



ST GILES'
CHURCH, OXFORD

PRAYER STATIONS

A SIMPLE WAY OF SEEING
THE BEAUTY OF LIFE
AND BEING THANKFUL

We invite you into a deeper appreciation of the beauty of all aspects of Creation.

As you go around the church, you will find five prayer stations where we encourage you to pause and reflect.

Notice especially anything that strikes a chord deep within you.



THE JOYS OF CREATION

INTENTION: TO APPRECIATE ALL THAT IS BEAUTIFUL AND BE THANKFUL



- Look at the natural beauty of the plants and flowers.
- What do you appreciate most about the natural world?
- How do your five senses respond to beauty and what can you see and smell right now?
- Do you give enough time to appreciate the joys of Creation?

PRAYER



*Creator God,
 We thank you for the beauty, the wonder and
 the rich variety of all that you have made.
 Give us the grace to become more aware,
 to be more caring towards your Creation
 and enable us to share your gifts with others.*

2

PEOPLE WE HAVE MET

INTENTION: TO REFLECT ON SPECIAL PEOPLE WE KNOW OR HAVE KNOWN AND BE THANKFUL.

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- Bring to mind someone who has, either now or in the past, been significant in your life.
- Think of a person who needs your prayers right now.
- Choose a pebble symbolising that person and place it lovingly in the bowl.

PRAYER

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Lord,

We thank you for those who have touched our lives – for all they have shared with us and for all that they have taught us. Encourage us to value and support others and enable us to see the face of Christ in all whom we meet.

STATION

3

✠ ST GILES'

WISDOM WE HAVE GAINED

INTENTION: TO LOOK BACK OVER RECENT WEEKS/MONTHS/YEARS, RECALL AN INSIGHT YOU HAVE GAINED AND BE THANKFUL.

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- What event or person has taught you something new and significant in recent times?
- In a few words, write down that insight you have gained and pin it to the board.
- See what other people have learned.

PRAYER

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*Lord God,
We thank you for giving us opportunities to grow.
Teach us to recognise that loss can produce gain,
that despair can lead to hope
and that sadness can lead to joy.*

4

MOMENTS TO CHERISH

INTENTION: TO PONDER ON SPECIAL MOMENTS THAT HAVE ENRICHED OUR LIFE AND BE THANKFUL.

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- Think of a moment or moments, perhaps small to others but important to you.
- How did it come about?
- In what way has it changed you and deepened your experience of life?
- Light a candle to give thanks for the experience.

PRAYER

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*Heavenly Father,
 Thank you for those special times
 which seemed full of your presence,
 times which seemed above and beyond coincidence.
 Help us to remember that you are always with us,
 and if we forget you, please do not forget us.*

5

A SMILE ON LIFE

INTENTION: TO LOOK IN THE MIRROR AND SEE HOW YOUR FACE CAN BE TRANSFORMED AND BE A GIFT TO OTHERS.

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- Take a good look at yourself in the mirror with a straight face.
- Now smile at yourself and see how much your face changes.
- Think about the gift of smiling at another person.

PRAYER

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Loving God,

We thank you for the gift of smiling, given and received.

Help us to remember that a smile can lighten and brighten our day.

Give us the grace to know that your loving gaze is always upon us.