

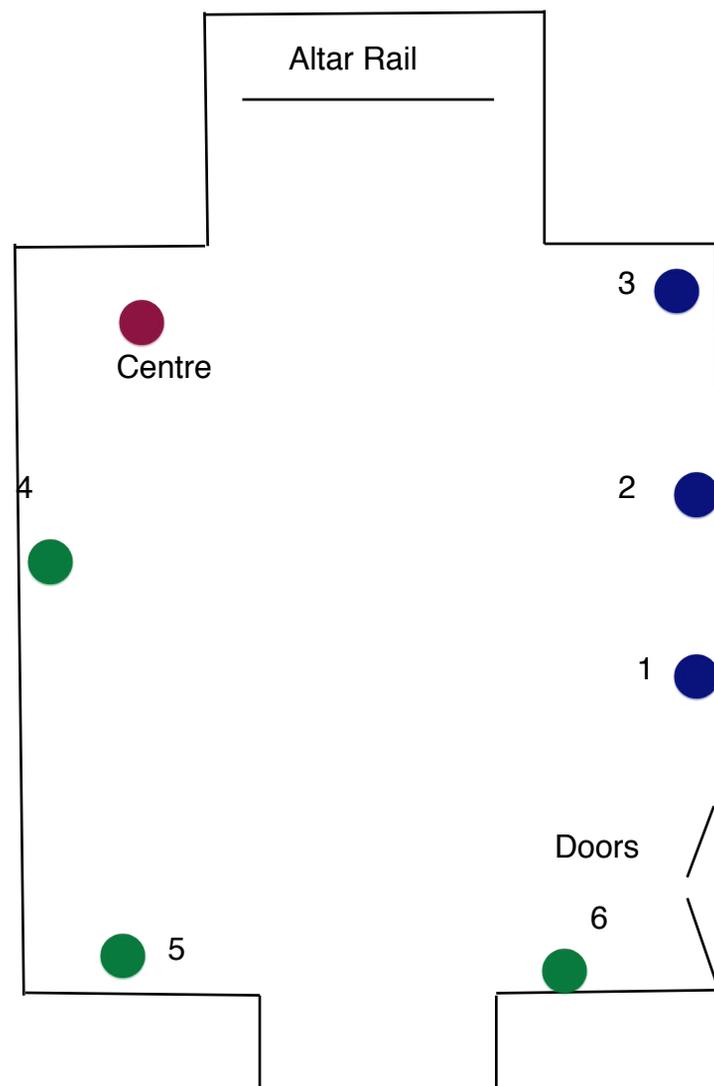
## Church Layout.

The journey begins at the back of the church by the doors and then the inward journey works its way up the centre aisle to the Sanctuary steps.

The outward journey works its way down the left aisle back to the entrance.

This can be adapted for any space.

It could also be used outside in the church yard, weather permitting.



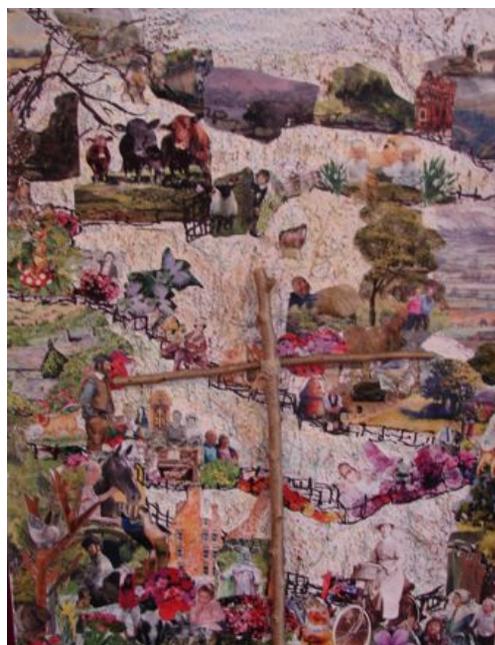


Lent Journey  
Labyrinth

Lent represents the time Jesus spent alone in the wilderness and is an opportunity to take some time out of our everyday busyness to reflect on the journey to the cross and explore what it means for ourselves and the world.

This Lent Labyrinth allows us to make a journey and take time out to experience some different activities in a quiet space, taking as long as we like.

It is hoped that the experience will have a sense of having made a journey that has brought us closer to God and deepened our understanding of our inner self.





Your life was a journey  
from the moment you were born.  
From birth to death.  
From Bethlehem's stable  
to Calvary's cross.  
How often we fail to understand,  
that the conclusion of your journey  
was inevitable,  
that you understood this  
from the very beginning,  
and yet still walked the path  
that was yours to take.  
By comparison  
the many choices we make  
in our life seem trivial,  
the twists and turns we choose  
are often taken on impulse,  
with no clear comprehension of the outcome.  
Thank you, Jesus.  
Thank you that you loved humankind enough  
to make that journey,  
even as you felt the pain of rejection,  
the pain of the lashes,  
the pain of the nails,  
the pain of the cross.

Read more at: <http://www.faithandworship.com>



# Station

# 2

On the night before he died, Jesus asked in anguish if the bitter cup of suffering could be taken away from him, but then added, 'Not my will but yours be done.'

Put a drop of vinegar on your finger and taste the bitterness. Think of the pain Jesus went through. Now think of someone you know who is struggling to make a right decision and take the consequences.

Pray for them now.

When you are ready, move to Station 3

In a world of self-seeking, of self-sufficiency  
there is often very little space for love  
Little time for giving, or receiving  
In the midst of living, the bustle of the shopping centre  
the noise of office or workspace, the party small-talk  
there is real loneliness  
unnoticed by all but you  
Give us discernment, Father to see people as you see them  
to be your love in this world  
to be willing to give sacrificially of time, and self  
that others might know the depth of your love  
In our busy lives, Lord help us to be your love in the world

Thank you, loving Father that you are with us in our joys and our sorrows, the peaks and troughs of our lives, because you understand our human nature. You know our hearts, feel our pain, know our anguish and enfold us with your love that we might know daily your forgiveness and healing.

Read more at: <http://www.faithandworship.com>



# Station

# 3

The cross was a heavy load for Jesus to carry, so much so, he stumbled under its weight and Simon, a passer-by was forced to carry it for him.

Take a stone. Hold it. Feel its weight.

Think about the loads you are carrying. Work pressures? Money worries? Fears? Illness? Family?

Ask God to show you which ones to let go of. Pray about your worries. Keep your stone in your hand.

When you are ready, move on to the centre taking your stone with you.

Our paths may cross  
in lonely desert spaces  
or crowded city places  
on mountain steep  
or urban street  
but our paths will cross  
and you will offer  
to lighten our load  
walk our road  
ease the pain  
take the strain  
Our paths shall cross  
when you will call  
and shall we turn  
can we learn  
to hear your voice  
make the choice

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# The Centre

A still place

A protected space

A quiet place

A space to think

A Space to be

Time to be

Enfolded by peace.



Sit at the foot of the cross and when you are ready, lay down your stone. Give your burdens to God.

Soon you will need to move on, to begin your journey back into the world outside, but now rest in God's presence, sit at the foot of His cross and be with Him, for as long as you like.

On a hill far away stood an old rugged cross,  
the emblem of suffering and shame;  
and I love that old cross where the dearest and best  
for a world of lost sinners was slain.

O that old rugged cross, so despised by the world,  
has a wondrous attraction for me;  
for the dear Lamb of God left his glory above  
to bear it to dark Calvary.

In that old rugged cross, stained with blood so divine,  
a wondrous beauty I see,  
for 'twas on that old cross Jesus suffered and died,  
to pardon and sanctify me.

To that old rugged cross I will ever be true,  
its shame and reproach gladly bear;  
then he'll call me some day to my home far away,  
where his glory forever I'll share.

So I'll cherish the old rugged cross,  
till my trophies at last I lay down;  
I will cling to the old rugged cross,  
and exchange it some day for a crown.



# Station

# 4

"Father forgive them, they do not know what they are doing."

Jesus spoke these words from the cross after the nails had been driven into his hands and feet.

Sometimes it is very hard to forgive, especially when we still feel the pain, yet Jesus did. Take a nail, touch the sharp end to remind you of the pain of unforgiveness.

Jesus died so that we could forgive and be forgiven. Ask God to give you strength to be able to forgive as he did.

Leave your nail in the cross as you let the pain go.

When you are ready, move on to Station 5

Loving Father,  
all the fancy words  
in the world,  
expressed in eloquent prose,  
decorated with emotion,  
spoken with conviction,  
cannot compete with a heartfelt  
'sorry'  
when all other words fail.

There are times  
when we are all too aware  
of our limitations,  
conscious of sin,  
and the distance it creates between us.

Sometimes 'sorry'  
is all the heart can bear to say aloud.

It is only you  
who can read and understand  
the language of our hearts,  
only you who can translate our 'sorry'  
into the prayer we would have prayed,  
if we had the words within us.

Then you forgive,  
and having forgiven  
surround us in an embrace of love,  
drawing us close to your heart,  
as it was always meant to be.

Thank you, Loving Father,  
that you listen to hearts,  
as well as voices

Thank you.



# Station

# 5

At sunrise on Sunday, Mary Magdalene and some women returned to the tomb. They found it empty. Inside was an angel.

“Do not be afraid”, said the angel, “Jesus is not here. He is risen from the dead. Go and tell his disciples the good news.

Jesus appeared later to his disciples and told them, “I will be with you always to the end of the age.”

Step carefully into the sand tray and then step carefully out again. Look at the footprint you have left behind.

Remember that Jesus is always with you whatever happens; where your footprints have been, his footprints are there too.

When you are ready, move on to station 6

In my journeying with you,  
may I never lose my sense of direction,  
never lose sight of the landmark  
towards which I travel.  
And should cloud or rain obscure my vision,  
may I draw closer to you,  
so that my feet may tread  
in your footsteps,  
your words be my encouragement,  
and your love my protection  
against the storms that assail me.

It is a wonderful truth  
that you have already walked  
the path that we now follow  
known hardship, temptation and suffering  
And with that knowledge deep in our hearts  
we can follow you in confidence  
and when difficulties arise  
listen for your footfall

Read more at: <http://www.faithandworship.com>



# Station

# 6

What a surprise when they arrived at the tomb. Jesus, who they thought was dead had risen and was alive again.

What a day of joy and celebration when they discovered that he was alive again.

Take one of the sweet eggs and eat it! Remember the stone being rolled away from the tomb.

Remember the joy of the disciples when they discovered that Jesus was alive and that the tomb was empty.

Think about the chick that hatches out of a real egg leaving an empty shell behind – new life. Thank God for the new life that we have when we believe in Jesus.

When you are ready, move on back to the world outside.

Lord, we would grow with you,  
New shoots reaching out,  
Hands stretched upward,  
Like leaves newly formed,  
Soaking up your light and warmth.  
Lord, we would grow with you

Lord, we would grow with you,  
In sunshine and rain,  
In darkness and light,  
In cold days and summer days,  
From Springtime to Winter.  
Lord, we would grow with you

Lord, we would grow with you,  
And bring forth fruit,  
That is pleasing to you,  
Fed by your living water,  
Giving sustenance to others.  
Lord, we would grow with you

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# Lent Journey Labyrinth

This Lent Labyrinth allows us to make a journey and take time out to reflect on the story of Easter in a quiet space.