

At Jesus' Feet

Oasis: A Self-Guided Prayer

Let's prepare our hearts to hear from Jesus. Take a moment and lift up the worries and distractions of your day to Jesus. Take a deep breath and breathe in God's peace and breathe out the worries of your world. Do this until you feel centered and in a place to receive God's teaching. Ask the Holy Spirit to be present in your time of prayer, having an open heart and an open mind to His teaching.

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. Colossians 3:16

Being at Jesus' feet looks different for each of us and may look different at different seasons in our lives. Some seasons we sit patiently, like Mary who wanted to learn from Jesus and sought His presence. Other seasons we are more like the woman with the alabaster jar who sought forgiveness and wholeness, and still other seasons we may be pleading for a miracle much like Jairus. However we come to Jesus, whether with peace, angst, pleading, or anything in between, His response is always the same. Jesus turns to us with the greatest of love, compassion, and acceptance. Please read the following scriptures:

And she had a sister called Mary, who sat at the Lord's feet and listened to His teaching. Luke 10:39

And behold, a woman of the city...brought an alabaster flask of ointment, and standing behind Him [Jesus] at His feet, weeping, she began to wet His feet with her tears and wiped them with the hair of her head and kissed His feet and anointed them with the ointment... Luke 7:37-38

And there came a man named Jairus, who was a ruler of the synagogue. And falling at Jesus' feet, He implored Him to come to his house, for he had an only daughter, about twelve years of age, and she was dying. Luke 8:41-42

Imagine Jesus in front of you, in the flesh, breathing in and out; looking at you with care and compassion. What will you say to Him? What will you ask of Him? Will you sit in awe? Ask Jesus to meet you where you are. Jesus is present. He is focused on you, and He wants to listen and speak to you. Open up your heart and your mind. However you come, come and sit at the feet of Jesus. Begin talking with Him, He is leaning in to hear you.

Is there something that you have been meaning to talk with Him about, but haven't had the time or maybe the courage?

Is there something you are afraid to ask Him or afraid to discuss?

Do you simply want to listen to Him and learn from His teaching?

On the back of this sheet are scriptures that can be used in this time of prayer. As God begins to illuminate Jesus' Truth in your life and Jesus' words to you, write them on your index card. Do you need to be reminded of His Truth this week? Keep your card and put in a prominent place for you to revisit this week. Is there a fear/worry/anxiety He is wanting you to leave at His feet today? Leave your index card in the jar beside the pair of sandals on your way out as a symbol of *casting all your anxieties on Him because He cares for you* (1 Peter 5:7).

Go in Peace in Jesus' Name.

Continued Scriptures for Learning and Seeking Jesus' Presence

O, God, You are my God; earnestly I seek You; my soul thirsts for You; my flesh faints for You, as in a dry and weary land where there is no water. Psalm 63:1

*But for me it is good to be near God; I have made the Lord God my refuge that I may tell of all your works.
Psalm 73:28*

Glory in His holy name; let the hearts of those who seek the Lord rejoice! Seek the Lord and His strength; seek His presence continually! Psalm 105:3-4

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. Colossians 3:16

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. Hebrews 4:12

Continued Scriptures for Forgiveness and Wholeness

But who can discern their own errors? Forgive my hidden faults. Keep your servant also from willful sins; may they not rule over me. Then I will be blameless, innocent of great transgression. Psalm 19:12-13

I have loved you with an everlasting love. Jeremiah 31:3

Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. John 14:27

*Therefore if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.
2 Corinthians 5:17*

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. Romans 8:1-2

Continued Scriptures for Pleading and Seeking Healing

Out of the depths I cry to you, O Lord! Let Your ears be attentive to the voice of my pleas for mercy! Psalm 130:1

O Lord my God, I cried to you for help, and you have healed me. Psalm 30:2

He heals the brokenhearted and binds up their wounds. Psalm 147:3

*For my thoughts are not your thoughts, neither are your ways my ways, declares the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.
Isaiah 55:8-9*

Hear my cry, O God, listen to my prayer; from the end of the earth I call to You when my heart is faint. Lead me to the rock that is higher than I, for You have been my refuge, a strong tower against the enemy. Psalm 61:1-3