

KNOX CHURCH 10TH APRIL 2020

Good Friday Prayer Walk



This prayer walk can be done by yourself or with your family/cluster.

For this prayer walk, you will need a “prayer” object. You will bury this while on your walk, so make sure it’s something that is biodegradable or natural. You might like to use a palm cross which you made on Palm Sunday. Or you might like to use a pebble, leaf, flower etc.

There are three movements to this walk:

- 1. **The journey there:** the journey carrying your “prayer” object as a symbolic participation in Jesus’ carrying his cross.*
- 2. **The burial:** the burial of your “prayer” object as a symbolic participation in Jesus’ death and burial.*
- 3. **The journey back:** the journey back without your “prayer” object as a symbolic reminder of our liberation from sin and death and our new freedom in the love of the crucified Christ.*

The Journey There

Choose a destination for your walk. It should be a place where you can bury your chosen object, whether under some leaves or some sand/soil. You might like to bring a small gardening trowel and some hand sanitiser.

- ***If you’re journeying alone***, use your walk to the destination to focus on Jesus’ journey to the cross. Place all that burdens you on Christ who shares solidarity with you, who knows your suffering, your fear, your sadness, and your shame.
- ***If you’re journeying with your family or cluster***, talk about what Jesus’ journey to the cross means for you. Before you set out, remind everyone that this walk is a special walk with Jesus on his way to the cross. You might like to share your worries, anxieties, or frustrations with each other. Remind each other that Jesus is with us in all these things and carries our burdens and the burdens of the whole world.

The Burial

Once you arrive at your destination:

- ***If you’re journeying alone***, bury your object (you can simply cover it with leaves and debris if that’s easier). As you bury the object, focus on Jesus’ death and his burial underneath the earth. In Jesus, even the experience of death is known to God. There is nowhere that falls outside the love of God in Christ Jesus. Pause and attend to God’s presence with you in the entirety of your humanness.
- ***If you’re journeying with your family or cluster***, bury your objects together. Spend a moment praying with each other, thanking God that in Jesus nothing falls outside God’s love. In suffering, in grieving, in dying, even in death, we are known, we are loved, and God is with us.

The Journey Back

- *If you're journeying alone*, reflect on the freedom we have in Jesus. Through his suffering and death, we are freed from the power of sin and the fear of death. We are freed for love and for new community. Notice the people you see on your walk home. Thank God for them and pray for them.
- *If you're journeying with your family or cluster*, notice the people you see on your walk home. Notice whether they look sad, anxious, happy, or something else. Notice the houses you pass. Each one is another person, another cluster, who is known and loved by God. Name people who you would like to pray for... someone at church who is living alone, the supermarket worker who was looking anxious, the person on your street who seems to be lonely, etc.. Thank God for them and pray for them.