

All Things...

Creative Prayer

ideas to use with children and young people



From The Go Team



DIOCESE OF
Bath & Wells

Living the story. Telling the story.

All Things Creative Prayer

Introduction

This booklet provides you with a range of ideas for allowing children and young people to pray creatively. The Go Team have collated some of their favourite ideas and ways to help children and young people connect with God through prayer. You will find ideas for various age groups that you can adapt as necessary for your context. As we seek to live and tell the story of Jesus, we hope and pray that these ideas will help you and provide you with some inspiration for your toddlers, children, youth and families. Many of these ideas have been trialled and tested by ourselves and others. A number of the ideas have an online link for you to follow for further explanation.

For further help and support do contact one of the Go Team Advisers. We would love to hear your stories and experiences of using this resource. Please share them with us through sending us an email or sharing your photos with us on Twitter (@GoTeamAdvisers) and Instagram (goteamadvisers).

For more resources and to sign up to our newsletter **Inform** visit:

<https://www.bathandwells.org.uk/ministry/children-young-people>

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Top 10 Ideas for under 5s...

1. Bubble prayers:

Children (of all ages and adults!) love bubbles. Bubbles offer a visual way for pre-school children to think about and offer their prayers to God. Give each child a small bottle of party bubbles. You may need to show them how to gently blow bubbles. Alternatively, you may like to use a bubble machine, this can be purchased cheaply from a range of places.

Bubble prayers can be 'breath' prayers you say when you are blowing bubbles. You can describe the prayers in any way you feel is appropriate. You may like to get the children to say a prayer, then blow bubbles as a way of offering their prayers to God. You may like to say that when a bubble floats to the ground, this is a moment to pray a 'help' prayer and when a bubble floats up into the air, they say a 'thank you' prayer.

You can encourage the children in saying that as the bubbles burst or disappear, we can imagine that as being God hearing our prayers. Be creative in how you do this and allow the children to use their imaginations to connect with God in this creative prayer activity.



2. Finger prayers

For young children, the more visual you can make prayer, the better. Using their hands, use the image opposite as a guide for the children. You may need to simplify the language even further, to ensure children can engage with this idea. This is suitable for using in your toddler groups, pre-school Sunday groups and even as a suggestion for parents/carers to use at home with their children. Familiarity and routine are particularly important with young children, so establishing this as a pattern for prayer could be really helpful to you and your leaders.



3. Thank you prayers:

Flame Creative is a fantastic website for gaining creative ideas to use with pre-schoolers. Here is one such idea for praying creatively that focuses on saying prayers at mealtimes. The idea is to print off an A4 or A3 copy of the image below (large copy on the following page) and laminate it. It can then be used as a placemat that can easily be wiped clean.

The first time you use it, talk about the different pictures and what they symbolise. When you come to pray before you eat, ask your child to choose one or two of the pictures and to thank God for that thing. For example, if they choose the 'drink' picture, they might thank God for their favourite drink or for what they are going to drink at the table. Over time they will come up with lots of ideas of what they would like to say thank you for at mealtimes.

<https://flamecreativekids.blogspot.com/2017/08/meal-time-grace-placemat-for-under-5s.html>



4. Prayer balls:

Buy some cheap balls (e.g. ball pool balls or table tennis balls). Explain to the children that each ball represents a different type of prayer. In your toddler group, pre-school church group or at home, pull a ball out of a bag and pray the prayer that the colour indicates. There are some ideas below, depending on what colour balls you have!

- Red: Pray a sorry prayer
- Blue: Pray for the environment/animals
- Green: Pray for your family
- Yellow: Pray for people who are poorly
- Pink: Pray for your friends
- Orange: Pray for other countries



5. Teaspoon Prayers:

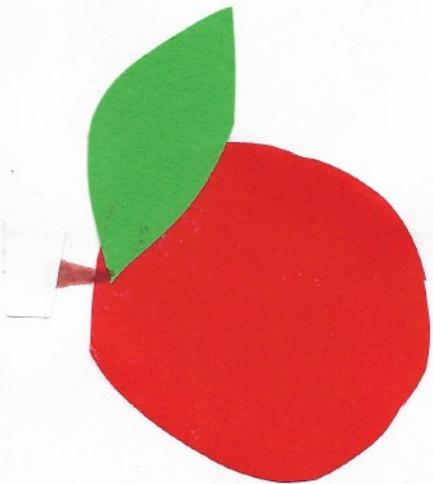
Using the acronym for teaspoon, TSP, help children to prayer as follows:

- T = Thank you
- S = Sorry
- P = Please

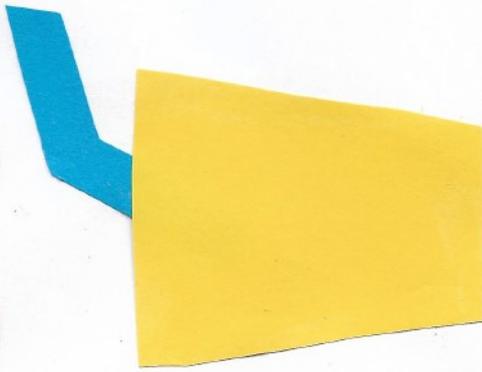
You may like to give the children a teaspoon to help remember the pattern. You can either pray all three of these things with the children or you may like to do just one, but this is a simple and easy way to help children build a relationship with God.



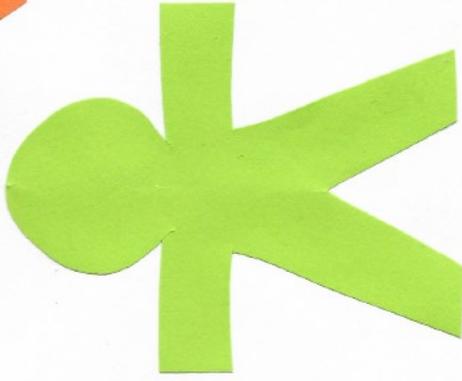
Thank you GOD



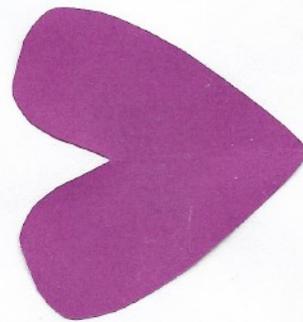
For food...



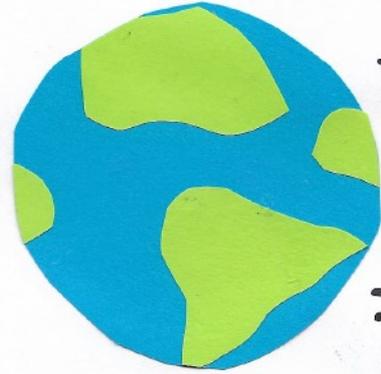
For drinks...



For people...



For loving us...



For the world...

Choose something
or someone to say
thank you to
God for.

8. Praying with babies:

So far, the ideas in this resource have centred around pre-school children who are able to actively take part in activities, but we can also pray with babies and encourage Mum's, Dad's and carers to find simple ways of doing this. We can do it both in our groups and help them to find ways of doing this in their own homes.

- ◇ Encourage your parents/carers to get into the habit of praying our loud when you have your baby in your arms. It doesn't need to involve lengthy prayers, but encourage parents to allow their baby's hear you pray over them. In the same way, this can be done in a baby groups.
- ◇ Sensory activities—baby's are often attracted to light and colours. How can you creatively turn that into a prayer opportunity in your pre-school groups?
- ◇ Flame Creative have a make-it yourself 'feely book' - <https://flamecreativekids.blogspot.com/2016/09/church-felt-quiet-book-for-babies-my.html>— could you create something similar for your baby groups that have simple prayer themes that adults can use to pray with very young children?

9. Sensory prayer tent

Children of a pre-school age often respond well to sensory based activities. Small pop-up tents are easy get hold of and offer a creative space in which we can encourage our children to take time out to reflect and think about God. This is also a particularly good activity for those with additional needs. To do this, here are some ideas:

- ◇ Provide a pop-up tent (if it's a black-out tent, even better),
- ◇ Put some cushions or bean bags inside
- ◇ Include something 'light' based e.g. fairy lights, a bubble tube, a lava lamp or a plasma ball. Be mindful of health and safety, as to where leads are located.
- ◇ You may like to consider making this a space where you can include glow in the dark items. Invisible Ink, Spy Pens can provide endless ideas. The lights on the pens, paired with glow in the dark items will give children an opportunity to reflect on the wonder of God.
- ◇ You may like to include some things the children can hold and feel, before they go into the tent, suggest that they sit or lie quietly in the tent and listen to God. You may need to tell them that God sometimes puts pictures or words into our minds or that he can make us feel warm and quiet. Tell the children they can play with the things inside the tent and see if they learn anything about God while they are there. You may be incredibly surprised by their response to this. If, however, the children come out and don't have anything to share, this is not a problem, the time and space you have given them is important.



10. Reflection Bottles

This idea has been taken from the Flame Creative website. It works well with children who are visual, giving them something to focus on while they are reflecting or listening to God.

Pour some glitter or glitter glue (either will work) into a plastic bottle and fill the bottle with water. It doesn't matter where the glitter congregates in the bottle! You may like to use one colour of glitter or a mixture.

Shake the bottle and watch! It's actually quite fascinating and peaceful. Allow the children to tell you how it feels and what they think God is revealing to them.



11. Happy and Sad Times

Young children often know what makes them happy and what makes them sad. For this prayer activity, you will need a large face that looks happy one way up and sad the other way up.

When you show the children the happy face, ask what events have made people happy during the last week and make a list of them. Pray about the list or say a one-line thank you prayer for each one.

Turn the face upside down and ask if anything sad or worrying has happened in the past week and make a list of them too. Perhaps there are people who are ill who need praying for. Pray for this list. Finish by thanking God that he always knows how we feel, whether we are happy or sad, and thanking him for being just as close to us in the good times as in the bad.

You may like to give children a happy/sad face to use in their prayer times at home.



Top 10 Ideas for children...

1. The Prayer Square

This is a silent inner prayer activity that uses no spoken words other than the person leading this activity and the occasional amen by the children.

You will need a large flat cross, four prayer square templates similar to those in the image (make these using appropriate images) and some pebbles.

Lay the prayer square out on the floor using the four templates with the cross placed in the middle of the square. Spread the pebbles out on the floor in front of the children.

How to use the prayer square:

Ask the children to sit around the prayer square. Encourage everyone to choose a pebble to use as their personal prayer pebble for the activity. Invite everyone to

place their pebble on an image they want to silently say / do a prayer for in their own heart / mind. Allow the group around 10 seconds to do this. At the end of the 10 seconds the whole groups says 'Amen' together. This is repeated three more times (each time moving the pebble). At the end, the group can say a collective 'Amen' to join all their prayers together.



2. Circle of friends prayers

Purchase or make (out of clay) a 'Circle of Friends' candle holder. This is a great way of offering children something to focus on as they pray. As the candle flickers it becomes a centring focus for the children, especially as the light from the candle shines on the clay faces.



3. Globe prayers

This is an interactive prayer activity that offers children the opportunity to pray for others around the world. You will need a large inflatable globe with the countries clearly marked, ideally about the size of a large beach ball (30–40 inches diameter).

Invite the children to sit in a large, spread out, circle opposite one another and give the ball to one of the children. Ask a child to randomly put their finger on a country (say Zambia) and to say out loud the country by praying ‘God we pray for Zambia’ and everybody responds together by saying ‘Amen’. This child throws the globe across the circle to another child to catch,

when they catch it they too randomly pick another country and say ‘God we pray for ...’ and everybody responds together by saying ‘Amen’. Repeat this as many times as you like. If a child’s finger lands on the sea / ocean, simply pray for all those who work on the seas like fishermen, lifeboat people or the royal Navy. Whilst this activity is happening, someone can write the names of the countries down. As a follow up, you can research the country, to find out a bit more about it and offer more in-depth prayers about the particular countries you have landed on in the session. Also, if you do this prayer activity regularly, you could log over a year, how many individual countries you have prayed for. It is important that children are praying for all the countries in the world not just the ones we hear about on the news or that have a higher profile.

4. Prayer pebbles

Collect a load of pebbles and using paints or permanent pens invite the children to decorate their prayer pebble. This will enable the children to identify their own pebble. Store all of the pebbles in a prayer box and get them out during prayer times.

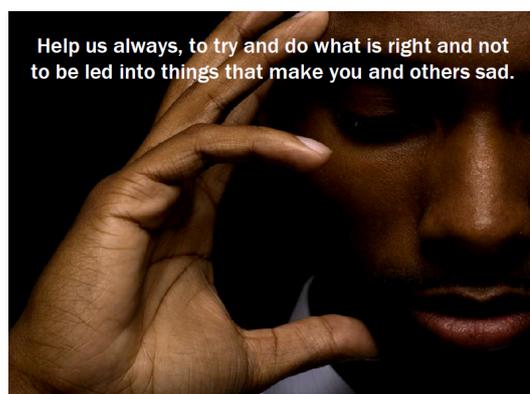


Sit in a circle and ask the children to pick out their prayer pebble and hold it in their hand. Then suggest a topic of prayer, for example family or their school or the world. Invite the children to hold the prayer pebble in their hand and silently pray for their family or the chosen topic. If a child wants to say a prayer out loud they simply place their prayer pebble on the floor in front of them to indicate this and then pray out loud. When they have finished they say ‘Amen’ (others can say ‘Amen’ too) and pick the prayer pebble back up.

This activity is a way of helping children to use their prayer pebble as a focus, it might also encourage them to engage with both silent and said prayers.

5. The Lord's prayer revised

The Lord's Prayer is familiar to many children as it is said in church most weeks. Some schools also use the Lord's Prayer in collective worship. Why not encourage children to re-write the Lords Prayer in their own language using images? Here is an example.



6. Night prayer based on Compline

This prayer activity can be done at the end of a school week, as a family in the evening, as part of a tea-time service or at a parish weekend away before the children go to bed. It involves three symbolic activities and the children responding (if they want to) with 'Amen'.

Each child will need a large pebble and a tea-light candle (on a safe tray). You will also need a free standing cross, a bowl of water and some hand towels and something to light the tea-lights.

Invite the children to sit in a circle around the cross, bowl of water and tea-lights and let them know this is a time to be quiet and still to think about the day (or week) that has passed and to ask God to prepare us for the night to come.

After a few minutes of sitting in silence

Leader: Loving God, thank you for all that has happened today (this week); help us to have a peaceful night.

Children: Amen

Leader: In the Bible Jesus says "Come to me, and I will give you rest".

After a moment:

Invite the children pick up one of the large pebbles and hold it in their hands, ask them to think about something they found hard today or that they are worried about. After a minute invite the children to place the pebble on the floor by the cross. Explain this helps us to give the things we find hard and our worries to God, so he can give us rest.



After a moment:

Explain we are now going to spend a few moments thinking about when we may have been unkind to others or not behaved as we should. Invite the children to (silently) wash their hands in the bowl of water and dry them (using paper towels). Explain this is a simple way of saying sorry to God so He can wash away the things we have done wrong.



Leader: Thank you God that when we say sorry you forgive us

Children: Amen

After a moment:

Explain we are now going to light a candle so that God shines His light on us as we rest and sleep. Invite the children to silently (and safely) light a tea-light.

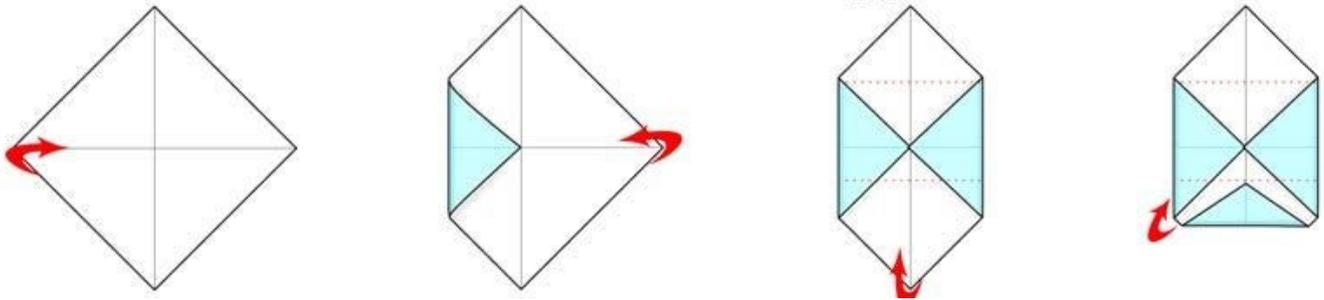
Leader: Thank you God for being with us today (this week) while we have been awake, be with us now as we rest and sleep.

Children: Amen.



7. Envelope Prayers

For this prayer activity every child will need a piece of paper about ten centimetres square and a pen. You will also need a large bowl / container with about an two centimetres of water covering the whole bottom. Then Invite the children to make an envelope by folding the four corners of their piece of paper to the centre, just like the diagram. This will create four envelope flaps. Open the four flaps and invite the children to write a prayer in the middle of their envelope so that when they close it up again their prayer will be hidden inside the envelope .



When all the children have written their prayers, get them to carefully fold the envelope flaps to hide their prayers. Once this is done invite the children to place their envelopes with the flaps facing up onto the surface of the water in the bowl / container. Then sit back and watch while the envelope flaps gently open to reveal their prayer. This is a way of offering their prayers to God. It looks like magic as the water interacts with the paper to open the flaps.



8. Washing Line Prayers

Cut out a variety of clothes shapes from paper or card and invite the children to write prayers on the shapes.

Using pegs, hang up the prayers on a washing line.

9 Prayer walk

Invite the children to go for a walk together in search of things in creation that they can thank God for. Pathways, trees, the sky, nature, bird songs, animals, flowers, plants, bees and fresh air. There is SO much to appreciate! This is an excellent way to get outside, slow down the mind and get active together.



10. Nativity prayer

Place the pieces of a 3D nativity scene randomly in the middle of the children and remind them that each piece plays a special part in the Christmas story that can remind us of things to pray for today. As each piece of the nativity story is taken up to a table to create the Nativity it will offer a focus for the children to pray.

You will need: A stable, Mary and Joseph, angels, shepherds, animals, wise men and baby Jesus (bring them up in this order).

- **The Stable:** Thank God for our homes and where we live. Pray for the homeless and those in need.
- **Mary & Joseph:** Thank God for parents, carers and those who look after us, pray for those who don't have parents or have lost them recently.
- **Angels:** Thank God for the angels who brought messages to help show the way to the baby Jesus. Pray for all those who help us to meet Jesus like parents, grandparents, the vicar, children's group leaders and teachers.
- **Shepherds:** Thank God for all those who look after animals and the land like farmers. Pray for farmers in other countries where farming is hard.
- **Animals:** Thank God for all animals, especially our pets and the joy they bring us.
- **Wise Men:** Thank God for the wise men who brought gifts to Jesus to help us understand who he was. Pray for all those who help us to learn and understand things especially teachers and people in education.
- **Jesus:** Thank God for the special birth of Jesus, his life, his stories, teaching, miracles, his sacrifice and for helping us to know God more.



Top 10 ideas for 11-16s...

1. The Cross

This simple prayer idea could be used as part of a time of sung worship or at the end of a youth group session. You'll need a large wooden cross, post-it notes, pens and drawing pins. The cross doesn't need to be elaborate, in fact the rougher the better (being careful of splinters!). Think two planks nailed together.

Hand out post-it notes and pens to everyone and in a moment of quiet or perhaps with music playing, invite the group to bring themselves before God in prayer. Suggest that they write a prayer on the paper. It might be a prayer for themselves or for someone else, a single word, a drawing or a note to God. When they are ready, they approach the cross and pin it to the cross, folding it in half if they don't want others to read it.



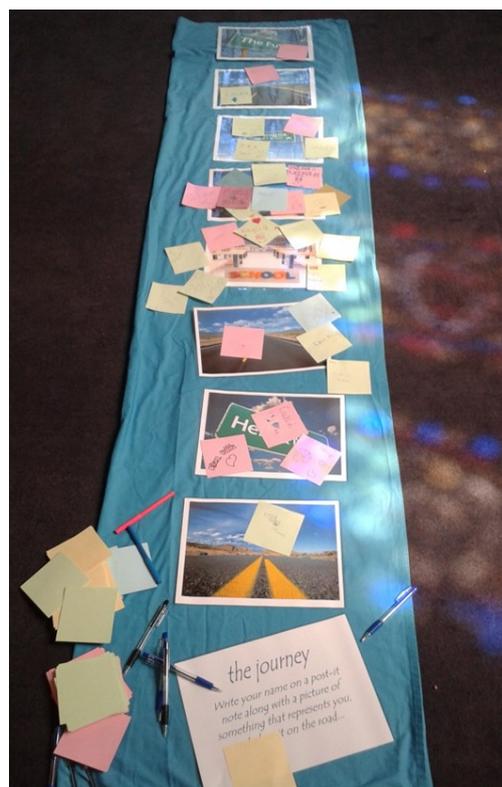
Remind the group of the significance of the cross for Christians, that Jesus made a way for us to come to God. In 1 Corinthians 1:18 the Apostle Paul says: **“For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power**

2. The Journey

This prayer station can be used with your young people as they consider the future. You'll need to make a series of A4 cards with landscape pictures of roads and signposts (try and internet search for 'roads' and look at the image results) plus some words like 'The Future' 'School' 'Changes' (try searching for 'road signs future' etc). Lay them out like a road, one in front of the other in a central place. Introduce the idea that life is like a journey – different stages and changes along the way – and that Jesus promises his disciples that he will be with us always.

Invite people to write their name on a post-it note (or alternatively draw a picture of something that represents them) and place it on the 'road' in a place that suits them as they think about their journey ahead.

Once the whole group have added their own post-it, take the opportunity to pray over the whole group as they look to the future and remind them of these words of encouragement: **“Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.” (Hebrews 12:1-2a NLT)**



3. Prayers for where we live

A good focus when praying for the place where you live is a map! Enlarge a copy of a street map of your town or village, or if your group lives across a wider area you could use an OS map. Allow the group time to look at the map and find where they live, as well as schools, churches and other important places like where friends and family live. You could use small stickers or highlighter pens as you pray quietly or aloud for the places and people in your community.



As an alternative you could have a go at drawing and creating your own map of your community and as you add things, pray for them.

4. Pebble drop prayers

Provide a large bowl of water and a variety of pebbles. Allow the young people a few moments to think what they would like to pray for.

Invite them to approach the bowl one at a time and drop their pebble into the bowl, quietly praying as they watch it sink to the bottom. It may be that there's a sense of leaving this prayer in God's hands. God promises to hear and answer our prayers.

If you have access to a nearby river or beach this could be an outdoor activity standing on the river bank or sea shore.

5. Building a fairer world

This idea could be used as part of a session or prayer space focusing on justice or injustice in our world. As we respond we build a wall of prayers for a fairer world.

Prepare some rectangles of paper or card (brick coloured if you like) and hand them out to the group inviting them to write their prayer for a fairer world on their 'brick' - it could be a slogan, a word or a picture. Then bring them all together by gluing them to a piece of lining paper to create the wall effect.



An alternative could be a 3D version with small wooden bricks (similar to Jenga blocks) which could be written on and glued together to create a more permanent wall of justice.

6 & 7. Prayer Space ideas

Here are two simple ideas for a 'prayer space'. You could give 15-20 minutes for this, allowing the young people space to explore each of the stations. Adjust the number of stations or activities to suit your group's age and stage (some young people will be more comfortable exploring a quiet space, some may need more activities to keep them engaged).

Begin with an explanation and perhaps a reminder of what prayer is and why we pray. Conclude the session back together with a short de-brief, asking them how they felt and if they have anything to share.

Prayer Space 1

Introduction: As the young people enter the prayer space display this invitation:

"Take a journey around our prayer space. Take a few minutes to visit each station, be grateful, look forward and remember God is with us."

Station 1: What are you grateful for?

Preparation: Collect some old CDs and use sticky labels to cover up the labels. Hang them up using string so they are able to spin (you could use a gazebo frame for this). Provide marker pens.

Instructions: "What are you grateful for today, this week, this year?
Write what you are grateful or thankful for on a CD and hang it up"

Station 2: What worries you?

Preparation: Gather some small shells or pebbles for young people to pick up. Fill a large bowl with water.

Instructions: "Take a shell and hold it in your hand as you think about the future. Perhaps there are concerns, things that worry you, things that scare you? Give them to God as you drop the shell into the water."

Station 3: 'I am with you always'

Preparation: Light a candle and place it on a table with some tea-lights for young people to take away.

Instructions: "Pause here, look at the lit candle and remember Jesus' promise to always be with you. Jesus said: '**And be sure of this: I am with you always, even to the end of the age.**' (Matthew 28:20 NLT)
Take a tea-light away with you to remind you of this promise."



Prayer Space 2

Introduction: As the young people enter the prayer space, display this invitation:

“You are about to enter a ‘sacred space’ set up for you to spend time with God. You will journey through 4 zones. Spend about 5 minutes in each zone. Take off your shoes as you enter, this is holy ground.”

Zone 1: Adore

Preparation: set up a comfy area with Bible quotes about our creator God, a video loop of creation/nature and a collection of leaves or shells.

Instructions: “Take time here to think about who God is. Praise him for who he is and all he has created. Spend time watching the video images. Take a leaf or shell and look at it, or look closely at the palm of your hand. God’s creation is truly amazing!”

Zone 2: Confess

Preparation: set up a large wooden cross, a copy of Psalm 51, a prayer of confession and assurance of forgiveness (e.g. 1 John 1:9), some paper crosses, pens and a bin with a lid.

Instructions: “Confess to God the things you’ve done wrong. Read the prayer of confession. Write things down on a paper cross, then tear it up and put it in the bin. Leave here knowing you have been forgiven.”

Zone 3: Listen

Preparation: set up this area with places to sit, Bibles, paper and pens.

Instructions: “Listening to God is so important but often so hard to do. Spend time in quiet focusing on God and listening to what he might be saying. Use the paper to write any notes to take with you. Make use of the bibles. Spend 5 minutes here just listening.”

Zone 4: Pray

Preparation: set up an area with newspapers and information about things going on around the world, plus a table with candles and matches.

Instructions: “Spend time here praying for others. Pray using the news headlines. Pray for people you know who need it right now. Light a candle for them and talk to God about them.”

To finish: “Once you’ve finished your journey, wait quietly and we will end our time together as a group in a few minutes time.”

Top Tips for Prayer Spaces

- Make sure the stations or activities are self-explanatory without being too prescriptive.
- Make sure there’s enough space and materials for your group to take part.
- Think about the balance of stations/activities. Have you included elements that look towards God (praise/thanks), towards others (community/world) and towards ourselves (hopes/fears/repentance)?
- Think about logistics. Will the space be visited by a group on mass or by a few at a time?
- Be creative. Use words but also use images, props and tactile things.
- Think about lighting, background music and the general atmosphere of the room.
- Use sheets or screens to cover the usual furniture or other distractions.
- If using lit candles assess the potential hazards beforehand.

For more ideas and inspiration for prayer spaces visit: www.24-7prayer.com
www.prayerspacesinschools.com (useful for out of school prayer spaces too)
www.engageworship.org

8. Hands-in prayers

The following idea was developed with a group of 12 year old lads and was used to end each session in prayer for each other. It encouraged them to think of their own short prayers and speak them out.

The group sit around a table and all put their hands into the middle, one on top of another. Give everyone a moment to think before you begin, then the person who's hand is on the bottom of the pile pulls it out and places it on the top. As they do, they say a short prayer for another member of the group or other situation on their mind. All the group say 'Amen' and then the next person (now at the bottom) moves their hand to the top and prays, and so on. Once everyone has taken a turn (or two if two hands are in the middle) the final 'Amen' should be said with everyone lifting up their hands.

9. Celtic prayers

Not a new idea but often the use of written prayers to bring together a group at the end of a session, indoors or outdoors can be really effective. How about trying the following prayers from the Northumbria Community?

Christ as a light

Christ, as a light illumine and guide me.
Christ, as a shield overshadow me.
Christ under me; Christ over me;
Christ beside me on my left and my right.
This day be within and without me,
lowly and meek, yet all-powerful.
Be in the heart of each to whom I speak;
in the mouth of each who speaks unto me.
This day be within and without me,
lowly and meek, yet all-powerful.
Christ as a light; Christ as a shield;
Christ beside me on my left and my right.

All that I am Lord

All that I am Lord, I place into your hands Lord
All that I do Lord, I place into your hands Lord
Everything I work for, I place into your hands Lord
Those whom I work with, I place into your hands
Lord
Everything I hope for, I place into your hands Lord
The troubles that weary me, I place into your
hands Lord
The thoughts that disturb me, I place into your
hands Lord
Each one I pray for, I place into your hands Lord
Each that I

In the shadow of Your wings I will sing Your praises, O Lord.

The Lord is my light, my salvation; whom shall I fear?
The Lord is the refuge of my life; of whom shall I be afraid?

In the shadow of Your wings I will sing Your praises, O Lord.

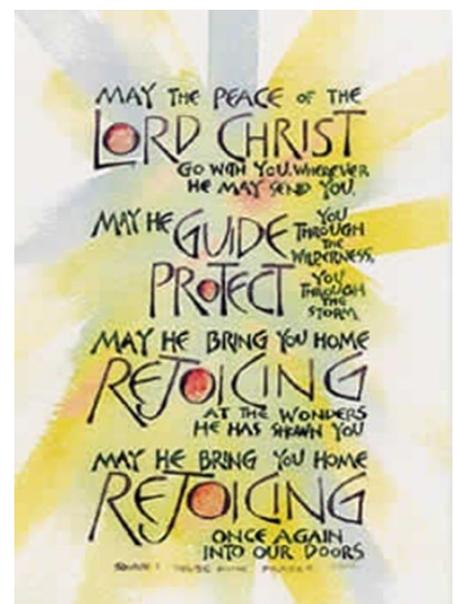
One thing I ask of the Lord, one thing I seek;
to dwell in the presence of my God, to gaze on Your holy place.

In the shadow of Your wings I will sing Your praises, O Lord.

I believe I shall see the goodness of the Lord in the land of the living.
O wait for the Lord! Have courage and wait, wait for the Lord.

In the shadow of Your wings I will sing Your praises, O Lord.

For more visit <https://www.northumbriacommunity.org/offices/how-to-use-daily-office/>



10. Create your own Labyrinth

In recent times labyrinths have had something of a revival and have been rediscovered by Christians as a useful spiritual tool. Here's an idea borrowed from the Prayer Tent Team at Watchet Music Festival who developed this simple labyrinth aimed at young people which they marked out on grass using pegs and string!

To help draw your own labyrinth search for 'how to draw a labyrinth' on the internet – there are some helpful diagrams for creating one similar to the image below. You'll need some tent pegs and string, a can of spray paint (optional) and a collection of pebbles or small stones. Instructions that accompany this labyrinth can be found on the following pages.

For more info about Labyrinths visit: <http://www.labyrinth.org.uk/>



Journey through the Labyrinth

Take a journey through our simple labyrinth.
Before you begin choose a pebble to carry with you,
and then follow the simple instructions
and pathway as you journey to the centre.
There you are invited to leave the pebble,
and then journey out again. Take your time.
Bring yourself and your prayers before God,
as you walk or pause along the way.
And if you'd like to, do share your
Experience afterwards.

**“Give me your lantern and compass,
give me a map,
So I can find my way to the sacred mountain,
to the place of your presence,
To enter the place of worship,
meet my exuberant God,
Sing my thanks with a harp,
magnificent God, my God.”**

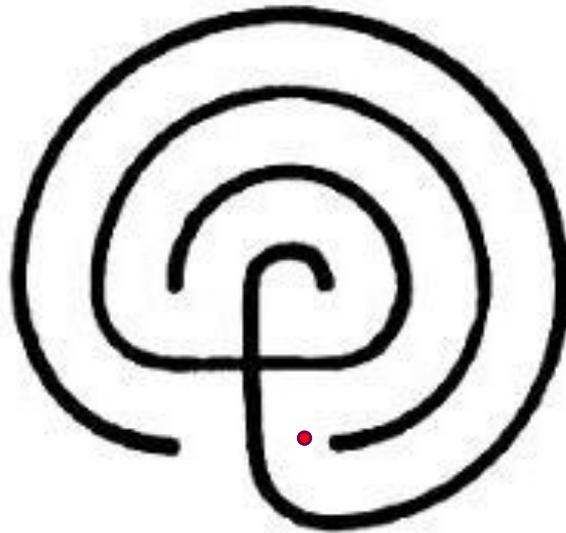
(from Psalm 43, The Message)

As you take this first turn on your journey:

Reflect on the past year...

What are you grateful for?

Have you any regrets?

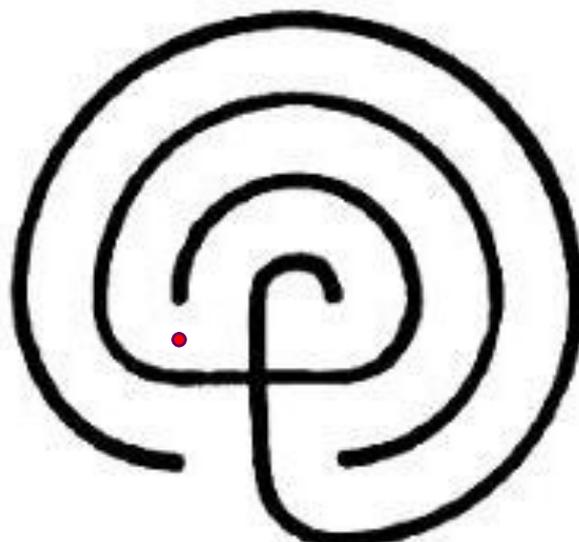


As you take this second turn on the journey:

Look to the year ahead...

What are you looking forward to?

Do you have any fears?

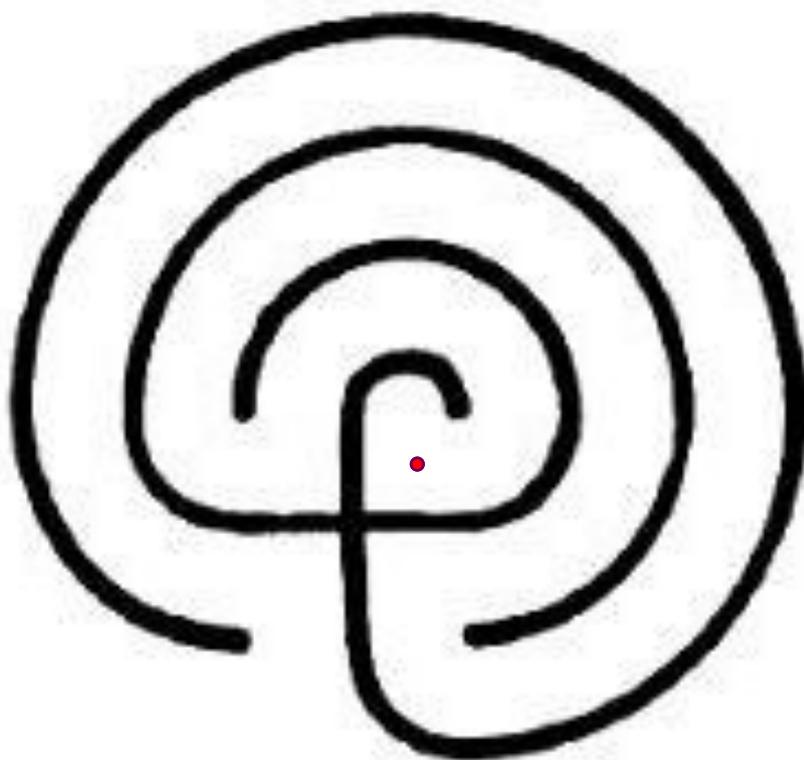


Pause here at the centre of the labyrinth
before you journey out again.

And if you would like to,
add your pebble to the cairn, symbolically
leaving your thanks, regrets, hopes and fears
with God.

**“Why are you down in the dumps, dear soul?
Why are you crying the blues?
Fix my eyes on God—
soon I’ll be praising again.
He puts a smile on my face.
He’s my God.”**

(from Psalm 43, The Message)



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