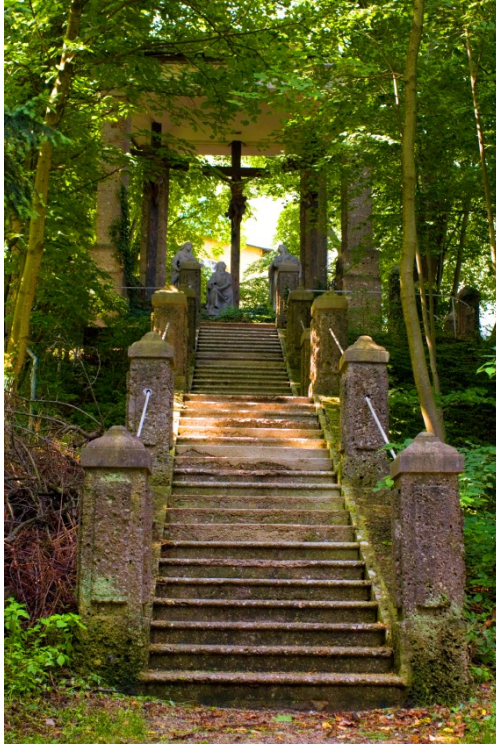


Examine Yourself



Think about these scriptures.

Do you find yourself conforming to what the world thinks, says, or does?

Is your faith in God where it should be?

Do you trust him enough to follow his will and not your own?

Pick up a card and write down any sins, obstacles, or roadblocks that prevent you from doing God's will.

Flip it over and look at the other side. Read what it says.

"Not My Will, But Yours Be Done"

Powerful words.

Pin your card to the cross, when you are ready, as a way to trust in God's will for your life. He has a purpose for you and don't conform to what the world desires.

2 Corinthians 13:5-9 (The Message)

⁵⁻⁹Test yourselves to make sure you are solid in the faith. Don't drift along taking everything for granted. Give yourselves regular checkups. You need firsthand evidence, not mere hearsay, that Jesus Christ is in you. Test it out. If you fail the test, do something about it. I hope the test won't show that we have failed. But if it comes to that, we'd rather the test showed our failure than yours. We're rooting for the truth to win out in you. We couldn't possibly do otherwise. We don't just put up with our limitations; we celebrate them, and then go on to celebrate every strength, every triumph of the truth in you. We pray hard that it will all come together in your lives.

Romans 12:1-2 (The Message)

¹⁻² So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.

Security



At the cross, the place of danger and death, we encounter Christ's victory over evil and the reality of our security in him.

The ancient Celtic Christians used to place stones in a circle as a symbol of God's protection.

Stand in the circle
Know that God surrounds you
You can pray this Celtic prayer;

*Circle me, O God,
Keep hope within,
Keep despair without.*

*Circle me, O God,
Keep peace within,
Keep turmoil without.*

*Circle me, O God,
Keep strength within
Keep weakness without. Amen*

Significance

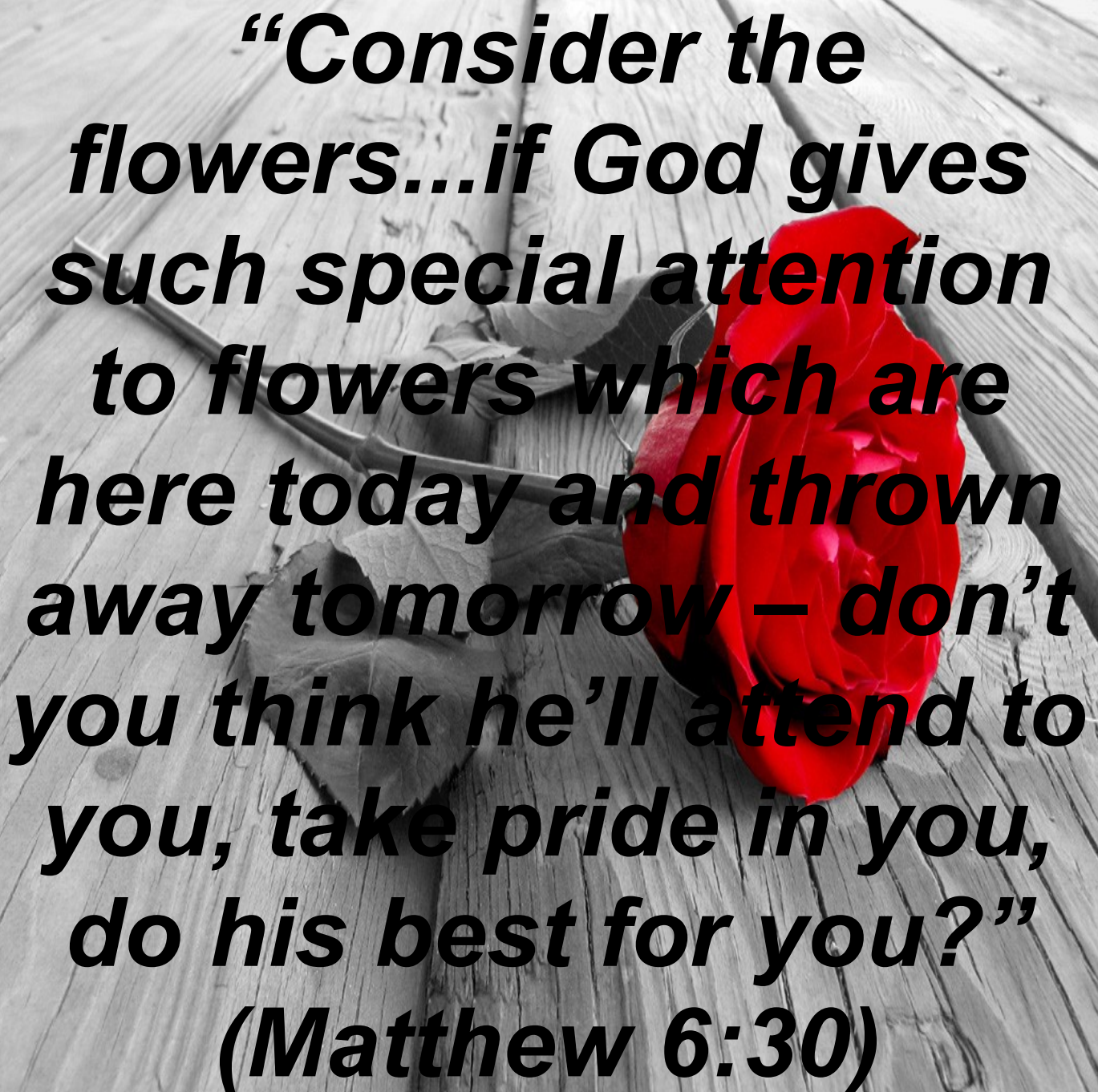
The cross shows us our true significance in Christ.

What are you worth?

What would someone pay for you?

Their own life on a cross?

Spend some time looking closely at the picture of the flower. Spend time reflecting on the verse written across them.

A photograph of a single, vibrant red rose lying on a light-colored wooden surface. The rose is the central focus, with its petals fully bloomed. The background is a blurred wooden plank texture. Overlaid on the image is a quote in bold, black, italicized text.

***“Consider the flowers...if God gives such special attention to flowers which are here today and thrown away tomorrow – don’t you think he’ll attend to you, take pride in you, do his best for you?”
(Matthew 6:30)***

Forgiveness

Take some time to become aware of your own breathing.

Forgiveness is like spiritual breath.

When we stop receiving forgiveness we stop breathing in...we begin to spiritually die.

When we stop offering forgiveness we stop breathing out...we begin to spiritually die.

“Father forgive them”, Jesus cried as they killed him. The new life of the cross is a life of being forgiven and forgiving.

Bring any guilt you carry.
Name it in your heart as you offer it to God.

*And breathe in deeply.
Breathe in forgiveness. New Life.*

We forgive because he first forgave us.
Breathing out the breath we received.

Who has wronged you?
Name them in your heart. Name the offense.

And breathe out. Release forgiveness.

Release



At the cross the power of sin and evil is broken. We find release from the things that imprison and chain us.

Pick up the chain.

Is there an area where you or someone close to you is chained up?

- A fear.**
- An addiction.**
- A lie.**
- A habit.**
- A relationship.**
- A memory.**

Release the heavy chain and use the lightening feeling to reflect on the freedom that Jesus paid for at the cross.

Laying Down Our Burdens



Some of us carry small, individual burdens that cause us to walk through life with some hindrance. There are some of us who carry many small burdens. The collective weight of these burdens is beginning to be too much for us to carry. And some of us carry much larger burdens that have simply become too much to bear.

God doesn't want us to carry our burdens. He asks us to lay them down at the foot of the cross. He wants us to surrender our heavy loads to him.

Psalm 55:22 (New Living Translation) says: *Give your burdens to the LORD, and he will take care of you. He will not permit the godly to slip and fall*

What burden are you carrying around?

You may like to remain at this station to think about your response. Or you might like to come and take a small boulder (representing a burden) out of this basket and lay it at the foot of the cross.

The Ripple Effect



Drop a pebble into a large bowl of water and notice the way it ripples outwards.

Reflect on all the ways you influence and affect others by the things you say and do.

You may not always know what kind of influence you have on people, but even encouraging words and simple, kind actions will be noticed by others.

Pray that God will help you to be a good example for others.

Breathing



Draw in a deep breath. And breathe out. God has designed you never to stop drawing in fresh and inspiring things from him and from the world around you: things to nourish you, to make you grow and refresh the life in you.

God's message through our breathing is simple: if we stop drawing in good things that enable us to grow, we will die inside. Without air a flame can't burn. It smoulders and eventually is snuffed out.

*A bruised reed he will not break,
and a smouldering wick he will not snuff out*
Isaiah 42:3

Does your spirit ever gasp for air?

What air are you lacking?

*Time?
Space?
Help?
Support?
Community?
Friendship?
Forgiveness?
Understanding?
Something else?*

Think about your response and write your thoughts on the wall

Prayer of Examine

Make yourself comfortable, making sure your posture is relaxed and your breathing calm. Take a moment to be still and quiet, and then ask God to be with you through this activity.

Now, think about your week. Go through each thing you did, the people you interacted with, how you spent your free time, where you went. Ask your-self; what was my attitude, how did I act or react, what did I say to others?

Next, think through your day again and look for where God may have been working: maybe in something natural, or through a person, or through you. Ask yourself; did I join God, hinder Him, or just observe? Did I notice at the time or only just now?

Spend a moment longer on this and ask God to show you anything you may have missed during the day.

Last, think through your week one more time from beginning to now and make a mental list of all the things you are thankful for, and also the things you need to confess to God.

End your time by praying this to God:

The Prayer of St. Francis

*Lord make me an instrument of your peace,
Where there is hatred let me sow love
Where there is injury, pardon
Where there is doubt, faith
Where there is despair, hope
Where there is darkness, light
And where there is sadness, joy.
O divine master grant that I may
Not so much seek to be consoled as to console
To be understood as to understand
To be loved as to love
For it is in giving that we receive
And it is in pardoning that we are pardoned
And it's in dying that we are born to eternal life
Amen*

Community Thoughts



Part of the beauty of worshiping together in a community of believers from different backgrounds is the chance to learn from one another.

On the wall, there are sheets of paper with different words on them. Take some time to write your thoughts about the different topics.

Read what others have written. How is this different than your view? What can God teach you through other peoples' thoughts?

Your Journey



What words, images, or symbols express your journey of faith?

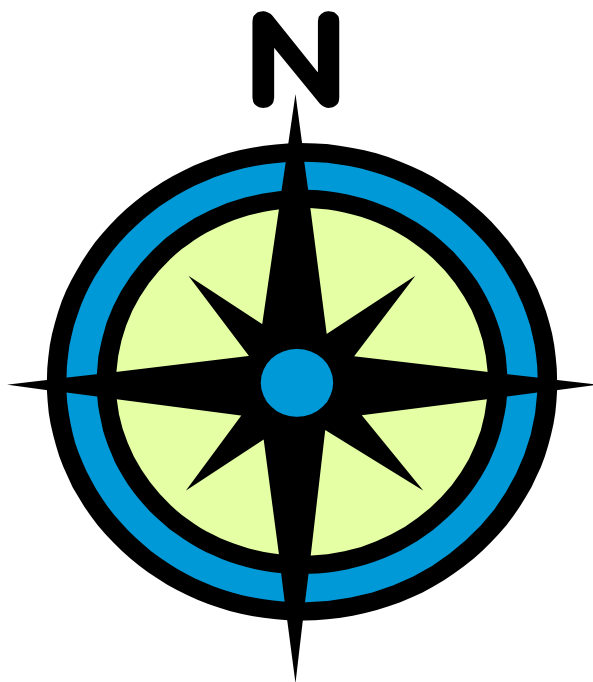
Meditate on your journey so far – the ups and downs, twists and turns, the spiritual companions who have walked alongside you, the questions, doubt, and fears, and the mountain top experiences.

Use this wall to express your spiritual journey in image, symbol, or word.

Take time to consider what others add to the mural.

Where do their journeys intersect, parallel, or diverge from your own?

Compass



Dear friend, take my advice; it will add years to your life. I'm writing out clear directions to Wisdom Way, I'm drawing a map to Righteous Road. I don't want you ending up in blind alleys, or wasting time making wrong turns. Proverbs 4:10 (The Message)

Do you know where you are headed?

You may not know a location, but God has set your 'true North' - the direction that he has planned for your life.

Play with the magnet around the compass.
Watch how pulls the needle off course.

Think about your own life.
What are the 'magnets' around you?

Write those down around the compass on the wall and ask God to give you strength to resist temptation and distraction. Pray for others who have been at this station before you that they might stay on their "true North"