

Open your heart, Open your mind
Ask God to guide, direct and lead you
Seek His presence as you walk
Listen for God's voice

If you are using your phone along with this booklet, you may want to find a free QR code scanner app and download it on your phone. Check the back page for a link. If you don't have a Bible app, you may want to add that also. These two items will allow you to use your phone for videos and readings throughout the walk. Or, if you would rather only use your phone, use this web address to access: <http://www.lexumcsc.com> look for link.

You can use a hymnal and Bible if you wish.

Rest 1—Sanctuary—please sit in the choir loft, or on the steps to face the windows at the back, Jesus praying to His Father in the garden and the cross

Please read **Matthew 26:36-56** **Luke 22:39-46**

No Christian who visits Jerusalem misses the Garden of Gethsemane. There, in the garden, grow olive trees whose ancestors witnessed Jesus praying in anguish, as he awaited His coming arrest, trial, torment and crucifixion. Jesus prayed and wept in the Garden, *choosing to surrender His will* to the Father—a decision that would counteract a human choice made in another garden long ago- “in the beginning”.



Listen to ***Go to Dark Gethsemane***, reflect on the words.
(words #290 in Hymnal)

Why Surrendering Your Will to God is Essential

Life will hand you what seems like a raw deal. Solutions seem as gnarled as the olive trunks in Gethsemane. And when God's desire for you seems cruel to you and anything but good, you'll wage no greater battle than the surrendering of your will.

I promise you, surrendering your will to God lies at the very core of whatever grieves you. And surrendering in absolute trust to the Father—as Jesus did in Gethsemane—remains the only path to peace. Especially when you can make no sense of it all.—

from: Wayne Stiles <https://waynestiles.com/surrendering-your-will-to-god-in-difficult-times/>



Jesus found the courage to go on. He was willing to do whatever God needed him to do, even to die on the cross for our sins. God, hearing Jesus' prayer, sent strength and comfort through an angel, a sign that God was with Jesus. God will do the same in our lives.

You may not be able to travel to Jerusalem, or may never see those ancient olive trees, but you can still kneel in Gethsemane, still pray and surrender to God's will for your life:

Kneel at the alter rail or, if you are unable to kneel, try simply touching your knees and praying something like this:

"Lord Jesus, thank you for enduring such agony as you suffered in the Garden and throughout your trial and on the cross for my sake and the sake of others like me. Thank you for praying, 'Not my will but Thine be done.' Thank you for rising to meet your betrayer. Thank you for the obedience and love that drove you all the way to the cross to win salvation for souls like mine. Amen."

As you leave, please pick up a Bible to carry with you, or find the Bible on your phone to continue reading scripture.

When you are ready, proceed out the right sanctuary door (the choir door) to the hall way. Turn left and go outside to face the cross that is in front of the church, near Hwy. 1. There is a bench for you to rest upon.

Rest 1—Children's Prayer Activities:

Look at the round window. Do you see Jesus praying? Think about and share: What did Jesus do during His ministry? Jesus blessed the people, healed others, and prayed for people, asking God to forgive them.

Pick up an egg, open it and use the surprise inside for this activity:

Find the 5 Finger Prayer Sheet. You can pray just as Jesus did. Read the directions on the front of the sheet. Then flip the paper over, trace your hand and use this to write your own prayer. Carry this with you as you go along the prayer walk. You may think of other people to add to your hand as you walk.

Rest 2—Bench outside near the cross on Hwy. 1

Please read the following scripture with your Bible app or in a Bible: **Matthew 25:31—46**

Listen to **They'll Know We Are Christians By Our Love**

<https://www.youtube.com/watch?v=cfg5VTyDkyA>



If you don't have access to Internet, please read the words to this beautiful song and meditate on the words:

We are one in the Spirit, we are one in the Lord;

We are one in the Spirit, we are one in the Lord;

And we pray that all unity will one day be restored.

Chorus: And they'll know we are Christians by our love, by our love, yes, they'll know we are Christians by our love.

We will work with each other, we will work side by side;

We will work with each other, we will work side by side;

And we'll guard each man's dignity and save each man's pride.

Chorus

Read **Romans 12:9—21** and hear Paul's advice for living an honest and upright life.

The cross near the road reminds that Jesus came for all who believed. He welcomed everyone into His community of believers; called us to live unity in Him; called us to *love our neighbors as He loved us*:

Read **John 13:34-35**

--who are our neighbors?

--who needs our compassion?

Look out at the cars passing by on Hwy. 1—

--each person inside a car is our neighbor

—pray for their safe travel and that they feel God's loving touch

Look at the church across the street—

--our Christian neighbors—*pray for unity in our community of faiths*

Remember our first responders—

--*pray for their compassion and safety*

Remember those who teach and touch our children's lives—

Pray for strength and compassion as they connect with children each day

The Courthouse is nearby-- God desires justice—in our personal lives, in our society, and in the world—

--*pray for discernment for those who legally tend to our lives—guardian ad litem, lawyers, and judges*

Our national leaders and our international leaders make life changing decisions each day—

---*pray that they seek God's Wisdom as they seek justice for all peoples, and pray that they choose a life lived in Him as they lead our country and our world.*

Remember those who don't have a church home in our community--

—who is the Holy Spirit leading you to reach out to and bring into the community of believers?

Pray for them and for yourself as you let God's will guide your way.

End your prayer by praying for peace and comfort in your family and in your life. May you feel God's grace each day.

Rest 2—Children's Prayer Activity:

Find an egg, open the egg and take out what is inside.

Use the spyglass to search for things you see outdoors. Do you see something purple?

Thank God for sending Jesus to our lives.

Do you see something green? What? Pray Thank You God for

Do you see something red? Why is this important to our lives? Thank You, God for . . .

Do you see something blue? Pray Thank You, God for . . .

What else do you see? Thank God for each thing.

Do you want to add any of these things to your five finger prayer list?

When you are ready move up the sidewalk, past the playground and turn right on the sidewalk to find the garden area on your right.

As you walk this path, remember the path that Jesus walked—His journey to Golgotha

Rest 3—Prayer Garden Outside the Nursery Area

Read 1 Peter 2:24

The cross reminds us of Jesus' most precious gift— His suffering and death for our sins.

Lent gives us the time to reflect on our relationship with God. Have you been able to turn towards God? To put away “worldly” worries that have kept you from listening to God’s will for your life?

Read Mark 4:1-20 paying special attention to vs. 16—19

We need to respond with a genuine commitment to our God—to take root, not among the thorns that distract us, but live in the rich ‘soil’ God provides. We need to turn away from those things that keep interfering with our relationship with God; and turn back to God—living through His will for our lives.

Practice this: Turn away from the cross, your body or your head, and then turn back to the cross, toward God. What do you sense? How do you feel?

Jesus talked of coming to Earth to restore the sinners, not the saints, and the joy in Heaven when even one person is restored:

Read Jesus’ words in **Luke 15:1-7**

- ♦ What is in the way of your relationship with God?
- ♦ What is preventing it from being all it can be?
- ♦ Do you need to let go of an anxiety or an ‘idol’, such as money or food?
- ♦ Do you need to eliminate a major distraction? (quotes from The Advocate, Feb. 23, 2017)

Pray the Prayer of Confession from the UM Communion Liturgy:

**Merciful God,
we confess that we have not loved you with our whole heart.
We have failed to be an obedient church.
We have not done your will,
we have broken your law,**

**we have rebelled against your love,
we have not loved our neighbors,
and we have not heard the cry of the needy.
Forgive us, we pray.
Free us for joyful obedience, through Jesus Christ our Lord. Amen.**

Hear this good news:
Christ died for us while we were yet sinners;
that proves God's love toward us.
In the name of Jesus Christ, you are forgiven!

Glory to God. Amen.

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— Ephesians 2:8

Pray the ***Lord's Prayer*** as you ask for Jesus to hear your prayers of confession and receive his grace.

Jesus' message was for all—because of His love and sacrifice, we have a new beginning everyday—Jesus is the reason we live with never-ending grace and mercy.



Listen:

When I Survey the Wondrous Cross

(hymnal p 298)

<https://www.youtube.com/watch?v=LrToL94ZIUE>.

Children's Activity:

Reflect on God's beauty—lay on your back (towel on bench) and look at the sky. What do you see? Share with your parent what you see and thank God for all of his Creation.



Find an egg. Read the words on the outside! Words of praise about our God! Find a “planet” inside to remind you of the VBS Bible verse:

Glory to God, who is able to do far beyond all that we could ask or imagine by his power at work within us. Ephesians 3:20

(DO NOT put the ball in your mouth!!!!)

You can listen to and sing one of the VBS songs here:

God of Wonders

<https://www.youtube.com/watch?v=JXMT1IdoDCM>



When you are ready, walk back to the sidewalk and turn right, go through the double doors and proceed to the elevator to the 2nd floor, or you may take the stairs.

Rest 4—Susanna Wesley Prayer Room

Listen to MercyMe's *Best News Ever*:

<https://www.youtube.com/watch?v=acbcKrnnJAK>

and/ or



Read (sing, if you wish) the words to Hymn #394 —*Something Beautiful*

Best News Ever- Through His Grace, God offers us redemption and a restored life

Read Psalm 51:1—12

We are called into a restored relationship with God. In verses **10-12 of Psalm 51**, the psalmist asks for a clean heart, a willing spirit and restoration.

The Psalmist sang this important prayer. For us, it is also an important prayer as we strive to live as Restored People with renewed hearts and willing hearts.

Paul says in **2 Corinthians 13:11**

Finally, brothers and sisters, rejoice! Strive for full restoration, encourage one another, be of one mind, live in peace. And the God of love and peace will be with you.

Living as restored persons, what stops us from living and trusting in God?

Being anxious and worrying are two emotions that get in our way.

This is a very human reaction to life around us. Even David wrote about this in a **Psalm 139:23:**

Examine me, God! Look at my heart! Put me to the test! Know my anxious thoughts!

And Paul reminds us:

Don't be anxious about anything; rather, bring up all of your requests to God in your prayers and petitions, along with giving thanks. Philippians 4:6

God does not want us to be fearful or anxious about anything:

Find the Worry station and follow the directions

Now, rest and pray: Take a sticky note and write the name of someone who needs God to touch their life—pray for their restoration: To free them from worry; or for healing. Place it on the prayer board. Pray for this person.

Place your name on the prayer board. As a restored and reconciled person, ask God to dwell in your heart and mind.

Paul reminds us that as new creations in Christ and as reconciled people, we become Christ's ambassadors on Earth:

If anyone is in Christ, that person is part of the new creation. The old things have gone away, and look, new things have arrived! ...So we are ambassadors who represent Christ. 2 Corinthians 5

In **Psalm 51: 13-15** the psalmist promises to sing of God's righteousness and turn sinners back to the Lord, promising to share his gifts. We can called to share our gifts—

Jesus said:

You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. (Matthew 5.14-16)

As you reflect on your own gifts and virtues, what quality or qualities would you like to shine before others? In what way do you desire to shine to those around you?

Write that quality on a stained glass film, peel the backing, wet it, and adhere it to the glass of the candleholder on the Alter table.

Take time to let this idea settle into you. . . invite God to show you where He wants you to share your quality or gift in your faith journey.

Children Prayer Activity:

Find an egg. Open the egg to see what is inside.

As you read the story of Jesus and Holy Week, you may want to color the pages while your parent is praying.

Color and fill out your candle, how do you shine?

Share your candles by putting them on the Alter Table

Celebrate shining your light by singing

"This Little Light of Mine"

When you are ready , please return to the 1st floor, either down the elevator or the stairs. When you reach the first floor, please find the door to outside opposite. Please enter the garden between the buildings.

Rest 5—Garden between the two buildings

Fountains bring the ‘music’ of water to our ears. They remind us of a waterfall or river with flowing waters that offer the restoring miracle of life.

Read John 4: 4-28; 39-42

In this passage Jesus talks with a woman in Samaria about water. He talks about good drinking water, and he talks about *living water*. In those days--and still today in the Middle East--fresh water is a precious resource. Everyone needs it to survive. But Jesus says that the water he gives brings life. It's *living water* that wells up within us to give eternal life!

Many Psalms speak of thirsting after God as one thirsts for a cool drink. Here are two to read and consider:

Psalm 63:1-2 Psalm 107: 8-9



“God is called the fountain of life and the spring of living water—eternal life. Once we satisfy our thirst with living water, we will never thirst again. The Holy Spirit provides this living water in our soul for us to draw upon continuously.

No successful journey of faith is possible without access to living water. Only Jesus can show us the way out of our spiritual desert. Only Jesus can quench our burning thirst for God. Only the one Lord and Savior is able to give us this amazing gift that satisfies the deepest desire of our soul.”

Sergei Sosedkin

<https://today.reframemedia.com/devotionals/the-living-water-2007-03-03>

Let Your Living Waters Flow

Listen to this song:

<https://youtu.be/4mTR88iArms>

scan QR code:



Use the words as a prayer

*Let Your living water flow over my soul,
Let your Holy Spirit come and take control,
Of every situation that has troubled my mind,
All my cares and burdens on to you I roll.
Jesus, Jesus, Jesus*

*Come now Holy Spirit and take control,
Hold me in your loving arms and make me whole,
Wipe away all doubt and fear and take my pride,
Draw me to your love and keep me by your side.
Jesus, Jesus, Jesus Father (x3)*

*Give your life to Jesus, let Him fill your soul,
Let Him take you in His arms and make you whole,
As you give your life to Him, He'll set you free,
You will live and reign with Him eternally.
Jesus, Father, Spirit (x3)*

Water is also a necessary ingredient to bring new life.

Look around at the beautiful plants that grace this garden. They began as seeds, planted in the ground.

Seeds can remind us of Jesus' death and resurrection —Jesus suggested this imagery when he said:

I say to you, unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit. John 12:24

The planting of the seed in the ground represents the burial of Jesus. The seed's germination period represents the time that Jesus spent in the tomb. The sprout breaking through the ground, finally visible in the daylight, represents Jesus' resurrection: He is seen by Mary on Easter Sunday morning. The plant represents Jesus' victory over death and his triumphant new life.

The blooming plant in beauty represents Jesus' glorified body.

The seed is transformed into something new. Just as Jesus was.

Paul alludes to this in 1 Corinthians 15:35-37

But someone will ask, “How are the dead raised? With what kind of body will they come?” How foolish! What you sow does not come to life unless it dies. When you sow, you do not plant the body that will be, but just a seed, perhaps of wheat or of something else.

Near the fountain find a peat pot, a small bag of dirt, and a pack of seeds.

Using the dirt, plant a few of the seeds into the pot. Water the planted seeds to begin to bring them back to life. Take the pot (and the remaining seeds) with you and watch as new life begins. And remember God’s great gift to us.

John 3:16

Children’s Prayer Activity:

Plants need water to grow.

There are watering cans at the base of the fountain. Pick one up, fill it with water from the fountain, and water the plants in this garden. Water the seeds that your parent just planted in the pot. As you water each plant say a prayer at each spot. Perhaps you can pray for the people you have listed on your prayer hand.

Find an egg. This one looks a little different. What is its shape? This animal is also a symbol of new life. Open your egg and read what is inside.

Are you going to see this animal again soon ?

When you are ready, please exit the door opposite the one you came in. This takes you to the ‘lobby’ area of Wesley Hall. Please turn left and move towards the table where you picked up this booklet.

Your last stop is the Labyrinth. Outside the entrance are rocks—if you feel you have a prayer request or a burden that is troubling you, please pick a rock and follow the instructions on the sign. When you exit, please follow the instructions.

God Bless You on your journey with Christ. Know that His grace is always there for you. His desire is for you to turn to Him, live your life through Him, and feel His loving arms wrapped around you to give you comfort and peace!

Please leave the Prayer Walk booklet, the hymnal and the Bible (if you picked those up) on the table in the lobby.

Be sure to sign the Labyrinth register and journal your thoughts.

Amen and Amen !

On the next pages are the seven last words of Jesus for mediation as you walk the Labyrinth, if you choose to use them.



1) Jesus Speaks to the Father

Luke 23:34

Jesus said, "Father, forgive them, for they do not know what they are doing." In the midst of his excruciating suffering, the heart of Jesus was focused on others rather than himself. Here we see the nature of his love—unconditional and divine.

2) Jesus Speaks to the Criminal on the Cross

Luke 23:43

"I tell you the truth today, you will be with me in paradise."

One of the criminals who was crucified with Christ had recognized who Jesus was and expressed faith in him as Savior. Here we see God's grace poured out through faith, as Jesus assured the dying man of his forgiveness and eternal salvation.

3) Jesus Speaks to Mary and John

John 19:26–27

When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to his mother, "Dear woman, here is your son," and to the disciple, "Here is your mother."

Jesus, looking down from the cross, was still filled with the concerns of a son for the earthly needs of his mother. None of his brothers were there to care for her, so he gave this task to the Apostle John. Here we clearly see Christ's humanity.

4) Jesus Cries Out to the Father

Matthew 27:46 (also Mark 15:34)

And about the ninth hour Jesus cried out with a loud voice, saying, "Eli, Eli, lama sabachthani?" that is, "My God, My God, why have You forsaken Me?"

In the darkest hours of his suffering, Jesus cried out the opening words of Psalm 22. And although much has been suggested regarding the meaning of this phrase, it was quite apparent the agony Christ felt as he expressed separation from God. Here we see the Father turning away from the Son, as Jesus bore the full weight of our sin.

5) Jesus is Thirsty

John 19:28

Jesus knew that everything was now finished, and to fulfill the Scriptures he said, "I am thirsty."

Jesus refused the initial drink of vinegar, gall, and myrrh (Matthew 27:34 and Mark 15:23) offered to alleviate his suffering. But here, several hours later, we see Jesus fulfilling the messianic prophecy found in Psalm 69:21.

6) It Is Finished

John 19:30

... he said, "It is finished!"

Jesus knew he was suffering the crucifixion for a purpose. Earlier he had said in John 10:18 of his life, "No one takes it from me, but I lay it down of my own accord. I have authority to lay it down and authority to take it up again. This command I received from my Father." (NIV) These three words were packed with meaning, for what was finished here was not only Christ's earthly life, not only his suffering and dying, not only the payment for sin and the redemption of the world—but the very reason and purpose he came to earth was finished. His final act of obedience was complete. The Scriptures had been fulfilled.

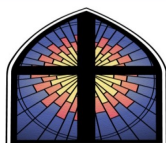
7) Jesus' Last Words

Luke 23:46

Jesus called out with a loud voice, "Father, into your hands I commit my spirit." When he had said this, he breathed his last.

Here Jesus closes with the words of Psalm 31:5, speaking to the Father. We see his complete trust in the Father. Jesus entered death in the same way he lived each day of his life, offering up his life as the perfect sacrifice and placing himself in God's hands.

For
God
so
loved
the world
that he gave his only begotten
son so that whosoever believeth
in him
shall
not
perish
but
have
eternal
life
John 3:16



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Here are links to QR reader apps, if you need one:

IOS QR reader:

<https://www.qrcodereaderapp.com/ios-qr-code-reader/>

Android QR reader:

<https://www.qrcodereaderapp.com/android-qr-code-reader/>