

Station 5: On Wooden Decking

**Refresh your heart.
You are a child of the earth**

"I will refresh the weary and satisfy the faint." Jeremiah 31:25

- *Who or what shapes our identity? (our work, our partner, our children, etc?)*
- *How do we feel about this?*

We are God's handiwork. God says we are fearfully and wonderfully made (Psalm 139:14)

- *You are a child of God. How does this make you feel today?*

Bring to God your response and allow God to refresh you.

Station 6: Wooden bench under tree

Be still and know that I AM

Where can I go from Your Spirit? Or where can I flee from Your presence? Psalm 139: 7

Sit with both feet firmly on the ground. Concentrate on your breathing and then tune into everything you can hear.

- *Simply enjoy spending time in the presence of God.*

"Be still, my soul: your God will undertake

To guide the future, as He has the past.

Your hope, your confidence let nothing shake

All now mysterious shall be bright at last."

Station 7: Bench at the wooden cross

**May all that is unforgiven in you,
be released.**

The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the broken-hearted, to proclaim freedom for the captives and release from darkness for the prisoners.

Isaiah 61: 1

At the foot of the cross there are some heavy rocks.

Take a rock now.

- *What loads are you carrying deep inside?*
- *Ask God to show you those things you particularly need to let go of.*
- *Spend some time in prayer and then place the rock at the foot of the cross when you are ready to do so.*

**When you are ready, go in Peace and in
the Love of God.**

If you would like to speak to someone, then please phone the Minister - 01738 812463.



Dunbarney and Forgandenny Parish Church (Church of Scotland)
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**Dunbarney and Forgandenny
Parish Church**

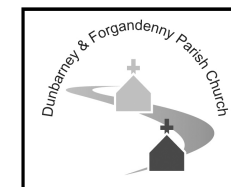
GARDEN PRAYER SPACES

Welcome

You are most welcome to Dunbarney and Forgandenny Church garden where you are free to walk and spend as much time as you would like at each of the reflective spaces. At each one, you are invited to reflect and/or pray as you feel most comfortable.

You may choose to go to a particular station or do them all. You may want to visit them over a number of days. The choice is yours. We hope you find the experience helpful and meaningful.

Please enjoy the peace and tranquility this prayer garden offers you.



Station 1: Stepping Stones

**Bless to me, O God
The earth beneath my foot
and the path whereon I go**

"As Jesus went on from there, he saw a man named Matthew sitting at the tax collector's booth. 'Follow me,' he told him, and Matthew got up and followed him." (Matthew 9:9)

Matthew started out on a new journey with Christ. Think about the journey you are on today.

- *How do you feel about the journey?*
- *Think about the direction the journey is taking you.*
- *Who is journeying with you?*
- *Whose company do you seek?*

Bring to God your response to these questions and the deepest desires of your heart.

Station 2: Trees at entrance of Church

**Your strength uplifts me,
Your power directs me
Your love enfolds me
Your wisdom guides me
Your way leads me
This day and every day**

"It is God who arms me with strength and keeps my way secure." Psalm 18: 32

To the left is a tree with a natural bench seat that children are drawn to sit and to play. The tree on the right is upright and tall.

- *Which tree are you drawn to? Feel free to go and stand beside or sit on your chosen tree.*
- *Why have you chosen this tree?*
- *These trees have brought fun and beauty to many. Who or what, have brought similar things in your life?*
- *These trees are firmly rooted. What roots us and nurtures us?*

As you sit or stand in the presence of these trees, pray that the essence of God's being may flow through your veins assuring us that we are secure in God's presence.

Station 3: In Wildlife Garden

**From the rising of the sun to its setting,
You guide us.
From our birth to our death, You lead us.
In our grief and in our sorrow, You comfort us.**

"Jesus Christ is the same yesterday and today and forever."
Hebrews 13: 8

You are now sitting in the wildlife garden. By its nature what you can see here changes with every season. Sometimes it is filled with colour and beauty, at other times its desolate and drab. But regardless it is a welcome habitat for many creatures.

- *What do you see today?*
- *How does the changing nature of this garden speak into your life today?*

- *In the changing scenes of your life, what remains constant?*
- *How is your life bringing life to others?*

Bring to God your response to these questions and the deepest desires of your heart. "My times are in Your hand." Psalm 31: 15a

Station 4: Stone bench at wooden boat

You are all around me on every side

"Jesus got up, rebuked the wind and said to the waves, 'Quiet! Be still!' Then the wind died down and it was completely calm. He said to his disciples, 'Why are you so afraid? Mark 4: 39-40_a

Imagine being on a small boat crossing a large expanse of sea and a storm arises.

- *How are you feeling?*
- *What do you want?*
- *How does God feel for you in this situation?*
- *What has brought you consolation through difficult times?*

Bring to God your response to these questions and anything else on your heart.

Through our trials we can learn that no storm is big enough to prevent God from accomplishing His will.

