



## Prayer Trail



Created by WLSJ Ethos Group 2021

**First go to the flower beds. Look, listen and smell the plants that are in the beds. You may want to touch some of the leaves. Give them a gentle squeeze then smell the scent they give off.**



**Lavender** flowers are known to represent purity, silence, devotion, serenity, grace and calmness.

**As you smell the lavender think about God's grace. Let His peace wash over you as you think about your life and what you are thankful for.**

**Rosemary** is a universal symbol of remembrance. Today some still use sprigs of rosemary at funerals and sometimes brides wear rosemary at their weddings as a symbol of love, happiness and loyalty.



**As you smell the scent of the rosemary say a silent prayer for:**

- **Loved ones who have passed away;**
- **People who you know have experienced a bereavement;**
- **The service people who gave their lives representing their country during wars around the world.**





**Sage** is connected with giving wisdom, clarity, and increasing spiritual awareness.

**Thyme** has a long history during which it has symbolised many things. The word "thyme" is derived from the Greek word *thymus* meaning "courage." In the European Middle Ages, women often gave knights and warriors gifts that included thyme leaves, as it was believed to bring courage to the bearer.

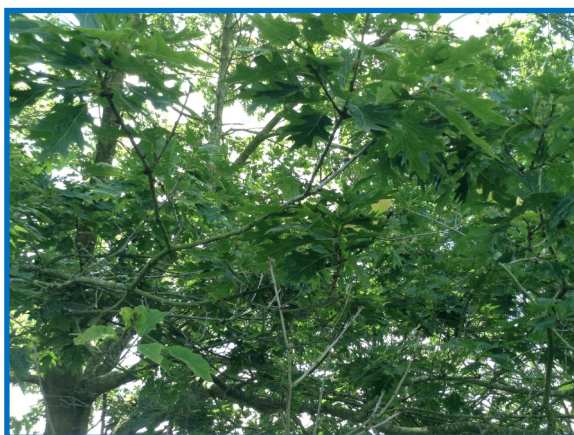


**Say together this prayer for courage and wisdom...**

**Dear God, please give me strength when I am weak, love when I feel forsaken, courage when I am afraid, wisdom when I feel foolish, comfort when I am alone, hope when I feel rejected, and peace when I am in turmoil.**

**Amen**

**Now walk around the edge of the field to one of the large oak trees. Stop under the tree and look up into its canopy.**



For as long as people in this country can remember, the oak tree has been a symbol of wisdom. Maybe that's because it lives for hundreds of years and we know that people who are much older than us often seem to be much wiser than we are because they have experienced more of life. So the mighty oak tree is a good place to sit when you are trying to make sense of a difficult situation and you don't know how to respond. It can be a reflection of God's ancient wisdom; a wisdom that you can ask for when you need help.

**As you pray, lay a hand on the bark of the tree and look up into its mighty canopy. Think about how God shows infinite wisdom and how he has made us all unique just like every leaf on the tree.**

**Dear God**

**You faithfully provide wisdom and understanding whenever I need help and direction. Help me find wisdom in Your faithful promises. Let them encourage me as I seek and follow Your direction and completely focus on the life You desire for me to have.**

**Amen**

**Continue your walk around the edge of the field to the pagoda or Kate's place.**



**Stop and pause...**

Do you ever feel like life is too busy? That the days are rushing by and you don't have time? Take time to stop and reflect. Sit down and use your senses to explore God's creation. What can you hear? What can you see? What can you smell? What can you feel?

**Say together...**

**Loving God, please grant us peace of mind and calm our troubled hearts. Give us the strength and clarity of mind to find our purpose and walk the path you've laid out for us. We trust your Love God, and know that you will heal our stress.**

**Amen**

**Now walk into Forest School. Find a Beech tree.**



Some say that Beech trees inspired the building of great cathedrals. Sitting with Beech is therefore a very good place to sit to dream great dreams about the

future, dreams like mighty cathedrals, while at the same time remembering that cathedrals are there to serve the people, and that as followers of Jesus we are also called to serve others.

**Our school vision is rooted in Hope and Aspiration for all. Say together our chosen Bible Verse, Ephesians 3:20**

**‘With God’s power working in us, God can do much, much more than anything we can ask or imagine.’**

**Now find a Silver Birch tree.**



God is Love. Birch is a ‘pioneer’ species, it prepares the way for other trees to colonise that area of bare ground, such as species of Oak and Beech. Their seedlings grow into tall trees that deprive this generous, protecting, life-giving birch of light, eventually killing it. Birch lives its life in sacrificial giving to many species of God’s creation and in the end it dies so that others might live. Have you ever noticed the shape of Birch leaves? They look like hearts.

**Say together this prayer for love...**

**Bless us with Love, O Merciful God; That we may Love as you Love! That we may show patience, tolerance, kindness, caring and love to all!**

**Amen**



## Move out of Forest School to the flowers.



Jesus tells his listeners to not be worried about the future – where they will get their next meal or what clothes to wear (Matthew 6). He asks us to, “Look at the lilies,” which do not worry or work, and yet are so beautiful and well cared for by the earth.

### Spend a moment looking at the flowers.

Jesus ends his speech with this line: “So don’t be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time.” ~ Mathew 6:34

**Close your eyes and think about anything you’re worried about. Give those things to God and ask him to give you peace. Maybe next time you see a beautiful flower you can remember to give God your worries.**

### Say together this prayer for peace...

**Loving God, please grant me peace of mind and calm my troubled heart. Give me the strength and clarity of mind to find my purpose and walk the path you've laid out for me. I trust your Love God, and know that you will heal my worries. Just as the sun rises each day against the dark of night.**

**Amen**

**End your walk by sitting in the fire circle.**



**Take a minute to sit in silence and reflect on the activities you have completed. Then use this closing prayer.**

**God of Creation, who loves all you have made,**

**Open the eyes of your people,**

**That your love might be reflected in our care for the planet, our common home. Through Jesus Christ, who walked this earth and calls us by name.**

**Amen**