



## *Self Guided Prayer Meditation*

### **The entrance – 1 Preparation**

Enter the Garden of Hope by the Featherbed Lane entrance gate . . turn right and commence walking up the main path around the field (anti-clockwise)

The purpose of this initial walk is to slow down, and try and let go of the distractions that might fill your mind so that you can come before God in stillness.

Walk up the right hand side of the field and into the Labyrinth. Maybe have a pen and paper handy so if something important comes into your mind, you can jot it down, to be looked at later. Be aware of your breathing and try and bring your respiration into a slightly slower and deeper mode than usual.

Walk around the labyrinth and back down the other side of the field past the Old Stable, right up to the Vicarage gate. This should take about 5 minutes and may be helpful in helping you to relax and preparing to be still. In fact take a second walk round the field and labyrinth before entering the small wood if you need to, if your mind has not settled itself!!

### **The Small Wood – 2 Guidance or Revelation**

Turn right into the small wood and walk about half way through and stop.  
Listen carefully. Usually you will hear a gentle rustling of the broad leaves on the trees above your head.

Ask the Spirit of Jesus what he is saying to you. God often speaks in peaceful whisperings like those leaves. If you are facing decisions, direction or other concerns bring those things back to mind now and see if God's still small voice gives you peace in a particular direction.

If you have no agenda be open to God revealing something new to you.  
No time allocated for this - however long you need.

### **The Old Stable – 3 Struggles or Problems**

Walk up the left hand side of the field to the Old Stable and enter the stable. It is dark, musty and quite uncomfortable. There's an old freezer that is an eyesore.

Do any of these things feel familiar?

Are there things you need to move away from or things you need to relinquish and let go of?

Are you in a dark or uncomfortable place that doesn't seem to end? Take a bit of time to consider this.

### **To The Cross – 4 Commitment**

Emerging from the stable breathe in the fresh air of the Garden Of Hope, and try to breathe out the darkness that has been occupying your mind, take several breaths, symbolically replacing the shadows with the Spirit, which Jesus breathes on you.

There is a signpost pointing to the cross – take either the long path or the short path to the cross.

At the cross you can make a response that feel's right for you. You could kneel, or just stand and reflect.

### **The Arbour – 5 Reflection**

Just past the cross is a secluded willow tree arbour that you could turn into and sit and reflect on what you have been thinking about, and meditate on what God may be saying to you in the Garden Of Hope.

No time allocated for this - however long you need.

Walk back to the entrance.