

# **Station 1 Beginning the Journey – expectations and hope**

We begin our journey.  
What expectations and hopes do we have as we get nearer to Christmas?

Take a seed. Such a tiny thing, yet with so much potential for growth.



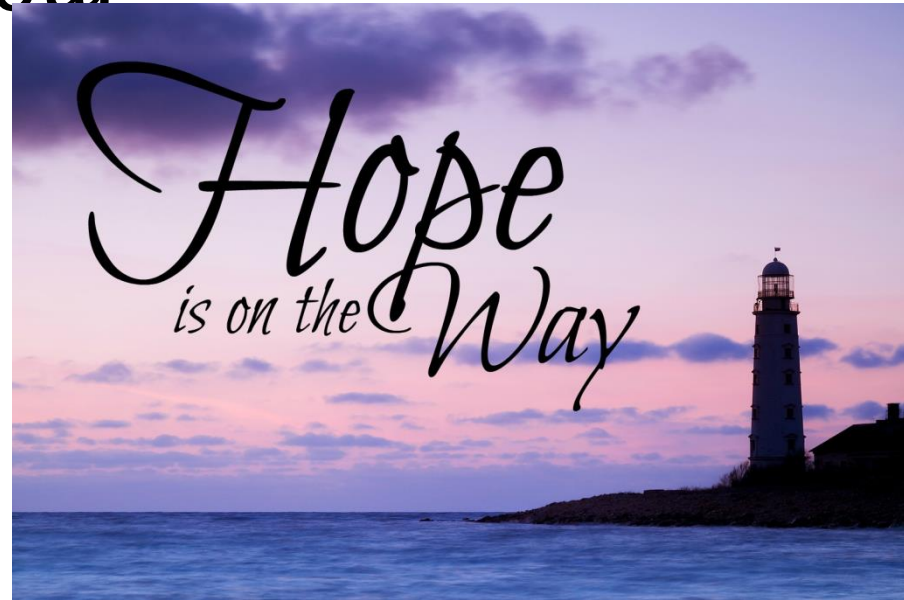
## Small Beginnings

"Things great have small beginnings. Every downpour is just a raindrop; every fire is just a spark; every harvest is just a seed; every journey is just a step because without that step there will be no journey; without that raindrop there can be no shower; without that seed there can be no harvest."

William Wilberforce



Let it remind you of your seeds of hope, your expectations for this Christmas.



As you hold the seed, pray to God and ask him to give you Hope as you journey through Advent.

When you are ready plant your seed in the soil.

# Footprints

If you want to, you can write or draw about an important moment onto one of the footprints... and then leave it behind as you begin your journey into Advent,



# Station 2 – Letting Go

In the Christmas story, Mary and Joseph travel at least 110 kilometres from Nazareth to Bethlehem. On a donkey!

We are now on our journey, but what are we carrying with us today?

Do we feel weighed down by worry, stress, the busyness around us?



Take a stone. Hold it, feel its shape and texture.

What burdens does the stone represent?



When you are ready, give your burdens to Jesus by slowly dropping your stone into the bowl and leave it there.

# Station 3- People sharing our journey

We continue our journey.

Who is with us as we  
near Christmas?

Family? Friends? Others?



Mary and Joseph helped  
Jesus on his journey.

How do you family and  
friends help you?





Be still and use the pictures of the Christmas to help you remember to importance of our family and friends.

Choose a piece of cloth and place it in the crib. Reflect and thank God for given you a loving family





# Time with God

Take time to just be with God - relax in His presence - draw on His strength.

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.



## 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.

# **Station 4- Taking His light**

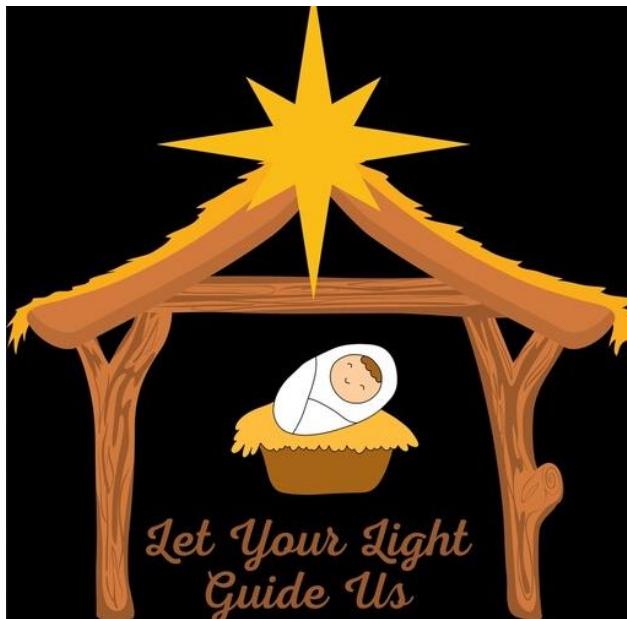


*As continue our journey we  
remember Christ came as  
the Light of the World.*

On the card are some words about light.

Take a candle and imagine taking Christ's light into all the dark places you will encounter.

Light it and place on the cloth. Ask God to give you Christ's light each day, especially this Christmas.



When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

John 8:12 (New International Version)



# Station 5- His love for us

Jesus came into the world for us because God loved us all so much.



That love will always be there; it never ends.



The words on the card remind us of how much we are loved by God.

Rest here and soak up God' and all those you care for.



Hold a heart to remind you that God's love is with YOU always, wherever you are.

Write something on your heart.



# Station 6 - World with hope

You are at end of this part of your Advent Journey.

Time to leave this quiet space, but you can always find your own quiet space in your heart.



We pray that you are filled with God's hope, joy, peace and love and that this will enrich your life.

Please take a prayer card as you leave this space.

