

Welcome to the PASTORAL Prayer room

A guided walk through the themes of the 23rd psalm.

Six interactive and contemplative stations designed to allow you to engage with a familiar scripture in fresh ways and a space for kids to explore the story and themes.

- 01 The Lord is my Shepherd
- 02 Green Pastures & Still Waters
- 03 Valley of Darkness
- 04 The Table Of Delight
- 05 He Anoints My Head With Oil
- 06 Goodness and Mercy follow me

We pray your time here will be refreshment for your soul as you encounter the love, leading and invitation of God.



The Lord Is My Shepherd

As we begin our journey we reflect upon the gentle leading of the Lord. We create space to listen for his voice and hear his call.

'My sheep know my voice'

Spend a moment in silence.



WE PRAY : God, I am here to meet with you. I set aside the demands & restrictions of my day. I open myself to you. I choose to rest in your presence now. I trust that in your presence I will find what I need. I humbly come before you, my Creator, friend and guide.

We take a moment to recognise how our country is known for it's scenic rural life and ask that God would give us fresh imagination to reach and bless those in our farming communities and less urban areas. You are the Good Shepherd who left the 99 to find the 1. Teach us to love those who are remote, cut off and isolated so that they may experience belonging and hope through you.



Green Pastures & Still Waters

Take a moment to consider the rolling green hills of our verdant landscape & the many lakes, rivers and streams that give life to our green and fertile land. Give thanks for the beauty of creation that draws us into awe & wonder & worship of the one who made it all.

Just as it takes good seed being sown into the soil to produce a plush meadow, we consider the spiritual seed that has been sown through the prayers of generations for our nation.

How might you contribute to this call to sow good seed? Who could you pray for, plant seeds of encouragement with or invest in? As you consider these people, plant a seed in a pot, marking their name on a label and take it home as a reminder that God is faithful to grow good things when we sow the seeds of faith.

Valley of Darkness

A prayer for when you are in
the darkest valley.



Our Crushed and Courageous
Lord.

You who asked your friends to
stay with you in sorrow;

Illuminate the courage it takes
to ask for help on our darkest
nights

that we would respect even
our neediness as an
expression of union with you

and find that we can be both
crushed and courageous too.

Amen.



Hosea 2 v 14 - 15

.....I will speak tenderly to her there. I will
return her vineyards to her and transform the
Valley of Trouble into a gateway of hope.

The Table Of Delight

*gluten free

As we consider the many tables we gather around daily, none is more bountiful or beautiful than the table of communion. No feast is as satisfying or nourishing for our souls.

Take a moment to receive. Contemplate how this meal is fully paid for and graciously prepared by our Servant King. As you participate, allow God to feed you in your places of lack and deep hunger.



Lord Jesus Christ, present with us now,
As we do in this place what you did in an upstairs room,
Breathe your Spirit upon us and upon this bread and this
wine, That they may be heaven's food for us.
Renewing, sustaining and making us whole,
That we may be your body on earth,
Loving and caring in the world.

Amen

He Anoints My Head With Oil

A good and caring shepherd anoints the head of his sheep with oil to bring relief & protection to the sheep in his care. Relief from the torment of insects & worms that take up residence where they are not welcome.

The anointing oil cleanses the head of the sheep and brings peace, releasing the sheep from deep discomfort, irritation & pain. The oil also forms a protective barrier against these tormentors that try to destroy the sheep.



Do you or those near you have times of mental pain or torment? Do chaotic thoughts invade your mind & destroy your peace?

Use the oil to anoint your head or those with you. Pray God's healing where it is needed & his protection over your mind. Use the oil to anoint your hands. Carry this into the day, laying hands on the sick, praying God's healing.

A Blessing for those who have suffered

Blessed are you who have suffered
for within your soul are storehouses
of the stories you have survived.

Yet, you are more than the stories
that have shaped you.
But because of them,
you grew.

Goodness & Mercy Follow Me

So often we become what we behold. Take a moment to meditate on the goodness and mercy of God and how you have experienced each in your life.

What words have been following you around in this past season? Perhaps your recent experiences have been marked by the kindness of a God who pursues us and calls us friend.



Or perhaps you have felt hounded in recent times by negative words spoken by others or alone and outside of the goodness and mercy of God.

Take some time to consider what words God might be speaking over you today then write them out on a tag. Take the tag home and hang it from your car mirror or your handbag - somewhere that you will be reminded in your going of the God who walks alongside you and speaks life over you everyday.

