



WILD CHURCH PRAYER TRAIL:

# JOURNEYING WITH GOD

COMPLETE THE STAGES OF THIS TRAIL IN WHATEVER ORDER YOU WANT.



## REST FOR OUR JOURNEY: THE BENCH

Wherever we're going, whether a walk or a longer journey, we need to take time, to stop and allow our bodies, minds, our inner selves, some call this our soul, to rest.



Two writers - the late Shelly Miller and Emily Freeman have written about stopping and pausing. Shelly reflects on a word from the Bible - 'Selah', which may mean 'to stop and listen' and used the phrase to help her pause and listen to what God was saying to her. Emily uses a bench to stop and experience the presence of God, in the space just a few centimetres above the ground.

You're invited to sit here a while.

What do you notice?

What can you hear?

Can you feel the ground under your feet and the wooden frame supporting you?

How do you feel when you pause and see the world and people around you continue to move on with their activity? Is it hard to stop? Do you resist rest? Do you feel the need to get going or are you happy to pause and allow yourself to enter into rest?

As you sit quietly, what thoughts come to mind?

When you feel ready, carry on with your journey. May you know that God offers rest to us along the way.

'Then Jesus said "Come to me, all of you who are weary and carry heavy burdens and I will give you rest."'

Matthew 11:28



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## LEARNING ON OUR JOURNEY: THE SCHOOL

What was the best or most interesting thing that you learned in education? And what is the thing you learned that you probably use most in your day-to-day life now?



Many of us will have finished with formal education, but learning is still a part of journeys today. Maybe reflect on some of the things that you are still learning right now.

Jesus calls us to follow him, and as part of that journey to learn from what he teaches us. In the following verse to one of the Bible verses already used in this trail, he says:

“Come to me, all you who are weary and burdened, and I will give you rest.

Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

For my yoke is easy and my burden is light.” Matthew 11:28-30

Ask Jesus now: what is it that you want me to learn from you today? This year?

As you continue on your journey, be open to watch Jesus is teaching you.



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## REFRESHMENT ON OUR JOURNEY: THE POND

Take some time looking at the pond – what is the water giving life to, keeping green and helping to flourish here?



Plants growing near water are easily sustained and can thrive because they have a regular supply. They grow strong, develop deep roots and will be fruitful.

Think about your journey of life – what, or who gives you refreshment and hope?

What helps you to be fruitful?

In the book of Jeremiah, it says that those whose confidence is in the LORD are “like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit” (Jeremiah 17:8).

What habits will nourish and refresh you on this journey - reminding you that you are rooted in the love of God, and sustained by the Holy Spirit?



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## JOURNEYING TOGETHER: THE COMMON

Take some time looking at the buildings that you can see from the Common. What communities do they contain or represent?



Land held 'in common' was an important basis for early agriculture, providing land for grazing, and places for people to forage for wood, berries and wild plants. Today it is still an important part of many communities, offering green space for exercise, for connecting with nature and sometimes for community events. Common land reminds us that we rarely journey through life completely alone – at different times we are part of different communities.

What communities are you a part of at the moment – how do they nurture and encourage you in your journey?

And what gifts or skills do you bring to them?

In his letter to the church in Colossae, the apostle Paul reminded the Christians there how to live in community: “So, chosen by God for this new life of love, dress in the wardrobe God picked out for you: compassion, kindness, humility, quiet strength, discipline. Be even-tempered, content with second place, quick to forgive an offense. Forgive as quickly and completely as the Master forgave you. And regardless of what else you put on, wear love. It’s your basic, all-purpose garment. Never be without it.”

Colossians 3: 12-14, The Message

How can you best show this love in the communities where God has placed you at this stage in your life? Sustained by the Holy Spirit, how can you cultivate good habits for the journey - habits of compassion, kindness, humility, quiet strength, discipline, and be even-tempered and forgiving?

## HOW GREAT THOU ART

O Lord my God when I in awesome wonder  
Consider all the works Thy hand hath made  
I see the stars I hear the mighty thunder  
Thy pow'r throughout the universe displayed

### Chorus

Then sings my soul my Saviour God to Thee  
How great Thou art how great Thou art  
Then sings my soul my Saviour God to Thee  
How great Thou art how great Thou art

When through the woods and forest glades I wander  
And hear the birds sing sweetly in the trees  
When I look down from lofty mountain grandeur  
And hear the brook and feel the gentle breeze

And when I think that God His Son not sparing  
Sent Him to die I scarce can take it in  
That on the Cross my burden gladly bearing  
He bled and died to take away my sin

When Christ shall come with shout of acclamation  
And take me home what joy shall fill my heart  
Then shall I bow in humble adoration  
And there proclaim my God how great Thou art

## PSALM 23

The Lord's my Shepherd I'll not want  
He makes me lie in pastures green  
He leads me by the still still waters  
His goodness restores my soul

### Chorus

And I will trust in You alone  
And I will trust in You alone  
For Your endless mercy follows me  
Your goodness will lead me home

### Descant

I will trust I will trust in You  
I will trust I will trust in You  
Endless mercy follows me  
Goodness will lead me home

He guides my ways in righteousness  
And He anoints my head with oil  
And my cup it overflows with joy  
I feast on His pure delights

And though I walk the darkest path  
I will not fear the evil one  
For You are with me  
And Your rod and staff  
Are the comfort I need to know