

WALKING WITH THE LORD
A PRAYER SESSION
CHRIST OUR COMPANION IN LIFE'S JOURNEY

Purpose of This Prayer Session

- To foster joy and optimism in the following of Jesus.
- To create awareness of the ever abiding presence of Jesus amongst us.(We do not walk alone. Christ is with us throughout our life's journey
- To build up a sense belonging among Christ's followers. (We are not isolated particles', but 'living cells' united in Chris)

Uses of These Notes:

- For Prayer Sessions.
- Holy Hours
- Personal and Group Meditation.
- Pep Talks and sermons

Target Audience:

- All Christian Audiences
- Specially Youth.
- And Committed Groups.

Requirements:

Copies of the hymn WALKING WITH THE LORD for all participants

PROCEDURE;

Step 1. Introductory session.

Welcome the participants.
 Opening Prayers and Hymns.

Step 2. Meditating and Singing The Hymn

A) Read the Chorus - *Very Slowly and Emphatically*

Walking with the Lord,
 We are walking in the morning,
 Lift up your hearts,
 For you are walking with God.
 Singing to the Lord,
 We are singing in the sunshine,
 Lift your hearts,

For we are singing to God!

Comment on it: *(Suggested ideas)*

- Our life in this world is a walk, a journey, and a pilgrimage...
- We start walking at birth...we walk and walk... only at the moment of death we reach our destination.
- Sometimes our walk may be long, arduous and tiring.... But, we are forever walking with God!
- No fears...no anxieties! God is always with us....
- That's why all hardships, all sufferings, and all frustrations are bathed in sunshine...
- That's why, we can keep singing as we walk along...
- Let us keep in mind that Jesus is forever with us:
- In his spoken word in the Gospels.
- In our hearts after Baptism by grace
- And especially in the Eucharist.
- He is: our walking companion...our brother...our guide...our food and drink... our nourishment. .. for ever present amongst us:
- He said: "And remember, I'll be with you always, till the end of time",

Time for personal reflection and prayer.

- First, in silence alone by themselves..
- Secondly, shared prayers and reflections.
- Singing prayerfully the words of the Chorus

B) Read the first verse. *Very Slowly and Emphatically*

Hand in hand with everyone,
We are walking, walking
Black and white and brown,
Together, walking, walking
Singing new songs now,
Living new lives,
Building new bridges,
Walking distant miles,
Well, we are walking with the Lord...'

Comment on it. *(Suggested ideas)*

- We are not walking only with God alone but with others...
- We are walking together, all brothers, sisters in the company of the Lord...We walk as a group... as a family...
- Nothing shall divide us, neither color nor social position, nor caste nor age, nor sex, nor nationality...
- We are all children of God, we are a family...one in mind and heart...
- United with one another and with the Lord, we shall be for ever happy... we are singing new songs, songs of praise to the Lord...living new lives, lives overflowing with God's love and grace.
- We forge ahead...we press forward...we build new bridges for us and others to cross, bridges of love, peace and joy...a new world...

Who will ever stop us? With Christ really present among us, we are invincible...we are walking with the Lord....

Time for personal reflection and prayer.

- First, in silence and by themselves.
- Secondly, shared prayers and reflections
- Singing prayerfully the 1st Verse and the Chorus.

C) Read the second verse. *Very slowly and Emphatically.*

Rain and storm will not prevent us,
 Walking, walking,
 Faith and hope and love,
 Will send us walking, walking,
 Crossing all barriers,
 Climbing all stiles,
 Breaking through fences,
 Walking distant miles,
 Well, we're walking with the Lord...

Comment on it (*Suggested ideas*)

- No obstacles will stop us walking towards our heavenly home... towards a land better than the one we live in, to which we really belong....
- Rain and storm...perils and uncertainties on the way will not stop our walk and pilgrimage
- Faith, hope and love are there to sustain us always....
- Jesus is in our midst. He is our companion, our strength, our food and drink and our sure guide....
- With Jesus and with all our brothers and sisters we shall climb all stiles... we shall cross all barriers....we shall break through fences...we shall surmount all obstacles...
- From our very limitations and frustrations we shall wrest a breakthrough to our final end where God be all in all...
- We shall keep walking with the Lord, till we die...till the end!. Our goal, our destination is nothing less than heaven, the place with golden streets and pearly gates, where night never falls because the glory of God shines on it.

Time for Reflection and Prayer

- First in silence by themselves
- Secondly shared prayers and reflections.
- Sing the Whole Hymn. (Chorus and verses)

Step 3 Closing with a Scripture Reading and a Hymn.

Disciples of Emmaus. Lk 24/13-19; 25,26; 28-32

Give a short Commentary.

- Jesus walks with them, yet they did not recognize him. They did not feel Jesus' presence, hence they were feeling sad, discouraged and abandoned.
- Jesus walks with us in our life's journey, but we do not recognize him, we don't feel his presence, so we feel lonely, weak, discouraged.

- When they recognized Jesus, things changed dramatically. There was joy, optimism we, happiness.
- Let us pray that we may always feel Jesus' presence in all the circumstances and situations we find ourselves.
- Remember the words of Jesus: "And remember: I'll be with you always till the end of life"

HYMN: WALK WITH ME OH, MY LORD.

Ch. Walk with me O my Lord.
 Through the darkest night and brightest day,
 Be at my side O Lord,
 Hold my hand and guide me on my way.

1. Some times the road seems long,
 My energy is spent,
 Then, Lord I think of you and
 I am given strength.

2. Stones often bar my path,
 And there are times I fall,
 But you are always there,
 To help me when I call.

3. Just as you calmed the wind,
 And walked upon the sea,
 Conquer, my living Lord
 The storms that threaten me.

4. Help me to pierce the mists
 That cloud my heart and mind
 So that I shall not fear
 The steepest mountain -side.

5. As once you healed the lame
 And gave sight to the blind,
 Help me when I'm downcast
 To hold my head up high