

Campus Ministries 2023-24  
**Prayer Booklet**



GOSHEN  COLLEGE



## Dear Goshen College Student,

In your hands you hold a collection of spiritual reflections and tools to use as you navigate your way through this school year. I'm so glad you're here!

We live in a culture that is constantly bombarding us with voices clamoring for our attention — insisting that we are only valuable for what we have, what we do, who we know, or how we look. When we listen to these voices and believe them, we feel anxious, scattered, hopeless, and empty.

Prayer offers us another way. It invites us into a space where we take time to listen to God's voice. A time to rest in Presence. A time to remember who we truly are: **Beloved**.

The ways to use this prayer booklet are as endless as your imagination! My hope is that you can receive this spiritual resource as an invitation and a gift to deepen your faith. Use this prayer booklet on your own, or with others. Doodle. Draw. Write. Read. Reflect. Discuss. Repeat.

Above all, remember that God is never far away, and is as close as your breath. Take time to be still, and listen for the voice that gently whispers "Beloved". Rest in that truth. Remember who you are, and *whose* you are. Know that your value can never be earned, bought, or taken away.

May you be filled with Peace and Power as you rest in Presence!

—Jen Shenk, *Campus Pastor*

# Table of Contents

**Campus Ministries Resources ..... 2**

**Campus Ministries 2023-24 Theme:  
*Walking Together: Praying, Serving, and Loving* ..... 4**

**Theme Devotions ..... 6**

Philippians 4:6-7.....	Lindsey Graber
Psalms 145:18.....	Chandler Buchfeller
Mark 9:34-35.....	Madeleine Kelly-Kellogg
1 Peter 4:10.....	Lawrence Giden
1 John 4:11-12.....	Zion Neat
Mark 12:30-31.....	Kate Bodiker

**Prayer Practices ..... 12**

Writing a Dialogue: Meeting Jesus	Prayers of Lament
Conversational Prayer	Be Still
Examen	Praying with Art
Breath Prayer	Praying with Clay
Lectio Divina: Praying with sacred texts	Praying through Drawing
The Jesus Prayer	Praying with Photography
	Loving Kindness (Metta) Prayer

**Prayers of Others ..... 24**

A Reason to Pray	The Lord’s Prayer: Liberation Theology Version
A Journey Blessing	Transformation
A Trinitarian Prayer of Protection	God’s Pencil
Psalms 121	May I See You Today
Plea for Perseverance	Protection for the Journey
God’s Encompassing Presence	What We Would Like To Do Is Change The World
Desire for Faithfulness	A Foolish Blessing
Peace Prayer	Psalms 23 Comfort
I Have No Idea Where I Am Going	
A Martyr’s Prayer	

**Blank Pages for Journaling ..... 32**

## Campus Ministries Resources

**Centering Prayer:** All are welcome to gather for 20 minutes of contemplative prayer every morning (Monday through Friday) at 8:30am in the Quiet Place Prayer Room (Kulp Basement).

**Chapel:** Chapel gathers the campus community every other Wednesday at 10 a.m. in the Church-Chapel for 40 minutes where we come together before God in worship and seek to be continually formed into the image of Christ.

**Fall/Spring Break Service Opportunities:** Service opportunities often come up for Fall and/or Spring break. Watch for details on the Campus Ministries bulletin board in the Connector and in the daily Communicator.

**GC Prayer Booklet:** This resource offers devotions, a wide variety of prayer practices and a number of prayers from different traditions. For your free copy, stop by the Campus Ministries office in Wyse 101 or the Connector. It is also available on the Campus Ministries website.

**Get to know an employee:** The Campus Ministries website offers written and video interviews of employees' faith and vocation journeys.

**Inquiry Programs:** The Summer Inquiry Programs (Camping, Ministry, Service) enable students to spend three months in a camp, congregation or service agency working and exploring faith, vocation and leadership. This is coordinated out of the Career Services Office (Wyse 105).

**Labyrinth:** Located by East Hall, this tool for prayer invites you to meet God as you walk its winding path to the center and back. We also have an indoor cloth labyrinth available for use.

**Local Churches Directory:** Pick up your copy in the Connector, Union or by the Campus Ministries Office in Wyse 101. It is also available on the campus ministries website.

**Muslim Prayer Room:** A prayer room for Muslim students is available in the Church-Chapel, Room 106 (near the West entrance). This prayer room is open whenever the building is open.

**Pastoral Care:** A campus pastor is available to listen and offer spiritual support. You are welcome to contact her at [jshenk@goshen.edu](mailto:jshenk@goshen.edu).

**Quiet Place Prayer Room:** Located in the lower level of Kulp Hall, and open day and night, this space is set aside as a place for prayer and meditation. Another prayer room is available in the Church-Chapel.

**Small Groups:** Opportunities are available for students who are interested in meeting together in small group and Bible Study settings. Contact the campus pastor for assistance.

**Spiritual Direction:** Spiritual Direction is available for students who are interested in monthly support. Contact the campus pastor for more information. (jshenk@goshen.edu)

**Sunday Evening Prayer:** Weekly prayer led by seniors every Sunday evening. Gather with other students to pray for yourself, loved ones, or the world.

**Taizé Worship Services:** Taizé is a contemplative worship service, typically held on the second Sunday evening of each month in Newcomer 19 (NC19). These candlelight services include songs sung in a variety of languages, scripture, silence, and prayer.

**Vigils:** Periodic prayer vigils are planned in response to troubling realities in our community and world. Watch the Daily Communicator for details.

**Witmer Woods:** Located on the west side of Main Street (SR 15) between the main campus and the College Cabin, Witmer Woods is a wonderful 18-acre arboretum of native shrubs and trees. This is an excellent place to spend time with God in nature.



## Campus Ministries 2023-24 Theme: ***Walking Together: Praying, Serving, and Loving***

On our campus grounds, next to the dorms, there is a prayer labyrinth. Unlike a maze, which has many possible paths and dead ends (and sometimes traps!), a labyrinth only has one path which ultimately leads to the center. With a maze, getting through it is all up to you; it is a problem to be solved. In walking a labyrinth, however, there is only the job of walking and trusting. A labyrinth has many twists and turns, at times leading you farther out and then back again closer to the middle. But ultimately, the only job of the one walking the labyrinth is to just keep walking, knowing eventually you will reach the center. In a labyrinth, you cannot make a wrong turn. There are no dead ends. You will never be lost.

I believe this can be a metaphor for our relationship with God. No matter how far away we may feel from God - our center- we can trust that we are being held in safety, love, and peace. We are being led. We are forever found. All we need to do is keep showing up and taking one step at a time. The center holds.

The Campus Ministries theme for this year is: ***Walking Together: Praying, Serving, and Loving.*** Everyone's faith journey is unique. We each go at our own pace, and none of us can see the final destination. As we walk this path called Life, I believe God meets each one of us right where we are— walking beside us, guiding us, dwelling within us, and loving us.

This year, may we commit ourselves to walking together as a campus community. We can trust that we're each trying to find our way. As we journey together through ups and downs, we can pray for ourselves, our community and the world, as a way of remembering we all belong to God. We can use our gifts and interests as a way of serving others. And most importantly- we can receive God's unconditional love for us and, in return, show love to others.

Psychologist and scholar Carl Rogers has said, *"What is most personal is most universal."* Although our faith journeys are as unique and diverse as each individual, we all share the need for belonging, love, community, and meaning. In a world that is polarized and divided, may we commit to walking together and seeing one another as companions on the way.

The center holds.

—Jen Shenk, *Campus Pastor*

## ***Walking Together: Praying for God's Peace***

**Lindsey Graber**

Sophomore, English Major

*“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.” —Philippians 4:6-7*

It is in our nature as humans to desire control. Anxiety is a byproduct of that desire, resulting when we fear we don't have control over a situation or that we've lost that control somehow. In my own life, I have often struggled with anxiety, especially during times of change or uncertainty. It is in those intervals of life, where I am pushed to leave behind comfort, routine, and familiarity, where I feel the least in control. This lack of control is uncomfortable and scary, but I've realized that it has its purpose.

Going into college can be a stressful and scary time for many people. For most, it is the first time living away from home, on their own, for an extended period of time. The challenges that come with this new stage of life cause intense anxiety and worry for many people. In my first year of college, I found that prayer was key in combatting these worries. When I didn't pray, my life felt turbulent and scary, like things were happening thoroughly out of my control. I realized, though, that praying not only reminded me that God was in control, but it also helped put things into perspective. Talking things out with God forced me to take a step back and realize that my problems weren't quite as big or scary as I thought.

God doesn't want us to waste hours or days worrying about things we cannot change or control. Instead, like, Philippians 4:6-7 says, God wants us to turn to Him in those moments of uncertainty and remember that He has true and ultimate control over our lives. Anxiety is often just a reminder that we need to pray. It is a sign that we are obsessing over an event to a harmful extent, and that it is time to turn that situation over to God.

As you go through this school year, remember to lean on God in your moments of uncertainty. Whether you are a first-year student stressing over the daunting task of making new friends, or a senior wondering if you can handle your course load, God has got your back. He knows how things will turn out, even if you don't. Worrying won't change the outcome but praying can help reveal it. Listen to what God has to say and let Him fill you with the everlasting, incomprehensible peace that comes from the certainty of eternal life with Him.



## ***Walking Together: Praying in Truth***

**Chandler Buchfeller**

Director of Residence Life

*"The Lord is near to all who call on him, to all who call on him in truth."*

—Psalm 145:18

As someone who has been trying to follow Jesus for most of his life, I still tend to forget things about faith that I think should be obvious. Most of what I forget has to do with who God is and what that means for my life. When I wake from my forgetfulness, I'm grateful for verses like this one since they ground me in the truth that I find myself yearning for. This verse is a declaration of the present reality of both God's character and our condition as believers. The Lord is near to all who call on Him in truth. We are, in turn, near to God when we call on Him in truth.

To call on God in truth, the One to whom we are calling must be He who is, not our preferred or imagined idea of Him. Just as a letter addressed to the wrong person will never serve its intended purpose, our attempts to relate to God may not work if we hold onto our incomplete or false understanding of Him. A. W. Tozer writes that "What comes into our minds when we think about God is the most important thing about us." Thinking rightly about God has far more importance than getting an exam question correct or satisfying a Sunday school teacher. The very course of our lives may well depend on who we say God is.

At the beginning of creation, after Adam and Eve ate the forbidden fruit in the Garden of Eden, the first question God asked them was "Where are you?" This was not an attempt to gain information that He didn't have. It was an invitation back into communication with Him. We are all prone to hide the less desirable parts of our lives and ourselves from those around us. We rationalize the call towards vulnerability away and choose not to trust those who are best positioned to love us in return. The result of this choice is greater isolation, loneliness, and an ever-deepening fear that we won't truly be known and therefore fully loved.

This is a costly choice when we make it with others, but that cost is magnified when we try to hide from God. God is asking each of us today: "Where are you?" This invitation remains open to us all. What might we gain if we choose to call out to God in truth and have an honest conversation?

## ***Walking Together: Serving One Another***

**Madeleine Kelly-Kellogg**

Junior, Social Work Major

*“But [the disciples] kept quiet because on the way they had argued about who was the greatest. Sitting down, Jesus called the Twelve and said, ‘Anyone who wants to be first must be the very last, and the servant of all.’” —Mark 9:34-35*

In this text, Jesus’ disciples are arguing about who is the greatest. However, Jesus says that anyone wanting to be the greatest must serve others. Jesus is most likely stating that serving is more important than ranking.

As I am writing this, I’m preparing to be a camp counselor for a month in the summer. I provide the children safety, belonging, peace, fun, and rejuvenation. I work alongside other camp counselors and counselors-in-training. Our goal is to not rank who is the best counselor, but to serve and care for the campers.

This can be true for almost any position. For example, if someone is a public defender, they provide service to those who cannot afford legal assistance. A CEO of a business can check in with each of their employees and see if they are getting the needed resources and support. In my home congregation of Seattle Mennonite Church, there is a day shelter where staff and volunteers accompany people who are experiencing homelessness. They provide a place for people to rest, do laundry, cook, get out from the heat or cold, and build community.

It doesn’t matter who is the public defender of the month, the most successful CEO, or the volunteer of the year. The greatest people are those that seek to help others instead of having high status for themselves. Jesus wants us to serve each other rather than compete (or argue) over who is the best.

Our challenge is to ask ourselves why we are doing what we are doing. Are we actually providing service for others or just thinking of our own best interests? How can we serve others in whatever place or position we find ourselves in?

## **Walking Together: Serving Others by Sharing Our Gifts**

**Lawrence Giden**

Specialized Community Engagement Coordinator, Advisor to Black Student Union

*"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms." —1 Peter 4:10*

Growing up, my family engaged in devotions at home. I remember my mother used to lay hands on us children and pray over us, asking God to use us in different forms of ministry. Today, some of us are clergy, others are leaders in the field of education, others are mentoring youth in sports, etc. But all of us are very active in church and we use our "gifts" to build up others. Some of us have temporal gifts, others have spiritual gifts; regardless, we share them with others as God gives us grace.

When I think about my own call to the ministry, (I have been preaching a little over seven years now) I am reminded that it is not how long I have been preaching, but it is what I have said and how I have lived my life that makes my preaching effective. My gift is to preach the gospel of Jesus Christ, and serve God's people. So I am thankful whenever I can "stir the gift" as Paul encouraged his spiritual son, Timothy.

As I connect my life to this passage of scripture, I see how Peter encourages us to share the gifts we have received with others. Since He has graced me with the gift of preaching, I must do it to serve or help others. Each person has been graced to receive a gift, and those gifts must be used for the edifying of the body of Christ.

So recognize the gifts that you have been given by grace, and understand that this gift has been given so that you can bless someone else. All of us have been graced to do something, so let us do it to minister and serve others. In serving others, we give glory back to the one who graced us to do it: God!

# Walking Together: Loving God, Loving Others

## Zion Neat

Senior, Social Work Major

*“Dear friends, since God loved us that much, we surely ought to love each other. No one has ever seen God. But if we love each other, God lives in us, and his love is brought to full expression in us.” —1 John 4:11-12*

When I was 11 years old, my mom and I went into a store together to buy some cards for Mother’s Day. I was initially confused, because I’d already made her a card (and she wasn’t the type to ask anyone to get her something regardless). When I asked who she was getting a card for, she explained that she was getting cards for her own mom and three sisters, along with several other women I wasn’t familiar with. These women were friends of hers who had lost their baby during the pregnancy anywhere from a year to ten years ago. She didn’t want her friends to feel that their grief wasn’t seen and honored all the same. She believed that even though they were not actively mothering a child, their motherhood was equally worth celebrating and recognizing. Despite the fact these women likely would not expect any celebration, much less in the physical, go-out-of-your-way-to-mail-a-card way, my mom was committed to acknowledging their sorrow in the same breath that she thanked them for their willingness to bring life into the world in the first place.

This story about my mom illustrates some of the ways I’m most in awe of God’s love for us. God chases after us even when we don’t feel we deserve it. He empathizes with our sorrow even when we feel like we’ve hit the expiration date for socially acceptable mourning. God calls out to us and makes us feel seen when others are too caught up in their own lives to recognize our need.

We will never be God, and God’s love for us is that of an omnipotent being, so striving to measure up will feel like a race with no finish line. However, as we dive deeper into our relationship with Christ, we will begin to see His character and heart in tangible ways that we can seek to emulate in our daily lives. We have each been perfectly created in the image of God. When we love each other, God lives in us. Although our sinful human nature inevitably leaves us unworthy, God still believes that each us is deserving of his unconditional agape love.

If we can recognize that any person we encounter is someone who God believes worthy of love, despite knowing their every shortcoming, then we can take pride in acting on His call of us to love one another just as He loves us. Although our love is not meant to measure up, we are called to be the hands and feet of the Lord here on Earth. God’s love is made visible through our actions. How can you be inspired to love the people you encounter every day in a more Christlike way?

# Walking Together: Loving God, Loving Others

**Kate Bodiker**

Sophomore, Writing and Film Major

*“You shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.” The second is this, “You shall love your neighbor as yourself.” There is no other commandment greater than these.”*  
—Mark 12:30-31

This verse is often cited as one of the most significant passages in scripture, and for good reason. Jesus is giving explicit instruction as to what should be the top priorities of living a Christian life, answering the question in typical fashion with a reference to the Old Testament (specifically Deuteronomy 6:4-9 and Leviticus 19:18). However, this commandment is recontextualized after Jesus explains in Luke 10 who exactly our neighbor is. The command is also expanded even further after the Sermon on the Mount, where Jesus explains that we are to love everyone, even our enemy.

Despite the fact that this is such a frequently referenced text, I think we can sometimes only focus on the last part of this text about loving your neighbor, especially growing up in an Anabaptist tradition. I think that sometimes we want to focus too much on the command that relates to our external relationships, rather than one that calls us to consider our inner being. For example, in my experience, it is easier to throw myself into prioritizing other people and drown myself in good works that benefit my community, rather than stop and reflect for a minute. I would prefer to spend eight hours doing a service project than sitting down for an hour to reflect on all the ways that I am falling short in my own life. It’s simple to make time to pray when I am worried about somebody else, but rarely do I find ways to justify sitting down and simply talking with God.

I think the key in this passage is to remember that we are called to live relationally. In the section that follows these verses, the man who asked the question explains his new understanding as knowing that this love is more important than offerings or sacrifices, to which Jesus responds positively. It’s important to prioritize a balanced approach of keeping our own relationship with God healthy while also showing compassion and love to all those around us.

Remember that the human and spiritual connection to a multitude of relationships is more important than institutional religious practices. How can we make space in our lives to remember that love is the greatest commandment?

# Writing a Dialogue: Meeting Jesus

BY **Marlene Kropf**

## **Begin by reading John 1:35-39 slowly and thoughtfully.**

*The next day John again was standing with two of his disciples, and as he watched Jesus walk by, he exclaimed, "Look, here is the Lamb of God!" The two disciples heard him say this, and they followed Jesus. When Jesus turned and saw them following, he said to them, "What are you looking for?" They said to him, "Rabbi" (which translated means Teacher), "where are you staying?" He said to them, "Come and see." They came and saw where he was staying, and they remained with him that day.*

*Imagine the scene in which John and his disciples see Jesus passing by. Notice the details of the scene – the road, the town, the sky, and vegetation. Let yourself become one of the characters in the story, perhaps one of the two disciples. Become aware of the disciple's feelings as he or she follows Jesus. What is the disciple thinking? What does the disciple see in Jesus' face when Jesus turns around and speaks? How does it feel to ask Jesus a question? What happens as the disciples follow Jesus to the place where he is staying?*

## **Begin writing the story as though you are there.**

You can begin at any point in the action. When you come to the place where Jesus asks the disciples, "What are you looking for?" let yourself become a partner in the conversation. Answer Jesus' questions as if they are addressed to you.

For example, write:

**Jesus:** *What are you looking for? What do you want?*

**Your Name:** *Here you write whatever response seems like the one you would make to Jesus.*

**Jesus:** *Write Jesus' response to you.*

Continue writing the dialogue as long as you have something to say. Don't try to decide if the words are really the words of Jesus. Just write until the conversation is finished. There will be time later to reflect on what has happened in the exchange. Writing a dialogue is a way of trusting our imagination to lead us into a conversation with God. As a kind of prayer in which we both listen and speak to God, such dialogues can be a helpful discipline in hearing a personal word from God as well as helping to clarify our inner thoughts and motivations. In some cases, these dialogues can also be a way to discern God's direction in our lives.

# Conversational Prayer

Here you are invited to carry on a conversation with God which requires both speaking and listening. You can start on either side of the paper, “Me” or “God.”

## If you start on the “Me” side:

What is it that you want to say to God? What is on your mind? What are you struggling with right now? Write it down. Then go to the side that says “God.” Listen to what God might be saying to you. Write what you think God would say to you in response to what you have written. Then, go back to the “Me” side and respond to God. Continue this conversation back and forth for as long as you need to. Reread what you have written.

## If you start on the “God” side:

What is it that God wants to say to you? Write it down. Then go to the side that says “Me.” Say what you want to God. Follow the same steps as above, going back and forth between the sides for as long as you need to. Then, reread what you have written.

**ME**

**GOD**

## Examen

The Examen is a way of praying, in which you take time to be aware of God's loving presence, while quietly reflecting on two questions. The questions are opposite from one another.

These questions are designed to help us think about our day, our week, or our month, etc. in a way that recognizes both our joys and disappointments. It gives a way to name what disappoints, hurts, or scares us while at the same time declaring that there are things that bless, uplift, and carry us. It is a way of allowing God to be a part of our everyday ups and downs.

Here are some examples of questions you can use. Pick a question pair or two to use and then spend some time reflecting on each question. Share your thoughts and feelings with God, or your spiritual friend.

### Example Questions:

- *What made me smile?*
- *What made me scowl or frown?*
- *For what moment am I most grateful?*
- *For what moment am I least grateful?*
- *When did I feel the most alive?*
- *When did I feel the most drained?*
- *What scared me?*
- *What made me feel safe & hopeful?*
- *What in my relationship with God is most helpful?*
- *What in my relationship with God is most challenging?*

Try with a pair of questions every night or at the end of every week as a way of strengthening your prayer life. You may want to design your own questions as well.

*"Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive."*

—Howard Thurman



## A Breath Prayer

For centuries the breath prayer has existed as a way to connect with God. For some it is a way to befriend silence; it gives you something to do as you begin to experience holy silence.

As you repeat the prayer, its words eventually become background so you can be open to hearing what God might say. You can choose your own breath prayer and then repeat it over and over in rhythm with the inhale and exhale of your breath.

First choose a simple phrase that summarizes what you may need from your relationship with God right now. You might choose a line from a song or a phrase of Scripture, as long as it is not too wordy. Or choose something like:

- *Be with me, God*
- *Jesus, help me follow you*
- *Spirit, give me strength*
- *Gracious God, fill me with love*
- *Guide me, Savior*
- *Lord Jesus Christ, have mercy on me*

You may wish to simply pray this prayer for a few minutes or up to 10, 20, or 30 minutes...however long you feel this is beneficial to your soul. You might also consider praying a breath prayer as you walk, run, ride bike, or some other seemingly mundane activity.

### Isaiah 12:2

*Surely God is my salvation; I will trust, and will not be afraid, for the Lord God is my strength and my might; God has become my salvation.*

*"We must learn to realize that the love of God seeks us in every situation and seeks our good."*

—Thomas Merton, *Seeds of Contemplation*

### Psalm 117:1-2

*<sup>1</sup>Praise the Lord, all you nations! Extol God, all you peoples! <sup>2</sup>For great is the Holy One's steadfast love toward us, and the faithfulness of the Lord endures forever. Praise the Lord!*

# Lectio Divina: Praying The Sacred Texts

“Reading the Bible and praying the Bible are two very different undertakings. To pray the Bible is to apply listening and silence to the Word of God in order to hear God speak...The ancients realized that scripture, when read the right way, opens doors to a direct relationship with God.” (Creating a Life with God, pages 38-39.)

Lectio Divina is a way of praying Scripture. It dates back to the Middle Ages and has primarily been used among Benedictine monks. It “aims at giving an awareness of God’s presence through a fourfold process.”

This method can take five minutes or it can take several hours! You are encouraged to spend an equal amount of time with each part. Though any passage can be used, those that work well for this method of praying are often the Gospel stories and Psalms that range in length no more than ten verses.

**Part I-Lectio (reading)** Receive the word of God. Read the text twice, out loud or in silence, then pause for a moment. Read the text slowly again so that you can savor it.

**Part II-Meditatio/Ruminatio (ruminate; mull over)** Allow the word to be present. Read the text again slowly. Take notice of a word or phrase that strikes you in a unique way. After you read the text think about that word or phrase.

**Part III-Oratio (speak)** Articulate your response. Read the text slowly again pausing afterwards. During your silent pause take time to ask God, “Why does this word or phrase stand out to me today? What are you saying to me today?” Just wait and listen for a moment or two.

**Part IV-Contemplatio (“contemplate”)** Rest in the presence of God. Carry this prayer experience with you. Thank God for the word that was revealed to you today.

## Some passages you might consider...

- *Psalm 1:1-6*
- *Psalm 15:1-5*
- *Psalm 101:1-8*
- *Matthew 6:25-34*
- *Matthew 14:22-33*
- *Matthew 20:20-28*
- *Mark 4:35-41*
- *Mark 6:6b-13*
- *Mark 7:24-30*
- *Mark 12:41-44*
- *Luke 8:22-25*
- *Luke 9:23-27*
- *Luke 11:1-13*
- *Luke 19:1-10*

# The Jesus Prayer

*“Prayer is essentially an entering into that knowledge of the Divine love holding us.”*  
— Simon Barrington-Ward, p.22

Turning our attention to God in an intentional way is the cornerstone of prayer. One prayer practice used over the centuries is the simple Jesus Prayer. This repetitive prayer invites the prayer to put her/himself in the presence of God and invite God’s mercy to wash over the prayer and the world. Three different options are listed here:

*Lord Jesus Christ  
Son of God  
Have mercy on me.*

*Lord Jesus Christ  
Son of God  
Have mercy on me, a sinner.*

*Lord Jesus Christ  
Love of God  
Have mercy on me  
and on the whole world.*

Instructions from *The Jesus Prayer: A Way to Contemplation\** by Simon Barrington-Ward include the following:

## How to begin:

- Sit comfortably, relax and breathe slowly
- Pray the words of the prayer out loud: “Lord Jesus Christ, Son of God, have mercy on me,” repeating the prayer over and over.
- Try to pray for ten minutes at first; gradually increase the time, if desired.

## Additional Notes:

- When you find your mind wandering, let the words of the prayer bring you back to an awareness of God: “Lord Jesus Christ, Son of God...”
- You may choose to breathe intentionally as you pray, breathing in as you say the first half of the prayer (Lord Jesus Christ, Son/Love of God) and breathing out as you say the second half (Have mercy on me/Have mercy on me and on the whole world).
- Use this as a prayer of intercession by putting the name of a person, a group of people, or a situation in place of “me” as you repeat this prayer.
- Gradually let the prayer lead you into times of complete silence, resting in the love of God.

*\*The Jesus Prayer: A Way to Contemplation*, Simon Barrington-Ward, (US Edition: Pauline Books & Media, Boston, MA), 2011

# Prayers Of Lament

Expressions of biblical lament can be found in numerous books of the Bible, particularly in Psalms. Of the 150 Psalms, nearly half can be categorized as a form of lament. These prayers can be for both individual and corporate settings. Though not all lament psalms follow the same format, there is often a common flow and movement among these prayers. See below. In these psalms, a critical turning point occurs in most of them when the plea or complaint turns to praise.

“The practice of lament gives you time and permission to vent your pent-up anger, your deep sadness, and your self-blame. You allow yourself to grieve in a way that leads to healing and renewal. As you pour out your grief, loss, pain, and anger in the presence of God, you discover that God hears your cries of anguish and comforts you. While you can’t remove the storms, quiet the thunder, or stop the lightning from striking, you can trust your tears to be the raindrops that release the clouds, allowing rays of sunlight to shine through. Before catching a glimpse of the rainbow, though, you have to brace yourself for the raging storm within.”\*

## Write your own “3-Act” psalm

### Act I: Arguing with God

People get mad at God (or some other event/reality) and pour out their raw emotions.

### Act II: Remembering God’s goodness

Gradually those who complained remember God’s help in the past and know that God has heard them.

### Act III: Praising God

Those who lament realize they can trust God with their lives and they tell God, “Thanks!”

\*Bass, Dorothy & Don Richter, eds. *Way to Live: Christian Practices for Teens*. (Nashville: Upper Room Books, 2002), page 251.

#### Psalm 22:1-2

*‘My God, my god, why have you forsaken me? Why are you so far from helping me, from the words of my groaning? <sup>2</sup>O my God, I cry by day, but you do not answer; and by night, but find no rest.*

# Be Still

*Be still and know that I am God.* — Psalm 46:10a

In our busy and noisy world, it can be difficult to slow down...to stop...to relax...to breathe...to be still. This way of praying gives you opportunity to do just that...be still. And to do it in a way that calls us to remember who God is.

To pray this prayer, you simply keep in mind the phrase “Be still and know that I am God,” but you will actually “chop off” words of this verse until you are in total stillness. Repeat each phrase in the quietness of your mind for one minute. Or you can do it for more or less time than that, but keep it an equal amount of time.

Repeat the following phrases each for one minute...for a total of five minutes:

Be still and know that I am God

Be still and know

Be still

Be

...silence...

## Psalm 46

<sup>1</sup>God is our refuge and strength, a very present help in trouble.

<sup>2</sup>Therefore we will not fear, though the earth should change, though the mountains shake in the heart of the sea; <sup>3</sup>though its waters roar and foam, though the mountains tremble with its tumult. *Selah*

<sup>4</sup>There is a river whose streams make glad the city of God, the holy habitation of the Most High. <sup>5</sup>God is in the midst of the city; it shall not be moved; God will help it when the morning dawns. <sup>6</sup>The nations are in an uproar, the kingdoms totter; God utters speech, the earth melts. <sup>7</sup>The Lord of hosts is with us; the God of Jacob is our refuge. *Selah*

<sup>8</sup>Come, behold the works of the Lord; see what desolations God has brought on the earth. <sup>9</sup>The Holy One makes wars cease to the end of the earth; God breaks the bow, and shatters the spear; he burns the shields with fire. <sup>10</sup>Be still, and know that I am God! I am exalted among the nations, I am exalted in the earth. <sup>11</sup>The Lord of hosts is with us; the God of Jacob is our refuge. *Selah*

## Praying With Art

Spending time contemplating an art piece can be a way of entering into prayer. It can be a way of listening in prayer. It can be a way that Scripture comes to life for you.

- Choose a picture you would like to focus on. You may want to choose something related to a certain Scripture passage. Or select some paintings or drawings from religious art books or other sources.
- Sit down; make yourself comfortable. Ask God to open something up to you through this work of art.
- Spend time looking at the picture: notice color, texture, layers, the characters and scenery. Allow yourself to hone in on details.
- After some time, allow yourself to withdraw from looking at detail and look at the “big picture.”
- Ask what is this piece trying to portray? What is it saying?
- Allow yourself to be drawn in again, this time imagining yourself as a part of the scene. What character do you relate to? What emotion in the picture might describe where you are right now? What strikes you?
- Spend some time praying asking God what this means for you. It may be that this simply gives you a different view of Jesus or someone else to ponder. It may be a tool God is giving you to open up Scripture to you in a whole new way. It may be an insight into yourself. Whatever it is, thank God for it.

*“Whatever may be the tensions and the stresses of a particular day, there is always lurking close at hand the trailing beauty of forgotten joy or unremembered peace.”*

—Howard Thurman, *Meditations of the Heart*

*“Do not think that love in order to be genuine has to be extraordinary. What we need is to love without getting tired. Be faithful in small things because it is in them that your strength lies.”*

—Mother Teresa

*“Earth is crammed with heaven”*

—Elizabeth Barrett Browning

## Praying With Clay

*Yet, O Lord, you are our Father; we are the clay, and you are our potter; we are all the work of your hand. —Isaiah 64:8*

It isn't always easy to put into words what we want to share with God. Sometimes it is downright hard to pray. Praying with clay can be a rich new way for you to experience prayer. You can use your hands to feel that you are sharing something with God.

- Choose a ball of clay to work with. Then make yourself comfortable.
- You may want to choose a Scripture passage on which to reflect, or simply use the clay to express some feelings or challenges you are experiencing.
- Try to get a bit lost in what you are doing, allowing God to enter into your process of creating.
- When you are done you may have a symbol before you or you may simply have worked some things out through the clay.

### Psalm 8:1-9

*<sup>1</sup>O Lord, our Sovereign, how majestic is your name in all the earth! You have set your glory above the heavens. <sup>2</sup>Out of the mouths of babes and infants you have founded a bulwark because of your foes, to silence the enemy and the avenger. <sup>3</sup>When I look at your heavens, the work of your fingers, the moon and the stars that you have established; <sup>4</sup>what are human beings that you are mindful of them, mortals that you care for them? <sup>5</sup>Yet you have made them a little lower than God, and crowned them with glory and honor. <sup>6</sup>You have given them dominion over the works of your hands; you have put all things under their feet, <sup>7</sup>all sheep and oxen, and also the beasts of the field, <sup>8</sup>the birds of the air, and the fish of the sea, whatever passes along the paths of the seas. <sup>9</sup>O Lord, our Sovereign, how majestic is your name in all the earth!*

## Praying Through Drawing

Sometimes it is difficult to put into words what we are experiencing, what we want to share with God. Therefore, sharing with God through drawing can be helpful.

- It may help to capture emotions you are experiencing that are so hard to describe.
- It may be a special way to describe something you are struggling with.
- Drawing, like journaling, can be a special thing you can look back on and remember where you were spiritually when you offered such a prayer.
- Finally, try to think of this as a special offering to God. You are creating something as you pray. It is a gift that you share with God. It can be a symbol of your relationship with God and where you are in your journey.

Find a comfortable spot to spend some time drawing your prayers to God.

### Psalm 139:1-6

*<sup>1</sup>O Lord, you have searched me and known me. <sup>2</sup>You know when I sit down and when I rise up; you discern my thoughts from far away. <sup>3</sup>You search out my path and my lying down, and are acquainted with all my ways. <sup>4</sup>Even before a word is on my tongue, O Lord, you know it completely. <sup>5</sup>You hem me in, behind and before, and lay your hand upon me. <sup>6</sup>Such knowledge is too wonderful for me; it is so high that I cannot attain it.*

*I swim inside this love on my inside  
Love that was before there was a time  
Love that will be after there will be a time*

—Rumi, *Radical Love*



## Praying With Photography

Use your camera to help you see reflectively. With your camera in hand, take a contemplative walk, being present to the life and to the details around you. Be mindful of that to which your eye is drawn. Receive (as opposed to “take” or “shoot!”) each of these visual gifts with your camera. Choose the image that most draws your attention. Use this image as a starting point for reflection on the holy, the sacred, the presence of God in all things.

Sit reflectively with one image and ponder some of these questions:

- *What emotions does this image evoke in you?*
- *What might God be offering you through this image?*
- *What might God be showing you about yourself in this image?*
- *In what ways does this image call you to grow or to be transformed?*

Receive your awareness with thanks and gently transition back to your day.

Adapted from *Eyes of the Heart: Photography as a Christian Contemplative Practice* by Christine Valters Paintner (Sorin Books, Notre Dame, IN 2013)

## Loving Kindness

We all need to practice being kind, particularly to ourselves. Only when we first reconnect with the infinite love—our original and inherent blessing—that is our ground of being can we extend that love to others through nonviolent actions. When we remember that we are love, we can truly wish even our enemies well. The Buddhist practice of *metta*, loving kindness, is a wonderful way to grow compassion for yourself and for others.

Begin by sitting in silence and finding the place of loving kindness within you. Then speak the following statements aloud:

*May I be free from inner and outer harm and danger. May I be safe and protected.*

*May I be free of mental suffering or distress.*

*May I be happy.*

*May I be free of physical pain and suffering.*

*May I be healthy and strong.*

*May I be able to live in this world happily, peacefully, joyfully, with ease.*

Repeat these affirmations as many times as you wish. When you are ready, replace the “I” in each statement with someone else’s name. You might begin with a beloved, then move in widening circles to send love toward a friend, an acquaintance, someone who has hurt you, and finally the whole universe.

# Prayers Of Others

## A Reason to Pray

Whoever has not begun the practice of prayer, I beg for the love of the Lord not to go without so great a good. There is nothing here to fear but only something to desire. Even if there be no great progress, or much effort in reaching such perfection as to deserve the favor and mercies God bestows on the more generous, at least a person will come to understand the road leading to heaven. And if one perseveres, I trust then in the mercy of God, who never fails to repay anyone who has taken Him for a friend. For mental prayer in my opinion is nothing else than an intimate sharing between friends; it means taking time frequently to be alone with Him who we know loves us.

—Teresa of Avila, a 16<sup>th</sup> century Catholic Spanish mystic

---

## A Journey Blessing

*The journey blessing of Mary MacDonald has a sense of the presence of the Trinity accompanying the traveler, that profound and totally natural experience of God as Trinity that is so much a mark of Celtic prayer:*

God be with thee in every pass, Jesus be with thee on every hill,  
Spirit be with thee on every stream,  
    Headland and ridge and lawn;  
Each sea and land, each moor and meadow,  
Each lying down, each rising up,  
In the trough of the waves, on the crest of the billows,  
    Each step of the journey thou goest.

—*The Celtic Way of Prayer*, page 11

---

## A Trinitarian Prayer of Protection

*This prayer is from the Carmina Gadelica, a 19th century Scottish collection of hymns, prayers, and blessings.*

The guarding of the God of life be upon me,  
The guarding of loving Christ be upon me,  
The guarding of the Holy Spirit be upon me,  
    Each step of the way,  
    To aid me and enfold me,  
    Each day and night of my life.

—*The Celtic Way of Prayer*, page 27

## Psalm 121

“I lift up my eyes to the hills - from where will my help come? My help comes from the Lord, who made heaven and earth. God will not let your foot be moved; God who keeps you will not slumber. The One who keeps Israel will neither slumber nor sleep. The Lord is your keeper; the Lord is your shade at your right hand. The sun shall not strike you by day, nor the moon by night. The Lord will keep you from all evil; The Holy One will keep your life. The Lord will keep your going out and your coming in from this time on and forevermore.”

---

## Plea for Perseverance

Dear eternal, heavenly Father,  
 I call upon you from the depths of my heart;  
     do not let me turn from you,  
     but keep me in your truth unto my end.

Instruct and teach me,  
     your poor, unworthy child,  
     that I may press even unto death,  
     through all sorrows, sufferings, anguish and pain.

Let me persevere, O God,  
     that I may not be separated from your love.

Comfort me by your holy word,  
     in which I firmly trust.

I commend myself to you and your church.  
 Be my Protector today,  
     for your holy name's sake,  
     through Jesus Christ. Amen.

—Anna of Freiburg, a 16<sup>th</sup> century German Anabaptist martyr  
*zealous in her faith; drowned & burned*

---

## God's Encompassing Presence

God be in my head and in my understanding;  
 God be in mine eyes, and in my looking;  
 God be in my mouth, and in my speaking;  
 God be in my heart, and in my thinking;  
 God be at my end, and at my departing.

—Sarum Missal, a 16<sup>th</sup> century English church liturgical prayer book

## Desire for Faithfulness

O God,  
preserve us in your keeping,  
that we may not faint and abandon your Word.  
Let us enjoy the faithfulness which you have shown  
through your Son Jesus Christ.  
Kindle in us the fire of your divine love;  
lead us to practice love as your dear children.  
Let the light of your divine glory illuminate us,  
that we may walk in it.

O God,  
we ask you for one thing more:  
send us your Holy Spirit,  
endue us with power,  
renew our hearts,  
and make us strong in you  
that we may obey you  
and praise your name. Amen.

—*Prayer of Hans Langmantel and his manservant and maidservant,  
16<sup>th</sup> century Dutch Anabaptist martyrs*

---

## Peace Prayer

Lord make me an instrument of your peace.  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
And where there is sadness, joy.  
O Divine Master grant that I may  
Not so much seek to be consoled, as to console;  
To be understood, as to understand;  
To be loved as to love.  
For it is in giving that we receive,  
It is in pardoning that we are pardoned.  
And it is in dying that we are born to eternal life.  
Amen.

—*attributed to St. Francis of Assisi, a 13<sup>th</sup> century Italian Catholic monk*

## Prayer: I Have No Idea Where I Am Going

“My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road, though I may know nothing about it. Therefore will I trust you always, though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.”

—Thomas Merton, *Thoughts in Solitude*

---

## A Martyr’s Prayer

Loving God,  
 You have baptized us into one body  
     and made us to drink the one Spirit.  
 Now grant us pure and faithful hearts  
     that we may serve one another diligently in love  
     and find no cause to separate or divide.  
 Call each of us to esteem others better than ourselves  
     so we may remain together in peace and joy.  
 Grant these mercies to us and all your people. Amen.

—Tijds Jeuriaenss, a 16<sup>th</sup> century Anabaptist minister.  
*In 1569 Minister Tijds was strangled and burned at the stake.*

## Prayer: The Lord's Prayer: Liberation Theology Version

Our Father and Mother  
who is in us here on earth,  
holy is your name  
in the hungry  
who share their bread and their song.  
Your Kingdom come,  
which is a generous land  
flowing with milk and honey.  
Let us do your will,  
standing up when all are sitting down,  
and raising our voice  
when all are silent.  
You are giving us our daily bread  
in the song of the bird and the miracle of the corn.  
Forgive us  
for keeping silent in the face of injustice,  
and for burying our dreams;  
for not sharing bread and wine,  
love and the land,  
among us, now.  
Don't let us fall into the temptation  
of shutting the door through fear,  
of resigning ourselves to hunger and injustice,  
of taking up the same arms as the enemy.  
But deliver us from evil.  
Give us the perseverance and the solidarity  
to look for love,  
even if the path has not yet been trodden,  
even if we fail;  
so we shall have known your Kingdom  
which is being built forever and ever.  
Amen.

## Transformation

O my Divine Saviour

Transform me into Yourself.  
 May my hands be the hands of Jesus.  
 May my tongue be the tongue of Jesus.  
 Grant that every faculty of my body  
 May serve only to glorify You.

Above all,

Transform my soul and all its powers  
 So that my memory, will and affections  
 May be the memory, will and affections  
 Of Jesus.

I pray to You

To destroy in me  
 All that is not of You.

Grant that I may live

But in You, by You and for You,

So that I may truly say with St. Paul,

"I love now, not I,  
 But Christ lives in me."

—Saint John Gabriel Perboyre, *19th century French priest and missionary to China, executed on September 11, 1840 for preaching Christianity*

---

## God's Pencil

I always say I am a little pencil in the hands of God. He does the thinking. He does the writing. He does everything--and it's really hard--sometimes it's a broken pencil. He has to sharpen it a little more. But be a little instrument in His hands so that He can use you any time, anywhere. . . . We have only to say Yes to Him.

—Mother Teresa of Calcutta, *a 20<sup>th</sup> century Catholic nun*

---

## May I See You Today

Dearest Lord, may I see You today and every day in the person of Your sick, and, while nursing them, minister unto You. Though You hide Yourself behind the unattractive disguise of the irritable, the exacting, the unreasonable, may I still recognize You, and say, "Jesus, my patient, how sweet it is to serve You."

—Mother Teresa of Calcutta, *20<sup>th</sup> century Catholic nun*

## Protection for the Journey

“The path I walk, Christ walks it.” The opening words of a traditional 6th century poem attributed to St. Columba ask for the protection and support of Christ’s presence on this journey wherever it may carry us.

The path I walk, Christ walks it.

May the land in which I am be without sorrow.

May the Trinity protect me wherever I stay,

Father, Son, and Holy Spirit.

Bright angels walk with me – dear presence –in every dealing.

In every dealing I pray them that no one’s poison may reach me.

The ninefold people of heaven of holy cloud,

the tenth force of the stone earth.

Favourable company, they come with me,

so that the Lord may not be angry with me.

May I arrive at every place, may I return home;

may the way in which I spend be a way without loss.

May every path before me be smooth,

man, woman and child welcome me.

A truly good journey!

Well does the fair Lord show us a course, a path.

—*The Celtic Way of Prayer*, page 6

---

## What we would like to do is change the world

—make it a little simpler for people to feed, clothe, and shelter themselves as God intended them to do. And, by fighting for better conditions, by crying out unceasingly for the rights of the workers, the poor, of the destitute—the rights of the worthy and the unworthy poor, in other words—we can, to a certain extent, change the world; we can work for the oasis, the little cell of joy and peace in a harried world. We can throw our pebble in the pond and be confident that its ever widening circle will reach around the world. We repeat, there is nothing we can do but love, and, dear God, please enlarge our hearts to love each other, to love our neighbor, to love our enemy as our friend.

—Dorothy Day



## A Foolish Blessing

May God bless you with discomfort  
 at easy answers, half truths, and superficial relationships,  
 so that you may live deep within your heart.

May God bless you with anger  
 at injustice, oppression and exploitation of people,  
 so that you may work for justice, freedom and peace.

May God bless you with tears  
 to shed for those who suffer pain, rejection, hunger and war,  
 so that you may reach out your hand to comfort them and  
 to turn their pain into joy.

And may God bless you with enough foolishness  
 to believe that you can make a difference in the world,  
 so that you can do what others claim cannot be done  
 to bring justice and kindness to all our children and the poor.

—A Franciscan Benediction

---

## Psalm 23 Comfort

I am a child of God,  
 I have everything I need.

This beautiful earth feeds my body.  
 You feed my soul.

You guide me in the ways of Life,  
 for You are Life.

And though I will walk through dark places, and eventually to death,  
 I need never be afraid.

For You are with me always,  
 In You I can find comfort.

With Your help, I can face whatever comes.  
 My joy overflows.

Your goodness and blessing will be with me  
 Every day of my life — and forever.

—23rd Psalm adapted by Christine Robinson, *Psalms for a New World website*







---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---







## 2023-24 Student Ministry Team

Kate Bodiker  
Madeleine Kelly-Kellogg  
Zion Neat



**Campus Pastor**

Jen Shenk

[jshenk@goshen.edu](mailto:jshenk@goshen.edu)

574.535.7776

Wyse 121

 **GOSHEN  
COLLEGE**

[goshen.edu/ministries](http://goshen.edu/ministries)