

## Day 20—Monday 5 March

### Scripture for Prayer

**Stilling:** Take a few minutes to become still.

**God is Present:** God is with you. Ask God to inspire your imagination.

**Ask for what you desire.** What gift, what grace do you want right now?

**Read** the Passage through.

**Identify with a character:** Choose one of the people in the story and imagine the scene from their point of view.

**Senses:** Use your five senses, imagine what you may see, hear, smell, touch and taste. Fill in the details which the scripture leaves out to make the story real for you.

### Mark 10:13-16 (NRSVA)

People were bringing little children to Jesus in order that he might touch them; and the disciples spoke sternly to them. But when Jesus saw this, he was indignant and said to them, 'Let the little children come to me; do not stop them; for it is to such as these that the kingdom of God belongs. Truly I tell you, whoever does not receive the kingdom of God as a little child will never enter it.' And he took them up in his arms, laid his hands on them, and blessed them.

**Conversation:** When you come towards the end of your time of prayer, talk to Jesus about what has come up for you. Imagine how he might reply.

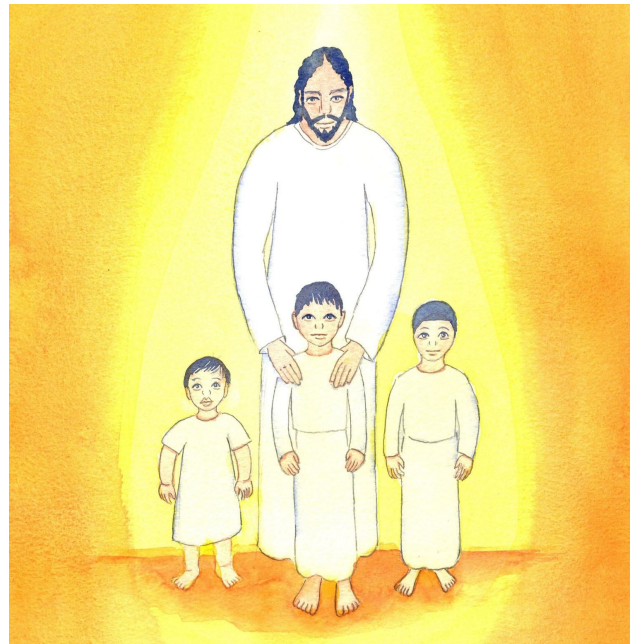
**Prayer:** End with a formal prayer, such as the Lord's Prayer/Our Father

### Review of Prayer

When you have finished look back over the prayer.

Notice how you reacted and felt.

- Is this saying anything about you, about the way you see others or God?
- Did anything surprise you?
- Is there anything you need to pray about in future?



### Today's Meditation

#### The Joys and Consolations of Life

**Stilling:** Begin by stilling and asking God to come with you and look back over your life.

**Grace:** Ask God to show you your your times of deepest joy.

**Memory:** Become aware of the times you were happiest - deep-down contented and feeling you were doing something worthwhile. (Consoled)  
*Honesty is important - not just the times that you see as edifying and you would want share with others, but all the joyful times.*

**Relive:** Enjoy these times again; spend a little time reliving them.

**Gratitude:** Finish your prayer with a suitable thanksgiving.

1. Who did you share them with? What were you doing?
2. What brought you joy at these times?
3. What pattern do you see in these times?
4. What lessons can they teach you?.
5. What could you share with others about them?