

## RESOURCES FOR PRAYER

Many people taking part in Weeks of Accompanied Prayer discover the possibility of praying with Scripture in a very personal way which is different to studying it or using others' interpretations (both of which have their place). This list of Scripture passages is simply a handy reference for Companions. The list follows the dynamic of Christ's life (and The Spiritual Exercises of St. Ignatius) but we are not suggesting every section should be used. It is not at all unusual for a pilgrim to spend the Week on only one or two passages or other meditations allowing plenty of time for deepening the experience (repetitions).

As Companions we need to be entirely open to the many ways in which God prays in the variety of people we accompany. Whilst the Weeks affirm and expand ways of being with the story of Scripture we are constantly reminded that God 'speaks' in many ways and in all aspects of our human experience, e.g., through nature, music, poetry, art and many other symbolic forms.

Too many pre-conceived ideas about giving 'Prayer Methods' can easily become a form of security for the Companion. Sometimes this can mask the possibility of life giving touches (God touches) the pilgrim feels e.g., in a slower walk to work, a long bath, the lines of a hymn, playing with pastels, or gardening with all the senses alive.

The Review of the Day is a key way of tuning in to where and how the pilgrim is being drawn in response to a loving God, whatever the content, length and form of the set prayer time. Quite often pilgrims need affirming in the kind of relationship with God which is helping them in the present. As Companions, we need to discern with them a focus and a way of praying which meets their desire and enables them to be more open and responsive to a God who meets us through all our faculties and in all experience.

The scope of approaches to prayer which are helpful to people is far broader than praying with scripture passages. Some pilgrims find that using suggestions from e.g., 'Creative use of Imagery and Symbol' and 'Using Art in Prayer' revitalises them and their relationship with God or unblocks 'dutiful' prayer and takes them back to the story of Scripture with deeper more meaningful engagement.

The encounter is the thing! How is the Creator God inviting us to become more fully human however we find ourselves reflecting on our story at this time in our lives?

## Some Suggested Scripture passages - Quick reference for Companions

### **Foundations - God's Love**

Luke 11:1-13	Lord teach us to pray
Psalms 139:1-18	You search me and know me
Isaiah 55:1-3	Come to the water
Isaiah 43:1-7	You are precious in my eyes
Romans 8:31-29	With God on our side, who can be against us?
Deut 1:29-32	Do not be afraid - Yahweh carries you
Psalms 131	Like a weaned child on its mother's breast
Isaiah 49:14-16	I will never forget you
Hosea 11:1-9	When Israel was a child, I loved him
Psalms 145	Yahweh acts only out of love
John 1:35-39	What do you want?

### **Trust**

Psalms 46	God is our shelter, our strength
Matthew 6:24-34	Do not worry
Matthew 14:22-33	Walking on the water
Mark 4:35-41	Calming of the storm
Luke 1:26-38	Annunciation
Luke 21:1-4	The widow's mite
John 15:1-8	Apart from me you can do nothing
Jeremiah 18:1-7	The Potter
Ezekiel 34:11-16	I will look after my sheep myself
Philippians 4:8-13	I can do all things in Him who strengthens me
Psalms 27	Yahweh is my light and my salvation
Psalms 71	In you I take shelter

### **Healing, Forgiveness**

Ezekiel 36:25-29	I shall pour clean water over you
Mark 10:46 - 52	The blind man
Luke 5:12-16	Cure of the leper
Wisdom 11:22-12:2	You love all that exists
Mark 2:1-2	Cure of the paralytic
Mark 5:21-24,35-43	Jairus' daughter
Mark 5:25-34	Woman with the haemorrhage
Luke 15:11-32	Lost son & loving father
John 5:1-9	The man at the pool of Bethzatha
1 Kings 19:1-8	Elijah - Take my life - I am no better than my ancestors

### **Intimacy with Christ**

Luke 1:26-38	Annunciation
Luke 1:39-45	Visitation
Luke 2:1-20	Birth
Luke 2:22-38	Presentation
Luke 2:39,40,51,52	
Luke 2:41-50	Finding in the temple
Matthew 3:13-17	Jesus leaves home - Baptism
Isaiah 40,42:1-9,61	
Ephesians 1:3-14	
Romans 6:1-11	
Colossians 1:14-20	
Matthew 4:1-11	Temptations
Luke 4:14-30	Return to Nazareth
Luke 5:1-11	Call of the disciples
John 2:1-12	Cana Miracle
John 4:1-42	Woman at the well
Matthew 14:22-25	Jesus prays alone
Luke 10:38-42	Jesus with Martha and Mary
John 11:1-45	Raising of Lazarus
Matthew 21:1-17	Jesus enters Jerusalem
Matthew 26:6-10	Supper at Bethany and the anointing of Jesus
John 13:1-16	Last Supper and washing of the feet
Luke 22:39-46	Agony in the garden
Ephesians 6:10-20	Put on God's armour
John 19:17-30	Crucifixion

### **Resurrection**

Mark 16:1-8	Jesus appears to the women at the tomb
John 20:11-18	Jesus meets Mary Magdalen
Luke 24:13-35	The road to Emmaus
John 20:19-22	Peace be with you
John 21:1-19	Sea of Tiberias
Philippians 1:3-11	I thank my God whenever I think of you
Philippians 4:4-9	I want you to be happy