



# Walking With Jesus Guide



# Timetable

All sessions will start with a corporate time of reflection, so please arrive on time. Followed by some suggestions to help you pray.

The session will end after 1.5hrs, but feel free to leave at any time.

Please bring a bible.

Monday 15th January: 10.30 am – 12 noon; 8.00 – 9.30 pm

***Called by name to follow in Jesus footsteps***

Tuesday 16th January: 8.00 – 9.30 pm

***Walking in obedience***

Wednesday 17th January: 8.00 – 9.30 pm

***Walking in love***

Thursday 18th January: 8.00 – 9.30 pm

***Walking in the light***

Friday 19th January: 10.30am – 12 noon; 8.00 – 9.30 pm

***Walking in the Spirit***

Saturday 20th January: 9.00 – 10.30 am, Prayer Breakfast

***Walking side by side with Jesus***

Food will be provided. £1 each.

## Introduction

This guide is provided to accompany our Week of Prayer. The reflections pick up on one or two of the set Bible readings for each day. You may find these resources particularly helpful if you are unable to attend the session for that day.

Each day follows a similar pattern:

**BE STILL ...** Here we quieten our hearts and minds and remember that we are in God's presence and ask us to meet him in our reading and reflecting.

**READ ...** A number of short readings are provided for each day. Read the passages slowly with an open mind. When you have finished, think for a moment about what you have just read before moving onto the next section

**REFLECT AND RESPOND ...** Generally a couple of notes are provided to help you reflect on the Bible readings, followed by some questions to help you reflect on what you have read. What is God saying to you at this time?

**PRAY ...** A short prayer is provided to bring your time to a close.

We hope you find this material useful and that God will bless you as you use it.

**The Prayer Team**

## Monday: Called by name to follow in Jesus' footsteps.

### BE STILL ... and remember you are in God's presence.

"Do not fear, for I have redeemed you;  
I have called you by name, you are mine." (Isaiah 43:1).

### READ ... the text with an open mind.

If my people who are called by my name, humble themselves, pray, seek my face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land. (2 Chronicles 7:14)

For to this you have been called, because Christ also suffered for you, leaving you an example, so that you should follow in his steps. (1 Peter 2:21)

Then he said to them all, "If any want to become my followers, let them deny themselves and take up their cross daily and follow me. (Luke 9:23)

### REFLECT AND RESPOND ... what is God saying to you?

#### REFLECT:

- When Jesus spoke about his disciples taking up their cross, it was in the context of following him regardless of the consequences for oneself. Christ-followers must be willing to die to self in order to follow Jesus.
- The Christian life is characterised by self-examination, self-control, self-denial and self-giving rather than self-serving and self-indulgence.

#### RESPOND:

- "Christ is the humility of God embodied in human nature; the Eternal Love humbling itself, clothing itself in the garb of meekness and gentleness, to win and serve and save us." (Andrew Murray)
- What one thought or idea from these readings especially intrigued, provoked, disturbed, challenged, encouraged, warmed, warned, helped or surprised you?
- Think of a time when God humbled you recently? What lessons did you learn? Are there things you still need to learn?
- Imagine this day as a day shaped by the Cross: your work, your travel, your conversations, your eating, your family life, your relaxation.

### PRAY

*Dear Lord Jesus, in my better moments I want nothing more than to be like you. But there are other moments ... Help me to see how good conformity to your way really is. In my seeking for you may I be found in you. I love you, Lord. Amen.*

(Richard Forster)

## Tuesday: Walking in Obedience

### BE STILL ... and remember you are in God's presence.

For we walk by faith, not by sight. (2 Corinthians 5:7)

### READ ... the text with an open mind.

The LORD your God you shall follow, him alone you shall fear, his commandments you shall keep, his voice you shall obey, him you shall serve, and to him you shall hold fast. (Deuteronomy 13:4)

I instruct you in the way of wisdom and lead you along straight paths. When you walk, your steps will not be hampered; when you run, you will not stumble. Hold on to instruction; do not let it go; guard it well, for it is your life. (Proverbs 4:11-13)

And by this we know that we have come to know him, if we keep his commandments. Whoever says "I know him" but does not keep his commandments is a liar, and the truth is not in him, but whoever keeps his word, in him truly the love of God is perfected. By this we may know that we are in him: whoever says he abides in him ought to walk in the same way in which he walked. (1 John 2:3-6)

### REFLECT AND RESPOND ... what is God saying to you?

#### REFLECT:

- The Christian faith is a 'lived out' faith. Knowing God and having fellowship with Him are bound up with obeying Him.
- The motivation for obedience is relational; it is an expression of love and trust, of knowing God and being known by God.
- In the Old Testament, obedience was to the Law; in the New Testament obedience is to a person, Jesus. It is a commitment to walk in 'the same way in which he walked.'

#### RESPOND:

- What one thought or idea from these readings especially intrigued, provoked, disturbed, challenged, encouraged, warmed, warned, helped or surprised you?
- Think of an occasion when you walked in obedience to God even though it was difficult. What did you learn?
- What opportunities do I have today to practice Jesus' teaching?

### PRAY

*Lord Jesus, help me to walk in obedience to you today. Keep me connected to your presence today, so that I can draw on your strength in times when it seems difficult to be faithful.  
Amen.*

## Wednesday: Walking in Love

### BE STILL ... and remember you are in God's presence.

O LORD, God of Israel, there is no God like you, in heaven above or on earth beneath, keeping covenant and showing steadfast love to your servants who walk before you with all their heart. (1Kings 8:23)

### READ ... the text with an open mind.

And now, Israel, what does the LORD your God require of you, but to fear the LORD your God, to walk in all his ways, to love him, to serve the LORD your God with all your heart and with all your soul. (Deuteronomy 10:12)

Watch what God does, and then you do it, like children who learn proper behaviour from their parents. Mostly what God does is love you. Keep company with him and learn a life of love. Observe how Christ loved us. His love was not cautious but extravagant. He didn't love in order to get something from us but to give everything of himself to us. Love like that. (Ephesians 5:1-2)

"A new commandment I give to you, that you love one another: Just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another." (John 13:34-35)

### REFLECT AND RESPOND ... what is God saying to you?

#### REFLECT:

- At the heart of your existence is the truth that God loves you
- Our vocation as human beings is to love God with all that we are and to love others.
- The Christian life is essentially a journey into love in which we are shaped and formed by the love of God. The hallmark of Jesus' followers is the love they show each other.

#### RESPOND:

- "We're all still beginners, We're all late bloomers, when it comes to love"  
(Over The Rhine)
- What one thought or idea from these readings especially intrigued, provoked, disturbed, challenged, encouraged, warmed, warned, helped or surprised you?
- Think of a time when you were struggling when someone did something kind for you. How did that make you feel? Give thanks for that person and that kindness.
- Invest a few minutes today to practice simply being with God, in silence and in love. When your mind distracts you and wanders off, simply acknowledge that this has happened and turn your attention back to God, being aware of God's constant loving attention to you.

### PRAY

*Loving God, may I grasp, with all your people, how wide and long, how high and deep is the love of Christ, and be filled with the very nature of God. Amen. (Ephesians 3:18)*

## Thursday: Walking in the Light

### **BE STILL ... and remember you are in God's presence.**

The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned. Isaiah 9:2)

### **READ ... the text with an open mind.**

In the beginning God created the heaven and the earth. And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters ... And God said, Let there be light: and there was light. And God saw the light, that it was good: and God divided the light from the darkness. (Genesis 1:2-4)

Again Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life." (John 8:12)

For at one time you were darkness, but now you are light in the Lord. Walk as children of light (for the fruit of light is found in all that is good and right and true), and try to discern what is pleasing to the Lord. (Ephesians 5:8-10)

### **REFLECT AND RESPOND ... what is God saying to you?**

#### **REFLECT:**

- "In Biblical language, 'darkness' is not only the night, but also the forces of evil that can seduce us and turn us away from walking in the right direction, from walking towards the light of life that flows from love and communion." (Jean Vanier)
- The image of walking is everywhere in the Scriptures. The image is simple ... one step at a time, looking forward, not backwards, following the light that is Christ, which shows us how to live in ways that are pleasing to God.

#### **RESPOND:**

- What one thought or idea from these readings especially intrigued, provoked, disturbed, challenged, encouraged, warmed, warned, helped or surprised you?
- Think of an occasion when your life has seemed overshadowed by darkness. How did God shine the light of his life into that situation?
- Light a candle this evening and turn off the lights. Ask God to shine his light into your life and ask him to show you how you can bring light into someone else's life at this time.

### **PRAY**

*Father God, thank you for the light that Jesus brings to us and the light we can pass on to others.*

## Friday: Walking in the Spirit

### **BE STILL ... and remember you are in God's presence.**

For his Spirit joins with our spirit to affirm that we are God's children. (Romans 8:16)

### **READ ... the text with an open mind.**

There shall come forth a shoot from the stump of Jesse, and a branch from his roots shall bear fruit ... And the Spirit of the LORD shall rest upon him, the Spirit of wisdom and understanding, the Spirit of counsel and might, the Spirit of knowledge and the fear of the LORD. And his delight shall be in the fear of the LORD. He shall not judge by what his eyes see, or decide disputes by what his ears hear, but with righteousness he shall judge the poor, and decide with equity for the meek of the earth; and he shall strike the earth with the rod of his mouth, and with the breath of his lips he shall kill the wicked. Righteousness shall be the belt of his waist, and faithfulness the belt of his loins. (Isaiah 11:1-5)

And in the same way, by our faith, the Holy Spirit helps us with our daily problems and in our praying. For we don't even know what we should pray for nor how to pray as we should, but the Holy Spirit prays for us with such feeling that it cannot be expressed in words. (Romans 8:26)

Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God ... And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. (Ephesians 6:14-18)

### **REFLECT AND RESPOND ... what is God saying to you?**

#### **REFLECT:**

- Jesus shows us what a Spirit-filled and empowered life looks like.
- The Holy Spirit is God at work on the inside of our lives; he is 'God at his closest to us.' (Nigel Wright)
- When we know neither what to pray nor how to pray, the Spirit knows the will of God and in ways deeper than words interprets our inner longings to the Father.

#### **RESPOND:**

- What one thought or idea from these readings especially intrigued, provoked, disturbed, challenged, encouraged, warmed, warned, helped or surprised you?
- What moments or experiences can you recall in your Christian life when the Spirit has brought you deep assurance that you are truly in Christ and God's child?
- Take some time to pray for the Church Meeting on Sunday that we might be open to guidance of the Holy Spirit.

## **PRAY**

*Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from your presence, and take not your Holy Spirit from me. Restore to me the joy of your salvation, and uphold me with a willing spirit. (Psalm 51:10-12)*

## Saturday: Walking Side By Side With Jesus

### BE STILL ... and remember you are in God's presence.

Your word is a lamp for my feet, a light on my path. (Psalm 119:105)

### READ ... the text with an open mind.

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."  
(Matthew 11:28-30)

That same day two of them were walking to the village Emmaus, about seven miles out of Jerusalem. They were deep in conversation, going over all these things that had happened. In the middle of their talk and questions, Jesus came up and walked along with them. But they were not able to recognize who he was. (Luke 24:13-16)

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.  
(Colossians 3:15-17)

### REFLECT AND RESPOND ... what is God saying to you?

#### REFLECT:

- The Christian life is not meant to be a heavy burden but a gift to be received with joy and delight as we learn how to live well.
- Walking with Jesus or keeping company with Jesus are both powerful images describing the nature of the Christian life.
- But it is not a journey we make on our own. We 'keep company' with others also, using the story of Jesus to encourage, guide and nurture each other.

#### RESPOND:

- What one thought or idea from these readings especially intrigued, provoked, disturbed, challenged, encouraged, warmed, warned, helped or surprised you?
- Give thanks for those who journey with you in faith and who encourage, guide and nurture you.
- In silence, imagine Jesus calling your name and saying two words: *Follow me*. Allow that invitation to stir a response in you at the deepest part of your being.

### PRAY

*Lord Jesus, make your church a place where the peace of Christ rules in our hearts; the word of Christ dwells among us richly; the praise of Christ fills our mouths and the name of Christ directs our actions. Amen.*