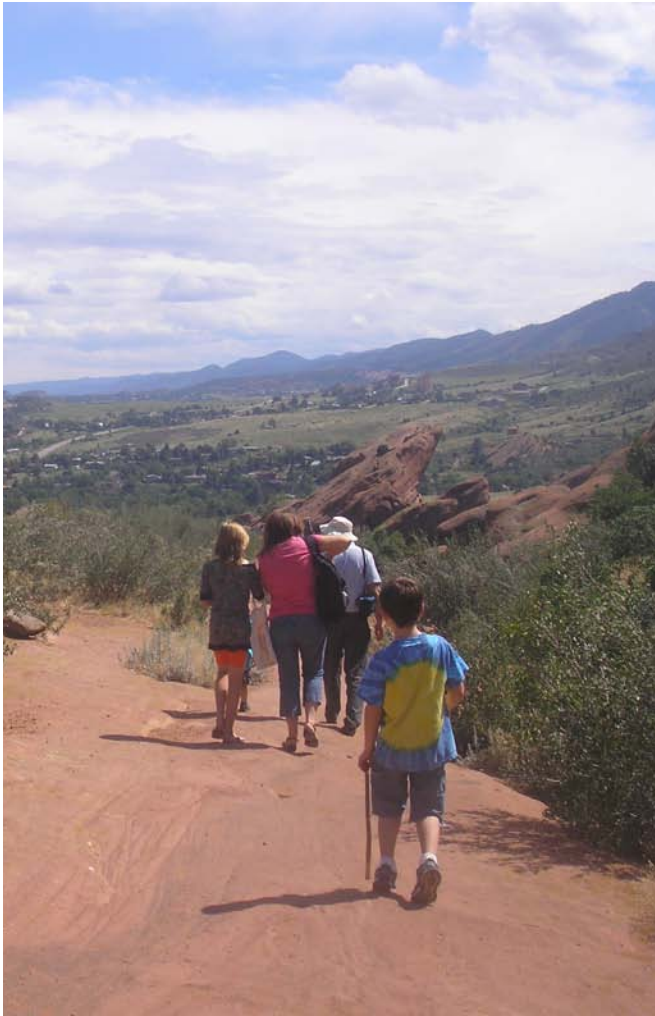


1. What a friend we have in Jesus,
all our sins and griefs to bear!
What a privilege to carry
everything to God in prayer!
O what peace we often forfeit,
O what needless pain we bear,
all because we do not carry
everything to God in prayer.

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?

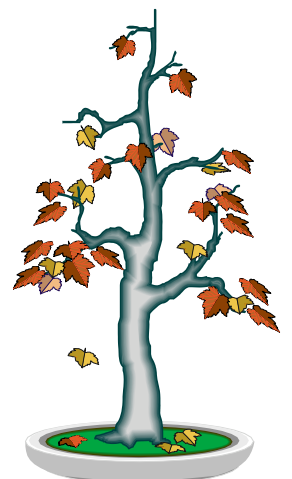
Use the prayer on the card to reflect on those who are sharing
our journey.

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