

# Praying with Scripture



Prepared by:  
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*The pages that follow provide the necessary elements to create an environment of prayerful stillness with a reverence for the Word of God. In this setting the opening prayer offers thanksgiving and invites our Lord to be present with you as you pray. In addition, there is an exercise that encourages stillness and helps to quiet your spirit. The exercise is followed by a passage from scripture that can be read aloud followed by a reflection that may be completed individually or become the focus of a faith-sharing group discussion.*

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## Introduction:

The Prayer Experiences that follow are intended to be interactive and need the help of all those gathered in His name, their experiences and their gifts. Working together we can help each other develop a greater awareness of God in our lives.

Let us begin by getting on the same page. What is Prayer? Think about it. Prayer is a personal response to the presence of God as he reveals Himself to each of us in our lives. In prayer and in our spiritual life we should remember that God is always present; it is we who are sometimes absent. It is also important to remember that we only meet God in the present. (The past is history, it happened already; the future is unknown, at least for most of us. All we truly have is the gift of today - the here and now - and that is why it's called the present.)

Prayer is absolutely necessary for you. Just as you maintain the life of your body with food, the life of your soul needs prayer. How is your prayer life? Acknowledging there is room for improvement in your prayer life is not uncommon; no one is ever satisfied with his or her proficiency in prayer. I have heard it mentioned that thinking leads us into prayer. The key is to experience God in the feelings that are derived from the thinking. In our faith walk we tend to move from complexity to simplicity, where thinking leads to feelings, and from feeling to just being.

To get myself to better understand this concept I pray a verse from a **Psalm 46** in a special way:

*Be still and know that I AM God!*

*Be still and know that I AM*

*Be still and Know*

*Be still*

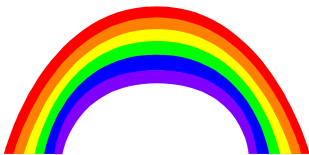
*Be*

One more point. Brother David Steindl-Rast, in his book *Gratefulness, The Heart of Prayer*, explains that Prayers are not always Prayer. But the other half of the insight is that prayer often happens without any prayers. Prayer is simply communication with God; it can go on continually.

Our Lord was and is a great teacher. He modelled a prayerful life for us. The most significant aspect of Jesus' prayer is that it was always directed to the Father, the focus and the source of his life, and his mission. Jesus sought intimacy with God in quiet, solitary places: (solicit help here to get the places, make this interactive also)... in the desert, on the mountain, on the lake, in the garden.... always allowing the Father to minister to him. Jesus was at prayer before his baptism, before beginning his public ministry, before choosing his disciples, before entering Jerusalem, and on the eve of his death in the garden he struggled to accept the Father's will. Jesus' prayer is one of listening to God's desires in order to fulfil them. Sister Corita Clarke in her book *A Spirituality For Active Ministry*, explains that Jesus prayed because he was human as well as divine, because prayer was essential to his life as well as his mission. He prayed because he needed clarity, needed to be open and present to God, needed times of calmness and interior focus. He came to prayer to receive the continuing gift of the Father's love and he prayed for others that they might also experience this love.

May the Grace and Peace of our Lord Jesus Christ be with you as you pray with Scripture.

De Colores  
Til



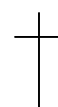
## Prayer Experience: (1)

**May the grace and peace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.**

And also with you.

### Opening prayer:

**Let us pray,**



**Father thank you for the many gifts you give to us. Thank you for the gift of today, for the gift of our faith, for bringing our team back together again and for the gift of your Word.**

**Be with us Lord as we pray with scripture and throughout this day.**

**Help us grow more aware of your presence in our everyday lives and help us make room in our hearts for you so that you may speak to us and we may hear your words. Amen.**

### Quieting our spirit:

- **Awareness**

Being aware that God is all around us all the time... in every breath we take

- **Exercise Instructions**

Get into a comfortable position, good posture; open hands; eyes closed  
Quiet your mind, quiet your heart,  
Focus on your breathing, slow and steady;

**Breathe in God and exhale all your fears and your doubts.**

**Go deep into your heart and listen for the voice of God.**

Be aware that you are drawing in the power and presence of God in each breath we take...stay in this awareness as long as you can....

(Notice what you feel when you become conscious that you are drawing God in with each breath you take)

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**Meditation:** We will read a passage from scripture (1 Cor 12:4-26).

## **1 Corinthians**

### **Chapter 12**

- 4 There are different kinds of spiritual gifts but the same Spirit;**
- 5 there are different forms of service but the same Lord;**
- 6 there are different workings but the same God who produces all of them in everyone.**
- 7 To each individual the manifestation of the Spirit is given for some benefit.**
- 8 To one is given through the Spirit the expression of wisdom; to another the expression of knowledge according to the same Spirit;**
- 9 to another faith by the same Spirit; to another gifts of healing by the one Spirit;**
- 10 to another mighty deeds; to another prophecy; to another discernment of spirits; to another varieties of tongues; to another interpretation of tongues.**
- 11 But one and the same Spirit produces all of these, distributing them individually to each person as he wishes.**

- 12 As a body is one though it has many parts, and all the parts of the body, though many, are one body, so also Christ.**
- 13 For in one Spirit we were all baptized into one body, whether Jews or Greeks, slaves or free persons, and we were all given to drink of one Spirit.**
- 14 Now the body is not a single part, but many.**
- 15 If a foot should say, "Because I am not a hand I do not belong to the body," it does not for this reason belong any less to the body.**
- 16 Or if an ear should say, "Because I am not an eye I do not belong to the body," it does not for this reason belong any less to the body.**
- 17 If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be?**
- 18 But as it is, God placed the parts, each one of them, in the body as he intended.**
- 19 If they were all one part, where would the body be?**
- 20 But as it is, there are many parts, yet one body.**
- 21 The eye cannot say to the hand, "I do not need you," nor again the head to the feet, "I do not need you."**
- 22 Indeed, the parts of the body that seem to be weaker are all the more necessary,**
- 23 and those parts of the body that we consider less honorable we surround with greater**

- honor, and our less presentable parts are treated with greater propriety,
- 24** whereas our more presentable parts do not need this. But God has so constructed the body as to give greater honor to a part that is without it,
- 25** so that there may be no division in the body, but that the parts may have the same concern for one another.
- 26** If (one) part suffers, all the parts suffer with it; if one part is honored, all the parts share its joy.

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**Reflection and prayer:** What has the Holy Spirit given you?  
What are you doing with your gifts?  
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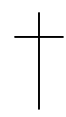
## Prayer Experience: (2)

**May the grace and peace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.**

And also with you.

### Opening prayer:

**Let us pray,**



**Father thank you for the many gifts you give to us. Thank you for the gift of today, for the gift of our faith, for bringing our team back together again and for the gift of your Word. Be with us Lord as we pray with scripture and throughout this day.**

**Help us grow more aware of your presence in our everyday lives and help us make room in our hearts for you so that you may speak to us and we may hear your words. Amen.**

### Quieting our spirit:

- **Awareness**  
Being aware that God is all around us all the time... in every breath we take
- **Exercise Instructions**  
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Quiet your mind, quiet your heart,  
Focus on your breathing, slow and steady;

**Breathe in God and exhale all your fears and your doubts. Go deep into your heart and listen for the voice of God.**

Be aware that you are drawing in the power and presence of God in each breath we take...stay in this awareness as long as you can....  
(Notice what you feel when you become conscious that you are drawing God in with each breath you take)





**Meditation:** We will read a passage from scripture (John 13:1-15).

## **John** **Chapter 13**

- 1 Before the feast of Passover, Jesus knew that his hour had come to pass from this world to the Father. He loved his own in the world and he loved them to the end.**
- 2 The devil had already induced Judas, son of Simon the Iscariot, to hand him over. So, during supper,**
- 3 fully aware that the Father had put everything into his power and that he had come from God and was returning to God,**
- 4 he rose from supper and took off his outer garments. He took a towel and tied it around his waist.**
- 5 Then he poured water into a basin and began to wash the disciples' feet and dry them with the towel around his waist.**

- 6 He came to Simon Peter, who said to him, "Master, are you going to wash my feet?"
- 7 Jesus answered and said to him, **"What I am doing, you do not understand now, but you will understand later."**
- 8 Peter said to him, "You will never wash my feet." Jesus answered him, **"Unless I wash you, you will have no inheritance with me."**
- 9 Simon Peter said to him, "Master, then not only my feet, but my hands and head as well."
- 10 Jesus said to him, **"Whoever has bathed has no need except to have his feet washed, for he is clean all over; so you are clean, but not all."**



- 11** For he knew who would betray him; for this reason, he said, **"Not all of you are clean."**
- 12** So when he had washed their feet (and) put his garments back on and reclined at table again, he said to them, **"Do you realize what I have done for you?"**
- 13** **You call me 'teacher' and 'master,' and rightly so, for indeed I am.**
- 14** **If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet.**
- 15** **I have given you a model to follow, so that as I have done for you, you should also do."**

All: Praise to you Lord Jesus Christ (pause)

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**Reflection and prayer:**

The Lord Jesus washed the feet of his disciples at the Last Supper as a sign of the new commandment that Christians should love one another: "Such as my love has been for you, so must your love be for each other. This is how all will know you for my disciples: by your love for one another".

How do you love one another?

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## Prayer Experience: (3)

**May the grace and peace of God our Father and the Lord Jesus Christ be with you all.**

And also with you.

**Opening prayer:**  
**Let us pray,**



**Father thank you for the gift of today,  
for the gift of each other,  
for bringing our team back together again  
and for the gift of your word.  
Be with us Lord as we pray with scripture  
and throughout this day. Help us always to  
become more aware of your presence in our lives,  
and to make room in our hearts for you  
so that you may speak to us and we may hear your words.  
Amen.**

### **Quieting our Spirit:**

- **Awareness**  
Being aware that God is all around us all the time... in every breath we take
- **Exercise Instructions**  
Get into a comfortable position, good posture; open hands; eyes closed  
Quiet your mind, quiet your heart,  
Focus on your breathing, slow and steady;

**Breathe in God and exhale all your fears and your doubts.  
Go deep into your heart and tell God how you feel at this moment,**

Be aware that you are drawing in the power and presence of God in each breath we take...stay in this awareness as long as you can....  
(Notice what you feel when you become conscious that you are drawing God in with each breath you take)

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**Meditation:** We will read a passage from scripture (John 1:1-6) three times.

## **John**

### ***Chapter 1***

1

In the beginning was the Word, and the Word was with God, and the Word was God.

2

He was in the beginning with God.

3

All things came to be through him, and without him nothing came to be. What came to be

4

through him was life, and this life was the light of the human race;

5

the light shines in the darkness, and the darkness has not overcome it.

**Reflection and prayer:**

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What word or phrase speaks to me?

What has the Lord said to me in this reading with regard to my life today?

What is the Lord calling me to do today/this week?

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## Prayer Experience: (4)

**May the grace and peace of God our Father and the Lord Jesus Christ be with you all.**

And also with you.

**Opening prayer:  
Let us pray,**



**Father thank you for the gift of today,  
for the gift of each other,  
for bringing our team back together again  
and for the gift of your word.  
Be with us Lord as we pray with scripture  
and throughout this day. Help us always to  
become more aware of your presence in our lives,  
and to make room in our hearts for you  
so that you may speak to us and we may hear your words.  
Amen.**

### **Quieting our Spirit:**

- **Awareness**  
Being aware that God is all around us all the time... in every breath we take
- **Exercise Instructions**  
Get into a comfortable position, good posture; open hands; eyes closed  
Quiet your mind, quiet your heart,  
Focus on your breathing, slow and steady;

***Sentiments and emotions can be more powerful than words when we express them silently in a glance, in a gesture, in a sigh,....***

**In our breathing, without any words, express yourself to God just by the way you breathe.**

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**Meditation:** We will read a passage from scripture (John 1:35-44).

Following the baptism of Jesus by John in the Jordan

## **John** *Chapter 1*

35

The next day John was there again with two of his disciples,

36

and as he watched Jesus walk by, he said, "Behold, the Lamb of God."

37

The two disciples heard what he said and followed Jesus.

38

Jesus turned and saw them following him and said to them, "What are you looking for?" They said to him, "Rabbi" (which translated means Teacher), "where are you staying?"

39

He said to them, "Come, and you will see." So they went and saw where he was staying, and they stayed with him that day. It was about four in the afternoon.

40

Andrew, the brother of Simon Peter, was one of the two who heard John and followed Jesus.

41

He first found his own brother Simon and told him, "We have found the Messiah" (which is translated Anointed).

42

Then he brought him to Jesus. Jesus looked at him and said, "You are Simon the son of John; you will be called Kephas" (which is translated Peter).

43

The next day he decided to go to Galilee, and he found Philip. And Jesus said to him, "Follow me."

**Reflection and prayer:**

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What word or phrase speaks to me?

What has the Lord said to me?

What is the Lord calling me to do?

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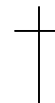


## Prayer Experience: (5)

**May the grace and peace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.**

And also with you.

**Opening prayer:  
Let us pray,**



**Father thank you for the gift of today,  
for the gift of our faith,  
for bringing our team back together again  
and for the gift of your word.  
Be with us Lord as we pray with scripture. Help us always  
to grow more aware of your presence in our lives.  
Help us also to make room in our hearts for you  
so that you may speak to us and we may hear your words.  
Amen.**

### **Quieting our Spirit:**

- **Awareness**  
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- **Exercise Instructions**  
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Quiet your mind, quiet your heart,  
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Go deep into your heart and listen for the voice of God.**  
Be aware that you are drawing in the power and presence of God in each breath we take...stay in this awareness as long as you can....  
(Notice what you feel when you become conscious that you are drawing God in with each breath you take)

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**Meditation:** We will read a passage from scripture (Isaiah 42:1-8) three times.

## **Isaiah** **Chapter 42**

- 1 Here is my servant whom I uphold, my chosen one with whom I am pleased, Upon whom I have put my spirit; he shall bring forth justice to the nations,
- 2 Not crying out, not shouting, not making his voice heard in the street.
- 3 A bruised reed he shall not break, and a smoldering wick he shall not quench,
- 4 Until he establishes justice on the earth; the coastlands will wait for his teaching.
- 5 Thus says God, the LORD, who created the heavens and stretched them out, who spreads out the earth with its crops, Who gives breath to its people and spirit to those who walk on it:
- 6 I, the LORD, have called you for the victory of justice, I have grasped you by the hand; I formed you, and set you as a covenant of the people, a light for the nations,
- 7 To open the eyes of the blind, to bring out prisoners from confinement, and from the dungeon, those who live in darkness.
- 8 I am the LORD, this is my name; my glory I give to no other, nor my praise to idols.

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**Reflection and prayer:** Who is this servant? What does this mean to me?  
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## Prayer Experience: (6)

**May the grace and peace of our Lord Jesus Christ be with you all.**

And also with you.

### Opening prayer:

**Let us pray,**



**Father we give you thank for the gift of another day,  
for the gift of your Son Jesus, for the gift of our faith,  
for bringing our team back together again  
and for the gift of your word.  
Be with us as we pray with scripture. Help us always to  
grow more aware of your presence in our lives.  
Help us also to make room in our hearts for you  
so that you may speak to us and we may hear your words.  
Amen.**

### Quieting our Spirit:

- **Exercise Instructions**

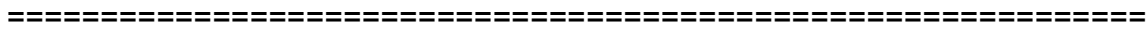
Get into a comfortable position, good posture; open hands; eyes closed  
Quiet your mind, quiet your heart,  
Focus on your breathing, slow and steady;

**Breathe in God and all the Love and energy He has for you.  
Exhale all your troubles and all your worries.**

**Go deep into your heart and listen for the voice of God.**

Be aware that you are drawing in the power and presence of God in each  
breath we take...stay in this awareness as long as you can....

(Notice what you feel when you become conscious that you are drawing  
God in with each breath you take)



**Meditation:** We will read a passage from scripture (1 John 4: 7-21).

## **1 John** **Chapter 4**

- 7 Beloved, let us love one another, because love is of God; everyone who loves is begotten by God and knows God.
- 8 Whoever is without love does not know God, for God is love.
- 9 In this way the love of God was revealed to us: God sent his only Son into the world so that we might have life through him.
- 10 In this is love: not that we have loved God, but that he loved us and sent his Son as expiation for our sins.
- 11 Beloved, if God so loved us, we also must love one another.
- 12 No one has ever seen God. Yet, if we love one another, God remains in us, and his love is brought to perfection in us.
- 13 This is how we know that we remain in him and he in us, that he has given us of his Spirit.
- 14 Moreover, we have seen and testify that the Father sent his Son as savior of the world.
- 15 Whoever acknowledges that Jesus is the Son of God, God remains in him and he in God.
- 16 We have come to know and to believe in the love God has for us. God is love, and whoever remains in love remains in God and God in him.

- 17 In this is love brought to perfection among us, that we have confidence on the day of judgment because as he is, so are we in this world.
- 18 There is no fear in love, but perfect love drives out fear because fear has to do with punishment, and so one who fears is not yet perfect in love.
- 19 We love because he first loved us.
- 20 If anyone says, "I love God," but hates his brother, he is a liar; for whoever does not love a brother whom he has seen cannot love God whom he has not seen.
- 21 This is the commandment we have from him: whoever loves God must also love his brother.

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**Reflection and prayer:** Who is your brother? How do you love him?  
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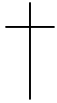


## Prayer Experience: (7)

**May the grace and peace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.**

And also with you.

### Opening prayer: Let us pray,



**Father thank you for the many gifts you give to us. Thank you for the gift of today, for the gift of our faith, for bringing all of us back together again and for the gift of your Word. Be with us Lord as we pray with scripture and throughout our day.**

**Help us grow more aware of your presence in our everyday lives and help us make room in our hearts for you so that you may speak to us and we may hear your words. Amen.**

### Quieting our Spirit:

- **Awareness**  
Being aware that God is all around us all the time... in every breath we take
- **Exercise Instructions**  
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Focus on your breathing, slow and steady;

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(Notice what you feel when you become conscious that you are drawing God in with each breath you take)

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**Meditation:** We will read a passage from scripture (Rom 12:1-21).

## **Romans**

### **Chapter 12**

- 1 I urge you therefore, brothers, by the mercies of God, to offer your bodies as a living sacrifice, holy and pleasing to God, your spiritual worship.**
- 2 Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect.**
- 3 For by the grace given to me I tell everyone among you not to think of himself more highly than one ought to think, but to think soberly, each according to the measure of faith that God has apportioned.**
- 4 For as in one body we have many parts, and all the parts do not have the same function,**
- 5 so we, though many, are one body in Christ and individually parts of one another.**
- 6 Since we have gifts that differ according to the grace given to us, let us exercise them: if prophecy, in proportion to the faith;**
- 7 if ministry, in ministering; if one is a teacher, in teaching;**
- 8 if one exhorts, in exhortation; if one contributes, in generosity; if one is over others, with diligence; if one does acts of mercy, with cheerfulness.**

- 9 Let love be sincere; hate what is evil, hold on to what is good;**
- 10 love one another with mutual affection; anticipate one another in showing honor.**
- 11 Do not grow slack in zeal, be fervent in spirit, serve the Lord.**
- 12 Rejoice in hope, endure in affliction, persevere in prayer.**
- 13 Contribute to the needs of the holy ones, exercise hospitality.**
- 14 Bless those who persecute (you), bless and do not curse them.**
- 15 Rejoice with those who rejoice, weep with those who weep.**
- 16 Have the same regard for one another; do not be haughty but associate with the lowly; do not be wise in your own estimation.**
- 17 Do not repay anyone evil for evil; be concerned for what is noble in the sight of all.**
- 18 If possible, on your part, live at peace with all.**
- 19 Beloved, do not look for revenge but leave room for the wrath; for it is written, "Vengeance is mine, I will repay, says the Lord."**
- 20 Rather, "if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals upon his head."**
- 21 Do not be conquered by evil but conquer evil with good.**

## **Romans**

### **Chapter 13**

- 8 Owe nothing to anyone, except to love one another; for the one who loves another has fulfilled the law.**
- 9 The commandments, "You shall not commit adultery; you shall not kill; you shall not steal; you shall not covet," and whatever other commandment there may be, are summed up in this saying, (namely) "You shall love your neighbor as yourself."**
- 10 Love does no evil to the neighbor; hence, love is the fulfillment of the law.**
- 11 And do this because you know the time; it is the hour now for you to awake from sleep. For our salvation is nearer now than when we first believed;**
- 12 the night is advanced, the day is at hand. Let us then throw off the works of darkness (and) put on the armor of light;**
- 13 let us conduct ourselves properly as in the day, not in orgies and drunkenness, not in promiscuity and licentiousness, not in rivalry and jealousy.**
- 14 But put on the Lord Jesus Christ, and make no provision for the desires of the flesh.**

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**Reflection and prayer:** What has God given you?  
What are you going to do with your gifts?  
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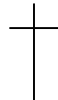


**Prayer Experience: (8)**

**May the grace and peace of God our Father and the Lord Jesus Christ be with you all.**

And also with you.

**Opening prayer:  
Let us pray,**



**Father thank you for the gift of today,  
for the gift of each other,  
for bringing our team back together again  
and for the gift of your word.  
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=====

**Meditation:** We will read a passage from scripture (Mark 9:14-6) three times.

## **Mark**

### *Chapter 9*

- 14 When they came to the disciples, they saw a large crowd around them and scribes arguing with them.
- 15 Immediately on seeing him, the whole crowd was utterly amazed. They ran up to him and greeted him.
- 16 He asked them, "What are you arguing about with them?"
- 17 Someone from the crowd answered him, "Teacher, I have brought to you my son possessed by a mute spirit.
- 18 Wherever it seizes him, it throws him down; he foams at the mouth, grinds his teeth, and becomes rigid. I asked your disciples to drive it out, but they were unable to do so."
- 19 He said to them in reply, "O faithless generation, how long will I be with you? How long will I endure you? Bring him to me."
- 20 They brought the boy to him. And when he saw him, the spirit immediately threw the boy into convulsions. As he fell to the ground, he began to roll around and foam at the mouth.
- 21 Then he questioned his father, "How long has this been happening to him?" He replied, "Since childhood.
- 22 It has often thrown him into fire and into water to kill him. But if you can do anything, have compassion on us and help us."
- 23 Jesus said to him, " 'If you can!' Everything is possible to one who has faith."
- 24 Then the boy's father cried out, "I do believe, help my unbelief!"

- 25 Jesus, on seeing a crowd rapidly gathering, rebuked the unclean spirit and said to it, "Mute and deaf spirit, I command you: come out of him and never enter him again!"
- 26 Shouting and throwing the boy into convulsions, it came out. He became like a corpse, which caused many to say, "He is dead!"
- 27 But Jesus took him by the hand, raised him, and he stood up.
- 28 When he entered the house, his disciples asked him in private, "Why could we not drive it out?"
- 29 He said to them, "This kind can only come out through prayer."

**Reflection and prayer:**

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What do you believe?

What is it that we need Jesus to cure to help us with our unbelief?

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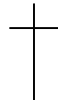


**Prayer Experience: (9)**

**May the grace and peace of God our Father and the Lord Jesus Christ be with you all.**

And also with you.

**Opening prayer:  
Let us pray,**



**Father thank you for the gift of today,  
for the gift of each other,  
for bringing our team back together again  
and for the gift of your word.  
Be with us Lord as we pray with scripture  
and throughout this day. Help us always to  
become more aware of your presence in our lives,  
and to make room in our hearts for you  
so that you may speak to us and we may hear your words.  
Amen.**

**Quieting our Spirit:**

- **Awareness**  
Being aware that God is all around us all the time... in every breath we take
- **Exercise Instructions**  
Get into a comfortable position, good posture; open hands; eyes closed  
Quiet your mind, quiet your heart,  
Focus on your breathing, slow and steady;

**Breathe in God and exhale all your fears and your doubts.  
Go deep into your heart and tell God how you feel at this moment,**  
Be aware that you are drawing in the power and presence of God in each breath we take...stay in this awareness as long as you can....  
(Notice what you feel when you become conscious that you are drawing God in with each breath you take)

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**Meditation:** We will read a passage from scripture (John 20:1-18) three times.

## John

### Chapter 20

- 1 On the first day of the week, Mary of Magdala came to the tomb early in the morning, while it was still dark, and saw the stone removed from the tomb.
- 2 So she ran and went to Simon Peter and to the other disciple whom Jesus loved, and told them, "They have taken the Lord from the tomb, and we don't know where they put him."
- 3 So Peter and the other disciple went out and came to the tomb.
- 4 They both ran, but the other disciple ran faster than Peter and arrived at the tomb first;
- 5 he bent down and saw the burial cloths there, but did not go in.
- 6 When Simon Peter arrived after him, he went into the tomb and saw the burial cloths there,
- 7 and the cloth that had covered his head, not with the burial cloths but rolled up in a separate place.
- 8 Then the other disciple also went in, the one who had arrived at the tomb first, and he saw and believed.
- 9 For they did not yet understand the scripture that he had to rise from the dead.
- 10 Then the disciples returned home.
- 11 But Mary stayed outside the tomb weeping. And as she wept, she bent over into the tomb
- 12 and saw two angels in white sitting there, one at the head and one at the feet where the body of Jesus had been.

- 13 And they said to her, "Woman, why are you weeping?" She said to them, "They have taken my Lord, and I don't know where they laid him."
- 14 When she had said this, she turned around and saw Jesus there, but did not know it was Jesus.
- 15 Jesus said to her, "Woman, why are you weeping? Whom are you looking for?" She thought it was the gardener and said to him, "Sir, if you carried him away, tell me where you laid him, and I will take him."
- 16 Jesus said to her, "Mary!" She turned and said to him in Hebrew, "Rabbouni," which means Teacher.
- 17 Jesus said to her, "Stop holding on to me, for I have not yet ascended to the Father. But go to my brothers and tell them, 'I am going to my Father and your Father, to my God and your God.'"
- 18 Mary of Magdala went and announced to the disciples, "I have seen the Lord," and what he told her.

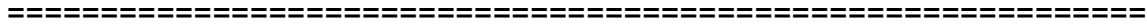
**Reflection and prayer:**



What is it that keeps us from going into the tomb?

What is holding us back from seeing Jesus?

When the Lord calls me by name, what is He asking me to do?



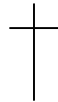
## Prayer Experience: (10)

**May the grace and peace of God our Father and the Lord Jesus Christ be with you all.**

And also with you.

### Opening prayer:

**Let us pray,**



**Father thank you for the gift of today,  
for the gift of each other,  
for bringing our team back together again  
and for the gift of your word.  
Be with us Lord as we pray with scripture  
and throughout this day. Help us always to  
become more aware of your presence in our lives,  
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### Quieting our Spirit:

- **Awareness**  
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(Notice what you feel when you become conscious that you are drawing God in with each breath you take)

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**Meditation:** We will read a passage from scripture (1 Corinthians 13:1-13) three times.

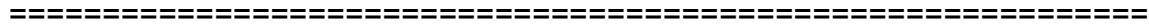
## 1 Corinthians

### Chapter 13

- 1 If I speak in human and angelic tongues but do not have love, I am a resounding gong or a clashing cymbal.
- 2 And if I have the gift of prophecy and comprehend all mysteries and all knowledge; if I have all faith so as to move mountains but do not have love, I am nothing.
- 3 If I give away everything I own, and if I hand my body over so that I may boast but do not have love, I gain nothing.
- 4 Love is patient, love is kind. It is not jealous, (love) is not pompous, it is not inflated,
- 5 it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury,
- 6 it does not rejoice over wrongdoing but rejoices with the truth.
- 7 It bears all things, believes all things, hopes all things, endures all things.
- 8 Love never fails. If there are prophecies, they will be brought to nothing; if tongues, they will cease; if knowledge, it will be brought to nothing.
- 9 For we know partially and we prophesy partially,

- 10 but when the perfect comes, the partial will pass away.
- 11 When I was a child, I used to talk as a child, think as a child, reason as a child; when I became a man, I put aside childish things.
- 12 At present we see indistinctly, as in a mirror, but then face to face. At present I know partially; then I shall know fully, as I am fully known.
- 13 So faith, hope, love remain, these three; but the greatest of these is love.

**Reflection and prayer:**



Who do you love?

What will you do for love?

