

St John's Church, Selsdon



Walking on Holy Ground

(using Prayers from The Eucharist)

Even the most familiar surroundings can become places of sacred encounter for those who tread gently on the earth as pilgrims. In this extraordinary time, while we are unable to gather together in our most familiar surroundings inside the church building we call “St John’s” let us take this opportunity to meet Christ where we are, in the little things we would usually pass by. Take the time to notice, to be in the present moment, alive to God’s touch on his world, and in the noticing, be filled with the fullness of abundant Life.

As we share these journeys together – either physically or by sharing our photos and comments on St John’s Website, let us pray for each other, for those we meet, for those on our hearts, for all we see and experience around us. But above all let us give thanks to the God who loves us and holds us in life and in love, who will never reject or abandon us, who walks with us, and shares our journey.

Enjoy the journey! And don’t forget to send your photo – with a brief comment or a prayer if you can – to Amanda at bookingsstjohns@gmail.com for inclusion on our Website page.

Go to www.stjohnsselsdon.org.uk to share the journey!

We begin by intentionally dedicating this time, and this walk to God by saying:

**In the name of the Father
and of the Son
and of the Holy Spirit. Amen**

(You may also like to make the sign of the cross)

A prayer to begin:

**Almighty God,
to whom all hearts are open,
all desires known,
and from whom no secrets are hidden:
cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,
that we may perfectly love you,
and worthily magnify your holy name:
through Christ our Lord. Amen**

The walk begins...

Take the time to notice how you are walking. There is no need to go far, or fast. Be aware of the ground under your feet, the air in your face. Stop when you feel drawn to something. Take the time to savour it, to experience it. Take a photo of something that you have noticed and send it to Amanda to include on St John's Website – it would be nice if you could add a short comment, or prayer, or perhaps a note of how it made you feel – as an encouragement to others.

Put down that luggage!

We all carry baggage – sometimes the burdens we carry are heavy. Jesus said

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.”
(Matthew 11.28)

If there's something on your mind, you might like to use this prayer:

Our Lord Jesus Christ said:

The first commandment is this:

‘Hear, O Israel, the Lord our God is the only Lord.

You shall love the Lord your God with all your heart,

with all your soul, with all your mind,

and with all your strength.’

The second is this: ‘Love your neighbour as yourself.’

There is no other commandment greater than these.

On these two commandments hang all the law and the prophets.

**Most merciful God, Father of our Lord Jesus Christ,
we confess that we have sinned
in thought, word and deed.**

We have not loved you with our whole heart.

We have not loved our neighbours as ourselves.

In your mercy forgive what we have been,

help us to amend what we are,

and direct what we shall be;

that we may do justly,

love mercy, and walk humbly with you, our God.

Amen.

May the God of all healing and forgiveness

draw us to himself,

and cleanse us from all our sins

that we may behold the glory of his Son,

the Word made flesh,

Jesus Christ our Lord.

Amen.

Looking around

As you walk along you may begin to notice things you've not noticed before, or see things in a different way. You might have the opportunity to stop and really look at something in particular.

Almighty God, our heavenly Father, you promised through your Son Jesus Christ to hear us when we pray in faith.

Strengthen Christopher and Jonathan our bishops and all your Church in the service of Christ, that those who confess your name may be united in your truth, live together in your love, and reveal your glory in the world.

Bless and guide Elizabeth our Queen; give wisdom to all in authority; and direct this and every nation in the ways of justice and of peace; that we may honour one another, and seek the common good.

Give grace to us, our families and friends, and to all our neighbours, that we may serve Christ in one another, and love as he loves us.

Comfort and heal all those who suffer in body, mind, or spirit ... ; give them courage and hope in their troubles; and bring them the joy of your salvation.

Hear us as we remember those who have died in the faith of Christ ... ; according to your promises, grant us with them a share in your eternal kingdom.

Rejoicing in the fellowship of all your saints, we commend ourselves and the whole creation to your unfailing love.

Merciful Father,
**accept these prayers
for the sake of your Son,
our Saviour Jesus Christ.
Amen.**

Tricky bits?

Somewhere along your walk you might encounter a difficulty. Once you have ensured your safety, you may like to reflect on that experience using this prayer:

**Holy, holy, holy Lord,
God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

And you may like to use this prayer if there is someone or a situation on your heart that is troubling:

**Lamb of God,
you take away the sin of the world,
have mercy on us.
Lamb of God,
you take away the sin of the world,
have mercy on us.
Lamb of God,
you take away the sin of the world,
grant us peace.**

And when your walking is done...

You might like to pray this prayer:

**Father of all,
we give you thanks and praise,
that when we were still far off
you met us in your Son and brought us home.
Dying and living, he declared your love,
gave us grace, and opened the gate of glory.
May we who share Christ's body live his risen life;
we who drink his cup bring life to others;
we whom the Spirit lights give light to the world.
Keep us firm in the hope you have set before us,
so we and all your children shall be free,
and the whole earth live to praise your name;
through Christ our Lord. Amen.**

*And finally, join with other Christians in Selsdon and around the world in
the prayer which Jesus taught:*

**Our Father, which art in heaven,
hallowed be thy name,
Thy Kingdom come,
Thy will be done in earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive them that trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the Kingdom, the Power and the Glory,
for ever and ever. Amen**

**The Lord bless and watch over us,
the Lord make his face shine upon us
and be gracious to us,
the Lord look kindly on us and give us peace
all the days of our life. Amen.**

You may like to know that there are toilets and baby changing facilities in the Garden Room at St John's Church, Upper Selsdon Road!

***And remember, as always, care for the environment –
leave nothing but footprints, take nothing but photographs!***

©Prayers adapted from "Every place is Holy Ground" by Sally Welch
Bible Reading is Contemporary English Version