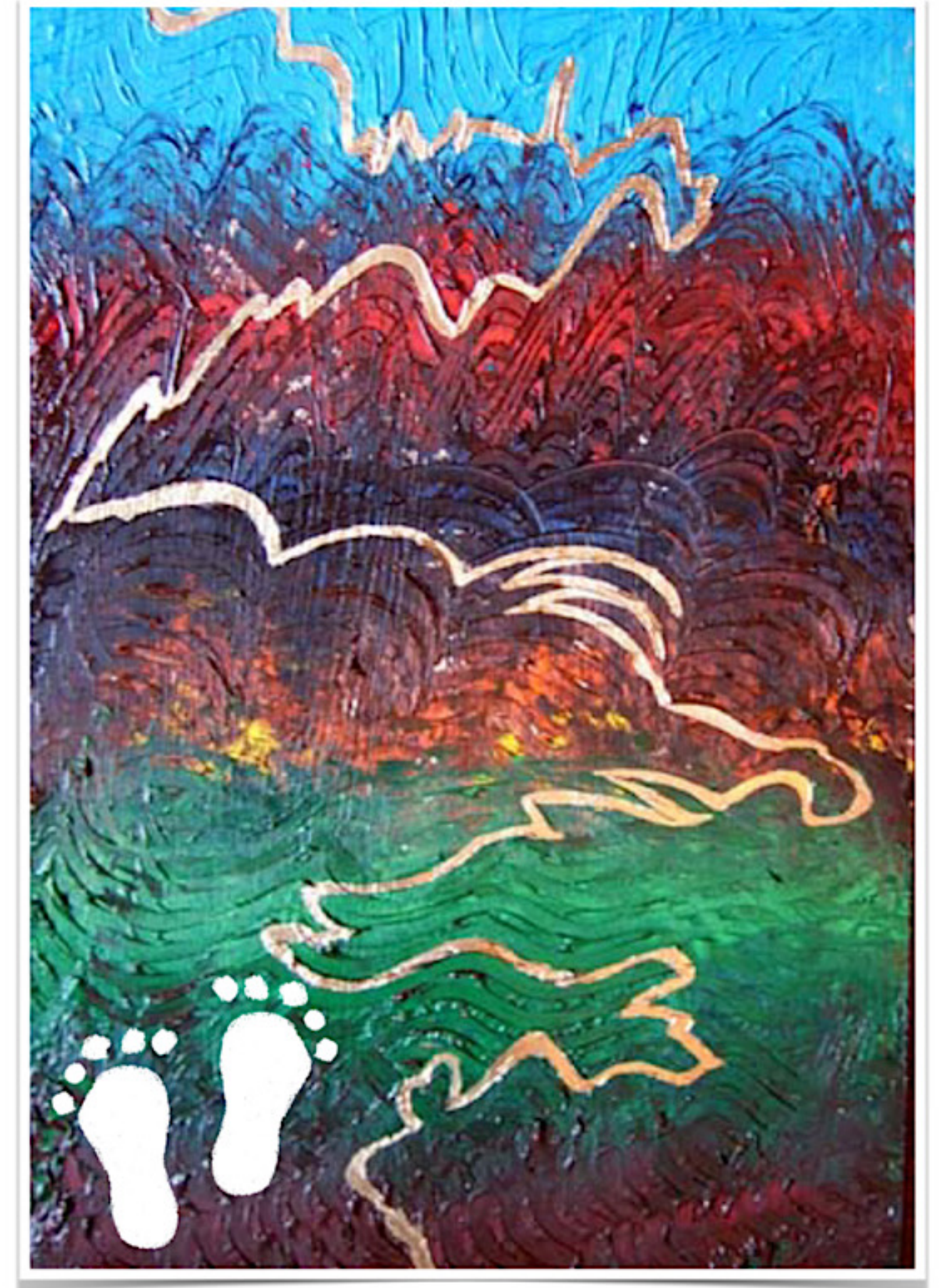


Waterfall by Andrew Hawes from
Collected Poems 1970-2014
Used with the poet's permission.

Footsteps in Prayer

A journey through the Bible

A graphic introduction to the book of Mark can be found [here](#).



Unless indicated otherwise, scripture quotations are from THE HOLY BIBLE, NEW INTERNATIONAL VERSION®, NIV®
Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.

The Pathway by Kate Austin (Adapted) Used with permission.

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