



### GETTING STARTED

We encourage everyone in Emmanuel to take some time to pray. There are six "Prayer Stations" for your walk.

You can use the Prayer Stations anywhere.

- at home
- on a walk
- the garden at 56 Croham Manor Road CR2 7BE, observing social distancing (between 8am and 6pm)

There is a bible verse for each Prayer Station.

Use as many as you want. It will be good to plan a place where you will use each, somewhere that will help give a visual link to the theme of the verse.

### BE CREATIVE WITH YOUR SPACES!

### HOW TO PREPARE?

As you prepare, you may want to listen to a worship song to inspire you.

### MAYBE TRY....

- So Will I (100 billion times)
- All Creatures of Our God and King.

Ask God to inspire your thoughts and prayers and to help you to be open to hear the prompting of His Spirit,

His still small voice speaking to you.

You may find it helpful to take a book to write down your reflections.

After your time using the prayer stations please share any insights with us.

We'd love some thoughts, reflections, prayers to be added on social media. Just remember to add the hashtag **#emmanuelcroydton**

### REFLECTION

For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.

John 3:16 NLT

Life is partly back to normal, or is it?

Let us pray that there will be good changes happening throughout the world.

This time feels like a second chance for us to show how much God loves the **WHOLE** of his creation, even the wasps!



## PRAYER STATIONS



AT HOME



WALKING / OUTDOORS

### BIRTH OF JESUS

**AT HOME:**  
Light a candle

**WALKING:**  
Seeds on the trees and flowers



### BAPTISM OF JESUS

**AT HOME:**  
Fill a glass of water

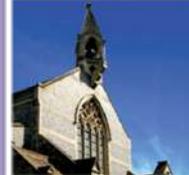
**OUTDOORS:**  
Take a bottle of water or rest by a pond



### JESUS IN THE SYNAGOGUE

**AT HOME:**  
A picture of Emmanuel Church

**WALKING:**  
Outside a church



### JESUS IN SOLITUDE

**AT HOME:**  
Washroom

**WALKING:**  
An isolated place



### JESUS AND CHILDREN

**AT HOME:**  
Draw a picture, or play with a puppet

**WALKING:**  
Play hopscotch, or walk along a log



### JESUS PREACHING IN GALILEE

**AT HOME:**  
A picture of a lake

**WALKING:**  
A pond or use your imagination to enjoy looking at the peaceful waters, hearing the voices of the fishermen, feeling the change in the air as a breeze gets up



# BIRTH OF JESUS

## AT HOME:

Light a candle

## WALKING:

Seeds on the trees  
and flowers



In the beginning the Word  
already existed.

The Word was with God, and  
the Word was God.  
He existed in the beginning  
with God.

God created everything  
through him, and nothing was  
created except through him.

The Word gave life to  
everything that was created,  
and his life brought light to  
everyone.

The light shines in the  
darkness, and the darkness  
can never extinguish it.

**John 1: 1-5 NLT**

Jesus and creation are linked  
here.

Thank God for His creation, seeds  
which will bring new life and the  
birth of Jesus.

What have we learnt about our  
role in creation during this  
pandemic?

Is there a change in your lifestyle  
you want to make?

Pray that the light of the church  
shines in this time of difficulty.

Pray for pregnant women at this  
time of uncertainty

# BAPTISM OF JESUS

## AT HOME:

Fill a glass of water

## OUTDOORS:

Take a bottle of water  
or rest by a pond



At that time Jesus came from Nazareth in Galilee and was baptized by John in the Jordan.

Just as Jesus was coming up out of the water, he saw heaven being torn open and the Spirit descending on him like a dove.

And a voice came from heaven: "You are my Son whom I love; with you I am well pleased."

**Mark 1:9-11 NIV**

Baptism is a time of making promises and commitments. It marks a very special beginning.

What are the commitments you have at the moment? Which do you renew?

What are the promises that you have made or received? Are they important to you?

Promises can be broken. Pray about a promise you have broken or a promise to you which has not been kept.

Let the cleansing touch of the water mark a new beginning.

# JESUS IN THE SYNAGOGUE



## AT HOME:

A picture of Emmanuel Church

## WALKING:

Outside a church

When he came to the village of Nazareth, his boyhood home, he went as usual to the synagogue on the Sabbath and stood up to read the Scriptures. The scroll of Isaiah the prophet was handed to him. He unrolled the scroll and found the place where this was written:

“The Spirit of the Lord is upon me, for he has anointed me to bring Good News to the poor. He has sent me to proclaim that captives will be released, that the blind will see, that the oppressed will be set free, and that the time of the Lord’s favour has come.”

He rolled up the scroll, handed it back to the attendant, and sat down. All eyes in the synagogue looked at him intently. Then he began to speak to them. “The Scripture you’ve just heard has been fulfilled this very day!”

Everyone spoke well of him ...

*[Jesus continued and by the end]*

...the people in the synagogue were furious.

**Luke 4:16-22, 28 NLT**

**Take time to look honestly at the Worldwide Church, the British Church, Emmanuel Church.**

**Write down what you think Jesus would say to Emmanuel Church.**

**Would we reject his words?**

**What would he say to us about the green issue - climate change and the environment?**

**Are there things to confess?**

# JESUS IN SOLITUDE

## AT HOME:

Washroom

## WALKING:

An isolated place



Before daybreak the next morning, Jesus got up and went out to an isolated place to pray. Later Simon and the others went out to find him. When they found him, they said, "Everyone is looking for you."

But Jesus replied, "We must go on to other towns as well, and I will preach to them, too. That is why I came." So he travelled throughout the region of Galilee, preaching in the synagogues and casting out demons.

### **Mark 1:35-39 NLT**

"Be still and know that I am God!  
I will be honoured by every nation.  
I will be honoured throughout the world."

### **Psalms 46:10 NLT**

**Do you build into your life periods of solitude? An opportunity to listen to God. Make a date.**

**Does it frighten you to be alone?**

**Do you have too much solitude? Can solitude become loneliness or vice versa? What can you do to prevent solitude becoming loneliness?**

**How can you differentiate solitude with God from enforced solitude?**

**Is solitude what you do before starting something new or to help you keep going?**

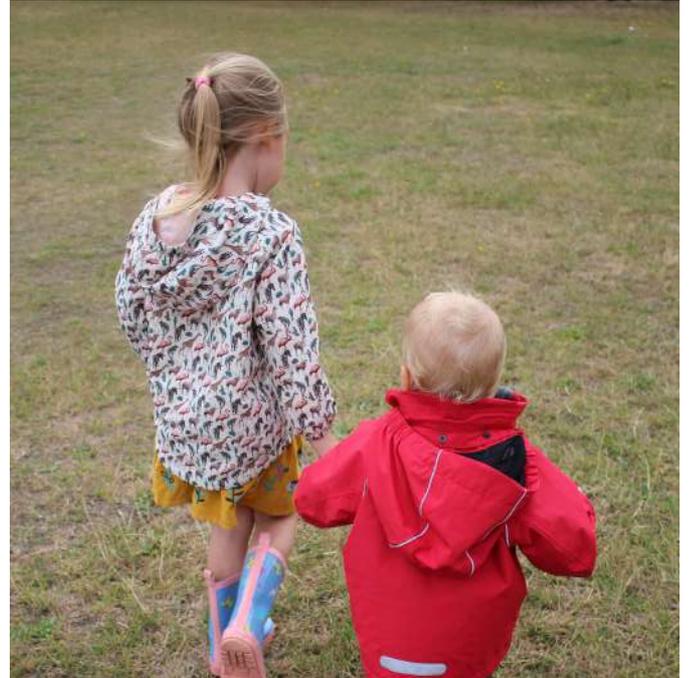
# JESUS AND CHILDREN

## AT HOME:

Draw a picture, or play with a puppet

## WALKING:

Play hopscotch, or walk along a log



When Jesus saw this, he was indignant. He said to them, "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these.

Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it."

**Mark 10:14-15 NIV**

**These verses come just before we hear about the wealthy man who could not 'give up all he had' to follow Jesus. His life was too complicated.**

**Do you overcomplicate things?**

**Look around like a child, seeing things for the first time. What are you glad about?**

**What are you grateful for? How do your priorities alter?**

**Give thanks for the children's work at Emmanuel. Pray for its continuation and development, adapting to changing times.**

# JESUS PREACHING IN GALILEE

## AT HOME:

A picture of a lake

## WALKING:

A pond or use your imagination to enjoy looking at the peaceful waters, hearing the voices of the fishermen, feeling the change in the air as a breeze gets up



Jesus walked, taught, prayed and healed by the lakeside and around Galilee.

Sense Jesus present there with you. Among his teachings were the Beatitudes.

### Read them now:

- Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- Blessed are those who mourn, for they will be comforted
- Blessed are the meek, for they will inherit the earth.
- Blessed are those who hunger and thirst for righteousness, for they will be filled.
- Blessed are the merciful, for they will be shown mercy.
- Blessed are the pure in heart, for they will see God.
- Blessed are the peacemakers, for they will be called children of God.
- Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.

**Matthew 5:3-10 NIV**

**Is there a phrase here which speaks particularly to you?**

**Is there something which gives you comfort or hope?**

**Could you create a Beatitude of your own?**