

*You are about to enter*

# *The Journey*

*This is a quiet, contemplative journey where you and God can spend some quality time together.*

*Please allow approximately 3-5 minutes between fellow journey participants .*

*At the beginning you will need to allow time for you eyes to adjust to the lighting.*

*May God richly bless you as you take this journey with Him.*

# *The Journey*

*walk  
with  
expectancy*

# Burdens

*“The eyes of the Lord are on the righteous,  
and His ears are attentive to their cry;...*

*...The righteous cry out, and the Lord  
hears them; he delivers them from all their  
troubles, The Lord is close to the broken  
hearted and saves those who are crushed in  
spirit, A righteous man may have many  
troubles, but the Lord delivers him from  
them all; He protects all his bones,  
not one of them will be broken.”*

*(Psalm 34:15-20)*

*Is there anything in your life that is  
weighing you down?*

*God knows all about the things in your life.  
He knows what puts a smile on your face,  
and what steals your joy.*

*Take a stone to represent your troubles.  
Carry it with you on your journey – maybe  
God will have something to say about it.*

# Self

*“You created my inmost being;  
You knit me together in my mother’s womb.  
I praise you because I am fearfully and  
wonderfully made; Your works are  
wonderful, I know that full well.”  
(Psalm 139:13,14)*

*When you look in the mirror, what do you  
see? Does what you see make you want  
to praise or cringe?*

*Stop to feel your pulse. Life is running  
through you. Life is a gift of God.*

*Do you, like the psalmist, see someone that  
is “fearfully and wonderfully made”?*

*You are unique.  
You are made in God’s image.  
You are loved by the Creator  
who is proud of you.*

A close-up photograph of a person's hand holding a small, vibrant green seedling with several leaves. The seedling is growing out of a small mound of dark soil. The background is a bright, overcast sky with soft, white clouds. The overall mood is hopeful and nurturing.

*As a seed grows towards  
the light; allow yourself  
to do the same.*

*Trust the creator God  
with your whole self.*

*Acknowledge who you  
are and who you are  
becoming.*

*Show your amazing  
colors.*

# Washing

*As well as putting things right with others, we also need to put things right with God. Look at this amazing promise in 1 John.*

*If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

*1 John 1:9*

*God promises to forgive you – but you need to ask him. As you ask God to forgive you, wash your hands in the fragrant water. Be clean and forgiven as you continue on the journey. Smell the fragrance and remember that He is with you always.*

# *Obstacles*

*Jesus said “With man this is impossible, but not with God; all things are possible with God.”*

*Mark 10:27*

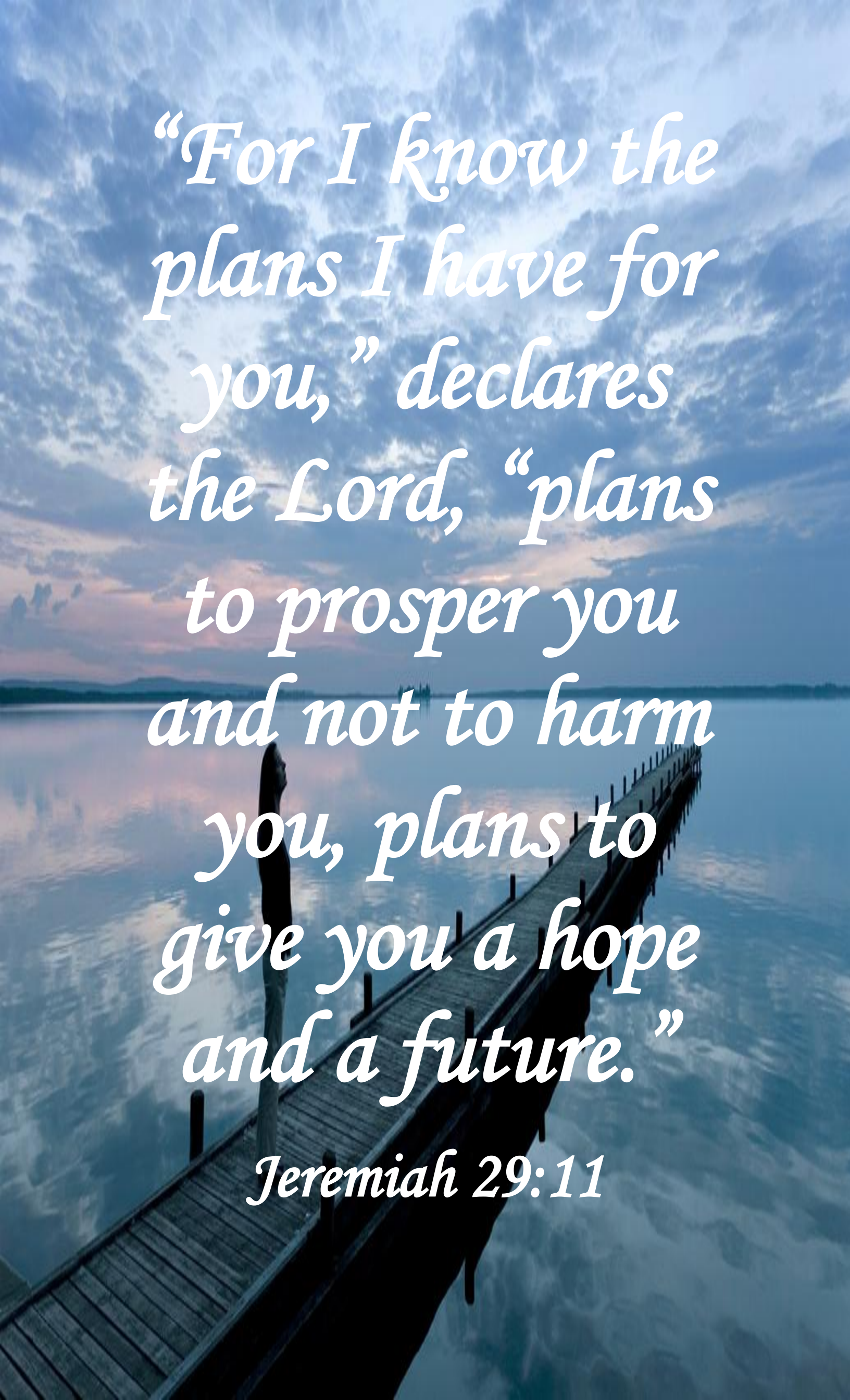
*What obstacles are there in your relationship with God?*

*What’s getting in the way of getting to know him more?*

*Is there something holding you back?*

*Are you ready to go where He wants you to go? To do what He wants you to do?*

*Ask God right now to help you overcome those obstacles – to step over the wall – and to continue along the path that He has set out before you.*



*“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you a hope and a future.”*

*Jeremiah 29:11*

# *Mosaic of Life*

*Our world is broken in many ways – in our relationships with others, God, and ourselves*

*What hurtful things have been said to you? What hurtful things have been done to you?*

*What hurtful things have you said? What hurtful things have you done?*

*Jesus said if you let go of the hurtful things people do to you, so God will also let go of the hurtful things you do.*

*Are you willing to do that in your own life?*

# *This is called* **Forgiveness**

*Therefore, I tell you, her many sins have been forgiven—for she loved much. But he who has been forgiven little loves little." Then Jesus said to her, "Your sins are forgiven." The other guests began to say among themselves, "Who is this who even forgives sins?"*

*Jesus said to the woman, "Your faith has saved you; go in peace."*

*Luke 7:47-50*

*The mosaic pieces represent the brokenness in our world and in our lives. Begin to put those relationships right by piecing the mosaic together.*

# *Tree of Life*

*On each side of the river stood the tree of life, bearing twelve crops of fruit, yielding its fruit every month. And the leaves of the tree are for the healing of the nations. No longer will there be any curse. The throne of God and of the Lamb will be in the city, and his servants will serve him. They will see his face, and his name will be on their foreheads. There will be no more night. They will not need the light of a lamp or the light of the sun, for the Lord God will give them light. And they will reign for ever and ever.*

*Revelation 22:2-5*

*We live in anticipation of Christ's return.*

*On one hand, we know that he has defeated sin and death on the cross; on the other hand, we also know that we live in a broken and fallen world. We look forward to the time when there will be no more sickness, pain, or tears. But we can pray for God's healing now as a small taste of that reality.*

*Think of a person or a situation  
in need of healing or prayer.*

*Take a pen and write a prayer  
request on one or two of the  
leaves on the table.*

*Feel free to write as many as you  
want either now or come back  
later to write more.*

*When you are finished, take a  
piece of tape and tape the leaf  
onto a branch.*

*Come back to the chapel often to  
see how the Tree of Life is taking  
shape. This will be symbols of the  
new life and hope Jesus can  
bring to those in need.*

# *Impression*

## *Hope for Restoration*

*Even the wilderness and desert will be glad in those days. The wasteland will rejoice and blossom with spring crocuses. Yes, there will be an abundance of flowers and singing and joy! The deserts will become as green as the mountains of Lebanon, as lovely as Mount Carmel or the plain of Sharon. There the LORD will display his glory, the splendor of our God.*

*With this news, strengthen those who have tired hands, and encourage those who have weak knees. Say to those with fearful hearts,*

*“Be strong, and do not fear, for your God is coming to destroy your enemies. He is coming to save you.”*

*Place your hands in the sand. Look at the impression that you have made.*

*How did you get here today? Replay your journey in your mind, consciously leaving behind all the things you need to do, the people you need to speak to, the expectations that others have of you.*

*At the start of his ministry, Jesus spent forty days in the wilderness, alone. At other times he spent nights on a mountain in prayer, talking to his Father.*

*This is your time – this is your desert. This is your space to be with God, and God is here. Breathe deeply – enjoy the space.*

*Think back over this last week. What impressions have you left behind? What impressions have you left on the people you have met? Have you put anyone down? Do you need to ask for forgiveness?*

*Think over this last week. Have you followed Jesus? Have you gone where he has led you or have you chosen your own path? Do you need to ask for forgiveness?*

*Deserts are dry, dusty places. Think about the areas of your life where you feel dry and in need of God's Spirit. Write these in the sand in front of you with your finger – just for you and God to see. When you have finished, smooth the sand again for the people coming behind you.*

# *Freedom*

*Leave all your worries with the Lord because He cares for you.*

*1 Peter 5:7*

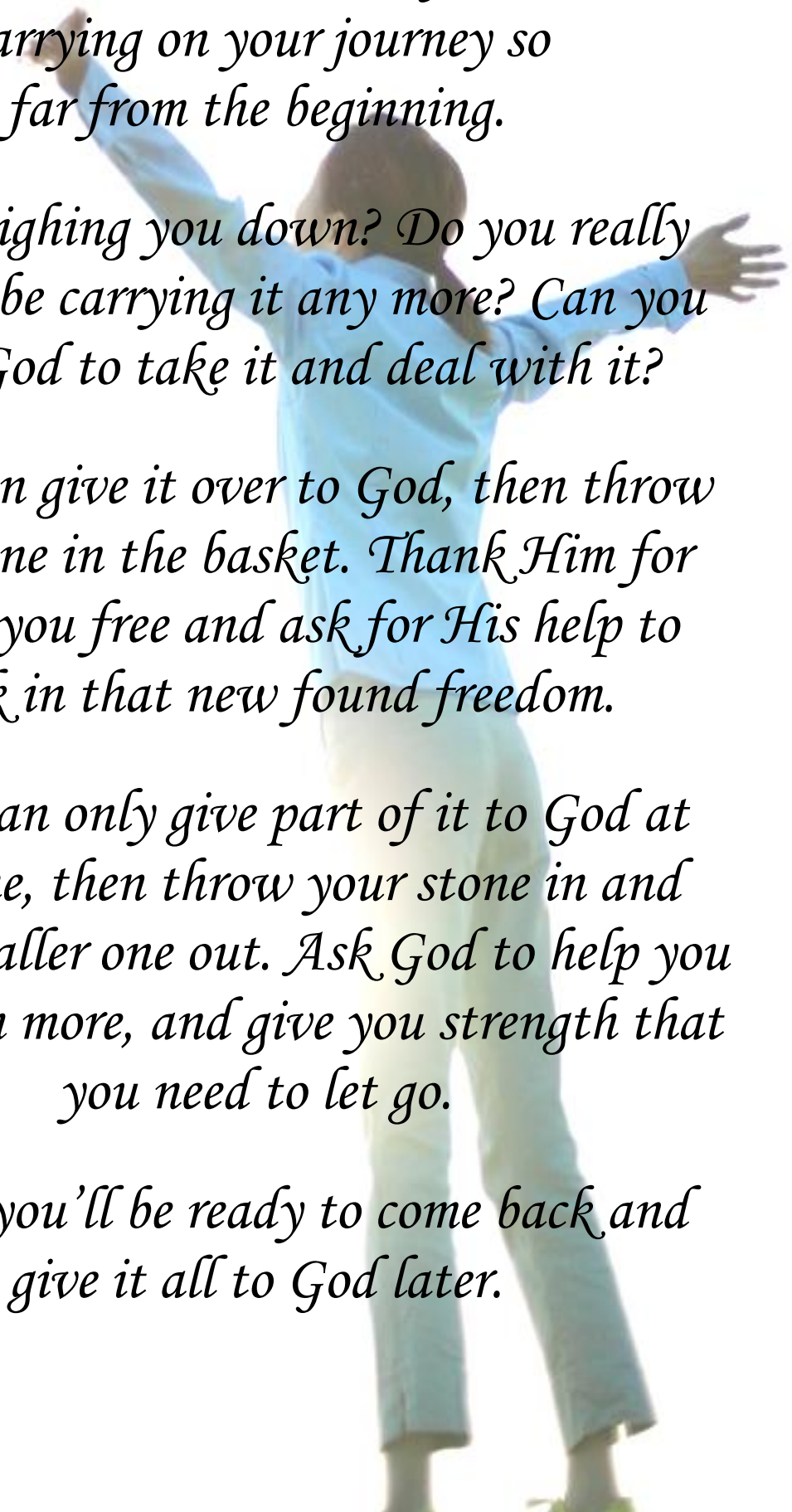
*Think about the burden that you have been carrying on your journey so far from the beginning.*

*Is it weighing you down? Do you really want to be carrying it any more? Can you trust God to take it and deal with it?*

*If you can give it over to God, then throw your stone in the basket. Thank Him for setting you free and ask for His help to walk in that new found freedom.*

*If you can only give part of it to God at this time, then throw your stone in and take a smaller one out. Ask God to help you trust Him more, and give you strength that you need to let go.*

*Maybe you'll be ready to come back and give it all to God later.*



# *Chains*

*I run in the path of your  
commands, for you have  
set my heart free.*

*Psalm 119:32*

*Pick up the heavy chain and  
remember that as a child of God,  
you are no longer bound by  
chains, but SET FREE!*

*Free to be who God created you  
to be. Free to love Him with  
everything you have. Free to live  
the life as a child of the King.  
Free to walk with Him. Free to  
grow. Free to serve Him. Free to  
be you...totally FREE!*

*Put down the chain and  
remember that you  
are truly FREE!*