



*Walk With Me:
Praying With Jesus*

Psalm 46:10:

“Be still and know that I am God.”

This booklet is yours to keep and use as a guide for tonight's reflection, and also for you to journal in when questions are posed. The format is: first you are given the kind of prayer we are focusing on in that section (Scripture, praise, etc.). Then you are given the Scripture verses that will be quoted for that theme so that you can refer to them in the future, if you wish. If there is a prayer that we will all pray together, you will be given that under the heading of "Prayer." If a particular theme needs further directions you are given those at the appropriate time. Songs are also listed when needed, by the title and number which they can be found in our hymnals. There are also blank pages at the back should you need more room.

*EVERYTHING YOU WRITE WILL BE CONFIDENTIAL
WE WILL NOT BE SHARING ANSWERS. OUR HOPE IS THAT THIS EVENING BECOMES
A PERSONAL ENCOUNTER BETWEEN YOU AND GOD.*

STATIONS OF THE CROSS

INTRODUCTION

PRAYING WITH SCRIPTURE

Scripture Verse: Luke 2: 46, 47, 52

"After three days they found him in the temple, sitting in the midst of the teachers, listening to them and asking them questions, and all who heard him were astounded at his understanding and his answers. And Jesus advanced in wisdom and age and favor before God and man."

Prayer: *Lectio Divina* - praying with Sacred Scripture. Read the following Scripture passage; see if any word or phrase catches your attention. Reflect on why it does and what God may be saying to you in these words.

Isaiah 43:1

"Fear not, for I have redeemed you. I have called you by name and you are mine."

Use this space to write anything that comes into your consciousness as you reflect on these words.

PRAYING WHEN FACED WITH TEMPTATION OR CHALLENGES

Scripture Verses: Luke 3:21-22

“After all the people had been baptized and Jesus also had been baptized and was praying, heaven was opened and the Holy Spirit descended upon him in bodily form like a dove. And a voice came from heaven, “You are my beloved Son; with you I am well pleased.”

Journaling Questions

Why do you pray?

For whom do you pray?

*Have you ever experienced knowing that God has answered your prayers?
How did you know?*

When your prayers have not been answered immediately, or are not answered the way you wanted them to be, how do you react?

STOP HERE WHILE READER SPEAKS

Scripture Verse: Luke 22:48-51

“Jesus said to him, “Judas, are you betraying the Son of Man with a kiss?” His disciples realized what was about to happen, and they asked, “Lord, shall we strike them with a sword?” And one of them struck the high priest’s servant and cut off his right ear. But Jesus said in reply, “Stop, no more of this!” Then he touched the servant’s ear and healed him.”

Journal Questions:

Do I remember to pray to God when I know I am going to face a temptation in my life? What is the benefit of praying before I am actually tempted?

Temptations can be very subtle. Do I ever think to pray to God for the wisdom necessary to become more aware of the many things that face me in daily life that I might not easily recognize right away as temptations?

What are some changes I can make in my life that will help me to say no to temptations in the future?

Prayer:

Jesus, in your humanness you prayed whenever you needed the strength to resist the alluring power of temptations. Temptations come into my life in many forms. Give me the grace needed to recognize the strength to resist the attraction of temptations. Although temptations may look like they will improve my life, let me remember that the ways of temptation are really the ways of death, and only by following you, the Source of truth and love, will I gain eternal life. Amen.

Song: “Lead Me, Guide Me,” # 656 in the hymnal.

PRAYER OF PRAISE AND THANKSGIVING

Scripture Verses of Praise: Luke 10:21 and Matthew 11:25:

“At that very moment he rejoiced in the holy Spirit and said, “I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to the childlike. Yes, Father, such has been your gracious will.”

Scripture Verses of Thanksgiving: Matthew 26:27 & Mark 14:23

“Then he took a cup, gave thanks, and gave it to them, and they all drank from it.”

Journal Questions:

When is the last time I gave thanks and praise to God for all of the many blessings that God has graced my life with? Even when things are difficult, if we take the time to look at our lives, there are myriad blessings to be found. Am I conscious of this, or do I rant and rave at God because life is not going as I expected it to?

Take a few moments and list some of the blessings in your life that you perhaps take for granted, things that you should be giving praise and thanks to God for blessing you with.

Prayer: Psalm 100

Side 1: Shout joyfully to the Lord, all you lands;
 worship the Lord with cries of gladness;
 come before him with joyful song.

Side 2: Know that the Lord is God,
 our maker to whom we belong,
 whose people we are, God's well-tended flock.

Side 1: Enter the temple gates with praise,
 its courts with thanksgiving.

Side 2: Give thanks to God, bless his name;
 good indeed is the Lord,
 Whose love endures forever,
 whose faithfulness lasts through every age.

FORMAL PRAYER

Scripture Verses: Matthew 6:9-15

“This is how you are to pray: Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread; and forgive us our debts, as we forgive our debtors; and do not subject us to the final test, but deliver us from the evil one. If you forgive others their transgressions, your heavenly Father will forgive you. But if you do not forgive others, neither will your Father forgive your transgressions.”

Interactive Reflection on the Our Father (participants listen)

Song: The Lord's Prayer

PRAYING IN COMMUNITY

Scripture verse: Luke 4:16

“He came to Nazareth, where he had grown up, and went according to his custom into the synagogue on the Sabbath day.”

Journal Questions:

How do I “keep holy the Sabbath”?

How do I model to those in my care what it means to pray together as a community?

How do I model honoring God to others?

PRAYING WITH FRIENDS

Scripture verses: Luke 9:28

“About eight days after he said this, he took Peter, John, and James and went up the mountain to pray.”

Mark 14: 32-33:

“Then they (Jesus and the apostles) came to a place named Gethsemane, and he said to his disciples, “Sit here while I pray.” He took with him Peter, James and John, and began to be troubled and distressed.”

Journal Questions:

When asked by friends to pray with them, how do I support them? Or do I put my own desires first and ignore their spiritual needs?

When I feel afraid, sorrowful, or about to face a challenge in my life do I ask my friends for their spiritual support? Why or why not? Why is it so hard to make myself vulnerable to others?

What about when something wonderful happens—do I think to invite my friends to join me in a prayer of thanksgiving? Why not? Do I even thank God at all?

PRAYING ALONE WITH GOD

Scripture Verses: Matthew 14:23

“After doing so, he went up on the mountain by himself to pray. When it was evening he was there alone. ”

Mark 1:35:

“Rising very early before dawn, he left and went off to a deserted place where he prayed.”

Luke 5:16:

“The report about him spread all the more, and great crowds assembled to listen to him and to be cured of their ailments, but he would withdraw to deserted places to pray.”

Luke 6:12:

“In those days he departed to the mountain to pray, and he spent the night in prayer to God.”

SILENT REFLECTION (*we will rest in God’s Presence for ten minutes*)

PRAYING IN TRUST AND OBEDIENCE

Scripture Verses: Luke 22:41-42

“After withdrawing about a stone’s throw from them, and kneeling, he prayed, saying, ‘Father, if you are willing, take this cup away from me; still, not my will but yours be done.’”

Luke 23:46:

“Jesus cried out in a loud voice, ‘Father, into your hands I commend my spirit;’ and when he had said this he breathed his last breath.”

Journal Questions:

What things in my life do I need to hand over in complete trust to God?

In what areas of my life do I need to learn to obey God’s will? What does saying “yes” to God involve?

Will I be able to surrender my life to God with confidence when it's time? What can I do to strengthen my faith so that I can? Do I fear death? Why or why not? What are some ways I can overcome that fear?

Prayer:

Loving and merciful God, I put my life in your hands. Help me to know that you are with me every moment of my life. Help me to trust in the depths of my heart that although life may not always be easy, may be, in fact, at times very painful, you are there beside me for me to lean on for strength and courage. Let me trust that you will provide for me that which I need to get me through the pain. When my time comes to leave this world, grant me the grace to embrace the advent of a new life with you with joy and anticipation, confident that you are waiting to greet me. I ask this in the name of God; Father, Son and Holy Spirit, now and forever. Amen.

PRAYERS OF INTERCESSION

Scripture Verses when Jesus prays for others: John 17:20

“I pray not only for them, but also for those who will believe in me through their word, so that they may all be one, as you, Father you are in me and I in you, that they also may be in us, that the world may believe you sent me.”

Luke 22:32:

“Simon, Simon, behold Satan has demanded to sift all of you like wheat, but I have prayed that your own faith may not fail . . .”

Luke 22:41- 42, Jesus prays for himself:

“After withdrawing about a stone's throw from them and kneeling, he prayed, saying, “Father, if you are willing, take this cup away from me, still, not my will but yours be done. “

Journal Questions

What are the prayers in your heart for others?

What are the prayers in your heart for yourself?

Intercessory prayer on the part of the participants

In your folders is a strip of paper. We invite you to write down an intercessory prayer that is dear to your heart, either for yourself or for another. Everyone will then be invited to place their prayer in the basket being passed around. This basket will then be taken to the front of church where they will be blessed and offered to God.

PRAYING WITH NATURE

Creation Calls—a visual and audio meditation on God’s awesome gift of creation

(The words to the meditation song can be found on the last page of this booklet.)

PRAYER OF FORGIVENESS

Scripture Verse: Luke 23:34

“Then Jesus said, ‘Father, forgive them, they know not what they do.’”

Journal Questions:

When someone hurts me, how do I respond?

Forgiving can be very difficult to do, especially when you have been deeply hurt. How can I learn to let go of the hurt and forgive?

What does holding onto the anger, pain, hurt accomplish?

In the Our Father we pray: "and forgive us our trespasses as we forgive those who trespass against us." Do I understand that I am asking God to forgive me as I forgive others? Does this change anything for me?

It is also important to ask for forgiveness when we have hurt someone else. Why is it so hard to do this? From whom do I need to ask for forgiveness?

Prayer:

My Lord, help me forgive when everything inside me tells me not to. Help me let go when my heart is so wounded that I feel it is breaking. Open my eyes to things that can heal me, things that can comfort me and make me stronger. Hold my hand and let me cry on Your shoulder. Let me understand that I am only hurting myself and my relationship with you when I hold onto the hurt and the anger.

Teach me to make the best of all the painful circumstances in my life and help me love the people who hurt me as You love us all, although we hurt You every day by our words, thoughts and actions. Give me the wisdom to see beyond this moment. Grant me the courage and humility to ask for forgiveness

from those that I have hurt. Give me the inner strength to heal and not to break, to comfort and not to destroy, to repay good for evil and love for hatred.

I ask this through Christ, my Lord. Amen.

PRAYER OF HOPE

Scripture Verses & Closing Prayer (participants listen):

Psalm 22—The Prayer of an Innocent Person

I

My God, my God, why have you abandoned me? Why so far from my call for help,
from my cries of anguish?

My God, I call by day, but you do not answer; by night, but I have no relief.

Yet you are enthroned as the Holy One; you are the glory of Israel.

In you our ancestors trusted; they trusted and you rescued them.

To you they cried out and they escaped; in you they trusted and were not
disappointed.

But I am a worm, hardly human, scorned by everyone, despised by the people.

All who see me mock me; they curl their lips and jeer; they shake their heads at me:

“You relied on the Lord—let him deliver you; if he loves you, let him rescue you.”

Yet you drew me forth from the womb, made me safe at my mother’s breast.

Upon you I was thrust from the womb; since birth *you* are my God.

Do not stay far from me, for trouble is near, and there is no one to help.

II

Many bulls surround me; fierce bulls of Bashan encircle me.

They open their mouths against me, lions that rend and roar.

Like water my life drains away; all my bones grow soft.

My heart has become like wax, it melts away within me.

As dry as a potsherd is my throat; my tongue sticks to my palate;
you lay me in the dust of death.

Many dogs surround me; a pack of evildoers closes in on me.

So wasted are my hands and feet that I can count all my bones.

They stare at me and gloat; they divide my garments among them;
for my clothing they cast lots.

But you, Lord, do not stay far off; my strength, come quickly to help me.

Deliver me from the sword, my forlorn life from the teeth of the dog.

Save me from the lion’s mouth, my poor life from the horns of wild bulls.

III

Then I will proclaim your name to the assembly; in the community I will praise you.

You who fear the Lord, give praise! All descendants of Jacob, give honor;
show reverence, all descendants of Israel!

For God has not spurned or disdained the misery of this poor wretch,

Did not turn away from me, but heard me when I cried out.

I will offer praise in the great assembly; my vows I will fulfill before those who fear him.

The poor will eat their fill; those who seek the Lord will offer praise. May your hearts
enjoy life forever!

IV

All the ends of the earth will worship and turn to the Lord;

All the families of nations will bow low before you.

For kingship belongs to the Lord, the ruler over the nations.

All who sleep in the earth will bow low before God;

All who have gone down into the dust, will kneel in homage.

And I will live for the Lord; my descendants will serve you.

The generation to come will be told of the Lord,
that they may proclaim to a people yet unborn the deliverance you have brought.

SONG: The Summons #790, verses 1, 2, 4 & 5

Creation Calls by Brian Doerksen

I have felt the wind blow,
Whispering your name
I have seen your tears fall,
When I watch the rain.

(Refrain)

How could I say there is no God?
When all around creation calls!!
A singing bird, a mighty tree,
The vast expanse of open sea

(Musical interlude)

Gazing at a bird in flight,
Soaring through the air.
Lying down beneath the stars,
I feel your presence there.

I love to stand at ocean shore
And feel the thundering breakers roar,
To walk through golden fields of grain
With endless bloom horizons fray.

Listening to a river run,
Watering the Earth.

Fragrance of a rose in bloom,
A newborn's cry at birth.

(Refrain)

I love to stand at ocean shore
And feel the thundering breakers roar,
To walk through golden fields of grain
With endless bloom horizons fray

I believe

I believe

I believe

(Interlude)

I believe

I believe

I believe just like a child

(Choir I believe..)

I believe