

## Journey through the Labyrinth



Take a journey through our simple labyrinth.  
Before you begin imagine a pebble to carry with you,  
and then follow the simple instructions  
and pathway as you journey to the centre.  
There you are invited to leave the pebble,  
and then journey out again. Take your time.  
Bring yourself and your prayers before God,  
as you walk or pause along the way.

*“Give me your lantern and compass, give me a map,  
So I can find my way to the sacred mountain,  
to the place of your presence,  
To enter the place of worship,  
meet my exuberant God,  
Sing my thanks with a harp,  
magnificent God, my God.”*  
(from Psalm 43, The Message)

As you take the first turn on your journey;

**Reflect on the past few weeks or months...**

What are you grateful for?

Have you any regrets?



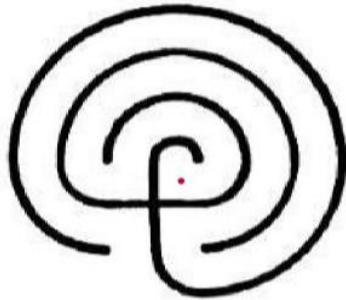
As you take the second turn on your journey;

**Look to the future...**

What are you looking forward to?

Do you have any fears?





Pause here in the centre of the labyrinth  
before you journey out again.

Imagine you are adding  
your pebble to the cairn, symbolically  
leaving your thanks, regrets, hopes and fears  
with God.

Why am I so sad?  
Why am I so troubled?  
I will put my hope in God,  
and once again I will praise him,  
my saviour and my God.

(from Psalm 43, GNT)

**BE STILL** Breathe deeply, thank God for His presence and release into His hands all  
you've prayed during your time with Him.

# Virtual Prayer Tree

*Imagine you can tie  
a ribbon to a  
branch as you think  
or pray.*



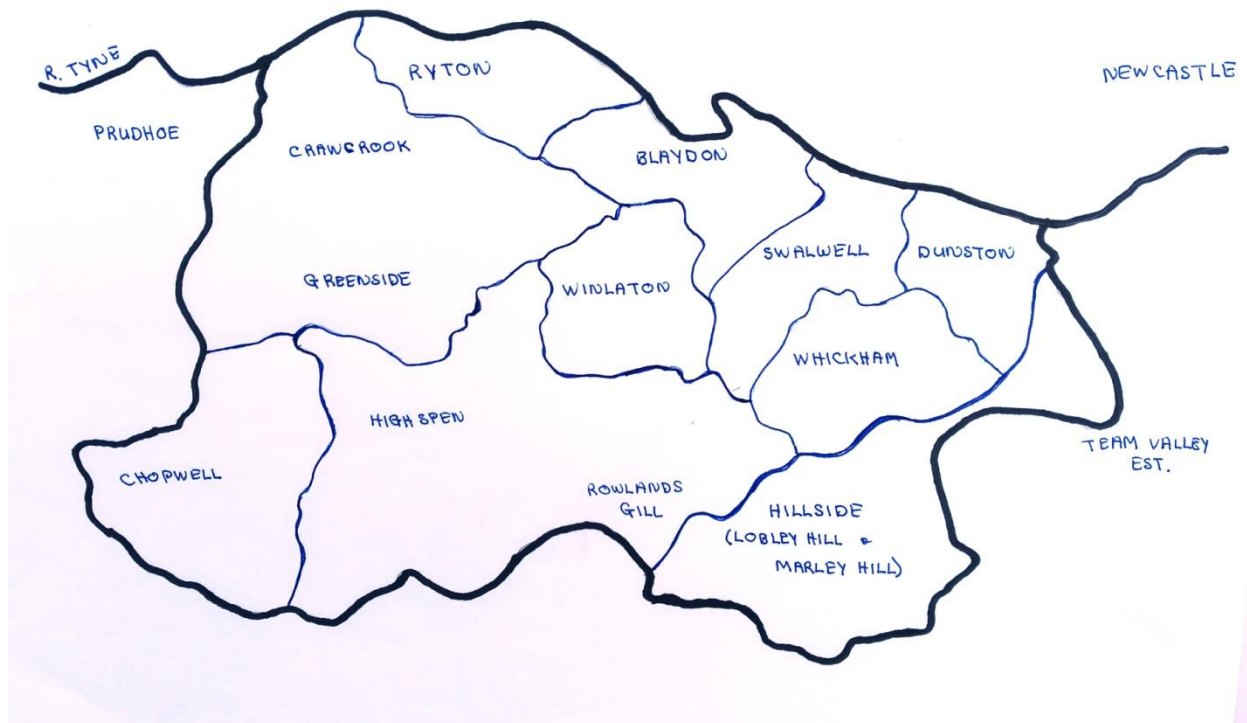
- It may be in memory of someone or in thanksgiving.
- You may be concerned about someone.
- It may be a worry that is weighing you down.

*Invite God to help you rest in this moment.*

**BE STILL** Breathe deeply, thank God for His presence and release into His hands all you've prayed during your time with Him.

## Parish and Deanery

- Pray for your own family and your church family.
- Pray for the places and people in your community.
- Pray for your outreach and service within the community.
- Pray for your clergy and lay-readers, for those in training and for any in positions of responsibility.
- Pray for our outreach to children, young people and families.
- Pray for the deanery and for closer links between parishes.



## Gateshead West Deanery

## **A Living Hope (1 Peter 1v3-9)**

Let us give thanks to the God and Father of our Lord Jesus Christ!

Because of his great mercy he gave us new life by raising Jesus Christ from death.

This fills us with a living hope, and so we look forward to possessing the rich blessings that God keeps for his people. He keeps them for you in heaven, where they cannot decay or spoil or fade away. They are for you, who through faith are kept safe by God's power for the salvation which is ready to be revealed at the end of time. Be glad about this, even though it may now be necessary for you to be sad for a while because of the many kinds of trials you suffer. Their purpose is to prove that your faith is genuine. Even gold, which can be destroyed, is tested by fire; and so your faith, which is much more precious than gold, must also be tested, so that it may endure. Then you will receive praise and glory and honour on the Day when Jesus Christ is revealed. You love him, although you have not seen him, and you believe in him, although you do not now see him. So you rejoice with a great and glorious joy which words cannot express because you are receiving the salvation of your souls, which is the purpose of your faith in him.



**BE STILL** Breathe deeply, thank God for His presence and release into His hands all you've prayed during your time with Him.