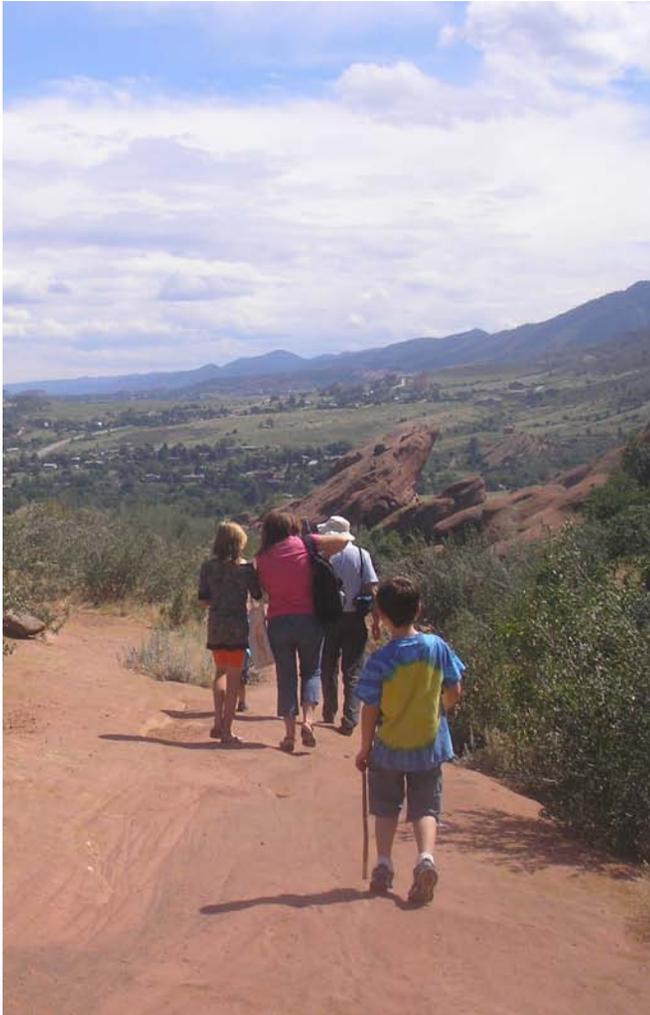


1. What a friend we have in Jesus,  
all our sins and griefs to bear!  
What a privilege to carry  
everything to God in prayer!  
O what peace we often forfeit,  
O what needless pain we bear,  
all because we do not carry  
everything to God in prayer.
  
2. Have we trials and temptations?  
Is there trouble anywhere?  
We should never be discouraged;  
take it to the Lord in prayer.  
Can we find a friend so faithful  
who will all our sorrows share?  
Jesus knows our every weakness;  
take it to the Lord in prayer.
  
3. Are we weak and heavy laden,  
cumbered with a load of care?  
Precious Savior, still our refuge;  
take it to the Lord in prayer.  
Do thy friends despise, forsake thee?  
Take it to the Lord in prayer!  
In his arms he'll take and shield thee;  
thou wilt find a solace there.

## Station 3



We continue our journey.

Who is with us as we near  
Christmas?

Family? Friends? Others?

What are our concerns for them  
and because of them?

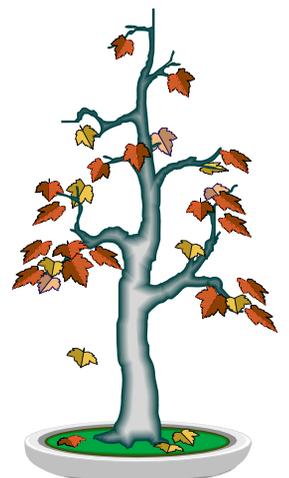
Use the prayer on the card to reflect on those who are sharing  
our journey.

Who is supporting us? Who needs our support?

Take a leaf and hang it on the tree committing those we love to  
God's care.

You can write your own prayer on the leaf.

In your own time move on to the centre of this  
journey.



Our walk with God  
is never a lonely walk  
it is a family occasion  
if taken in the company  
of God's children.

If we lag behind  
there are those who will turn  
and offer words of encouragement  
hold out a hand and offer assistance over stiles and other obstacles  
share refreshment  
help us from our knees  
when we stumble.

Our walk with God  
is never a lonely walk.  
It is a joyful experience  
as along the path others join us attracted by the company  
of God's children

singing the same songs of praise  
that angels sing  
following a path  
worn down by tears and joy  
and sacrifice

Our walk with God  
is never a lonely walk  
for he walks with us  
on a track that leads  
to a glorious  
destination



## The Centre

A still place

A calm space

A quiet place

A space to think

A Space to be

Time to be

Enfolded by peace.

Soon you will need to move on, to begin your journey back into the world outside, but now rest in God's presence for as long as you like.

In your own time move on to Station 4