

St John's Church, Selsdon



Walking on Holy Ground

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:

**Lord God, just as you created Adam and Eve
by your life-giving breath,
fill me again with your Spirit.**

**Help me to feel alive to the world and to you,
rejoicing in my place in your creation,
ready to explore it further.**

Loving God,

**fill my heart with the knowledge of your love
and my mind with an awareness of your presence.**

**Help me to remember in the journey ahead
that I am a container for your grace
and as such that I am precious in your sight. 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

“If you are tired from carrying heavy burdens, come to me and I will give you rest.” (*Matthew 11.28*)

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

Gracious God, I have sinned.

There are many things in my life that I have done which I am not proud of.

There are many ways in which I have wilfully tried to destroy the precious creation which is me.

Sometimes I have deliberately chosen the wrong way, sometimes this has been by accident.

I am sorry, Lord, truly I am.

I know you will forgive me; you have promised me this in Jesus Christ who died for me.

Please help me to feel forgiven. Amen

And now may I continue on my way cleansed and forgiven,

a new creation in your sight, precious to you and to this created world.

May I tread the path which I am meant to walk with care and with love,

aware that as I journey on,

You, O Lord, journey with me. 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.

**Lord, as I look around me, I look for you.
And as I look beyond myself, I see you in your creation.
Help me to continue to look for you,
even when my own situation tells me
to look only at myself and my concerns.
I hold in your love the needs of this beautiful world...
the needs of this community of which I am a part...
those entrusted with positions of leadership and
responsibility...
Those who are sick or ill, anxious or sad, lost or lonely...
Lord Jesus, our Friend and Companion on the Way,
may each of us know you to be alongside us wherever our
journey takes us. 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:

**Lord God of strength and power,
help me to feel your support and guidance.
Help me to feel the might of your love,
building me up when times are hard,
guiding me along the way. Amen**

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

**Lord, we pray for those who suffer
in body, mind or spirit.
For those for whom life has lost its joy and its meaning.
We pray for those who live without hope
or a knowledge of your love
and we ask for your healing care
to be poured out upon them. Amen**

And when your walking is done...

You might like to pray this prayer:

**Lord, thank you for keeping me safe on my journey.
You hold in your hand the earth and all that is in it.
Here is my life.
It is precious to you, I know.
Help me to trust that I can rest
in the shadow of your wings
and that you will hold me safe, always. 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 Grace of our Lord Jesus Christ,
the Love of God
and the Fellowship of the Holy Spirit
be with us all, evermore. 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