

LOOK AROUND YOU...

A meditative walk around the church

Welcome!

This booklet provides a meditative walk you may like to follow through the church. Take as long as you wish.

Each meditation tells you a little about the church, and then gives you a Bible verse to read and a prayer to say.



**Holy Trinity
Barkingside Parish Church**

The Doors

The large doors of the church, open today, are a symbol of a God who welcomes each one of us into his presence.

As you enter this place of prayer, worship and reflection, why not think about God's presence, and thank God that he is here?

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures for ever. (Psalm 100:4,5)



"Hello God, thank you that you are here. Thank you that you know who I am and you welcome me."

The Font

The font is the starting point for many people on their journey of faith. Through the act of baptism (or 'christening') we identify ourselves with the church community.

The water of baptism represents a leaving behind of the past, and a commitment to God for the future.

While you are in this sacred space today, perhaps there are things you would like to 'leave behind'?



Jesus said: *"Come to me, all you who are tired and have heavy loads, and I will give you rest. Accept my teachings and learn from me, because I am gentle and humble in spirit, and you will find rest for your lives."* (Matt. 11:28-30)

"God, help me to leave behind the things that trouble me, and give me the peace of your presence."

The Pulpit

Look towards the pulpit or lectern - where people stand to speak to the people. Imagine how many words have been said from those places.

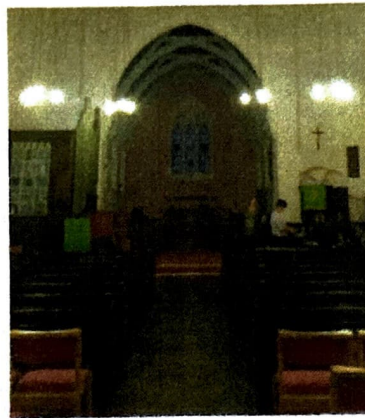
There may not be anyone speaking there now, but God's voice can still be heard. God invites us to listen, to seek his voice in the stillness, in the beauty of this place.

Give ear and come to me; listen, that you may live...

Seek the Lord while he may be found; call on him while he is near.

(Isaiah 55:3,6)

"God, please speak to me today in this place. I am ready to hear from you, and I am listening."



The Aisle

As you walk slowly down the aisle, you might like to pause for a while and imagine the thousands of people who have walked here before you. Some have come here weekly or for festivals, or as occasional visitors. Others have walked down this aisle to be married, to bring their children to be baptised, or to bid farewell to loved ones.

Pause and feel the weight of history - all those significant moments, the life stories that have played across this space - moments that humanity and God shared together. Why not stop and thank God for his involvement in our lives?

Sing to the Lord a new song, his praise in the assembly of the saints... for the Lord takes delight in his people. (Psalm 149:1,4)

"God, thank you that you are interested in me and in my life, both in the important moments, and in the day-to-day business of living."

The Walls and Roof

Look around at the walls. Think how long they have stood there (since 1840), immovable and solid. Consider the storms that the roof has weathered; the rain, sun and snow that has fallen across it.

For nearly two centuries, people have come here for shelter, for refuge - not just from the weather but from their troubles. You might like to take this opportunity to ask God for his protection over you.

King David sang:

"The Lord is my rock, my protection, my Saviour. My God is my rock. I can run to him for safety. He is my shield and my saving strength, my defender and my place of safety." (2 Samuel 22:2-3)

"God, watch over me and keep me safe. Please protect me and the people I love from those who would do us harm."

The Windows



Look around now to the windows, and see the light that fills the church. Stop and think about light, how it reveals beauty and colour, and allows us to see. It shows us the pitfalls and obstacles in our path, and makes it possible for us to move forward.

The Bible speaks of God's presence as light, a brightness that illuminates, guides and inspires us. If you would value that kind of light, ask God to light your path today.

*Jesus 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)*

"God, please be my light today, guide me and inspire me. Let me see clearly, and show me the way ahead."

The Organ

The organ is one of the traditional instruments used in praise and worship to God. At other times, modern instruments accompany the singing.



Praising God focuses our attention on him (instead of on our own problems) and helps us to remember that he is our loving Lord and King.

Just think how many thousands of hymns and songs have been sung in this place to the glory of God!

Praise the Lord!... Praise him with trumpet sound; praise him with lute and harp! Praise him with tambourine and dance; praise him with strings and pipe! Praise him with sounding cymbals, praise him with loud clashing cymbals! Let everything that has breath praise the Lord! (Psalm 150:1, 3-6)

“God, thank you for the power of music to lift our souls to heaven.”

The Table or Altar

The table at the east end of the church is known as the Lord’s Table because it reminds us of Jesus’ Last Supper with his friends.

It is where the priest consecrates the bread and wine, which are the symbols that speak of Jesus’ sacrifice, his blood shed and body broken on the cross to save us from eternal death.

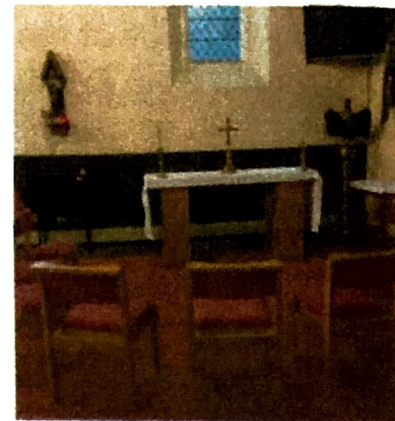


For God so loved the world that he gave his only son Jesus Christ, that whoever believes in him shall not perish but have eternal life. (John 3:16)

“God, thank you for Jesus. Thank you for the forgiveness and peace you offer us through him. Please help me to accept them, and to share them with others.”

The Lady Chapel

The area around the statue of the Virgin Mary is known as the Lady Chapel and is where small, informal services and gatherings take place. It is also where the children's Sunday Club meet.



We remember that Jesus enjoyed the informal hospitality of his friends and family as well as going to big ceremonies in the Temple.

Beneath the statue of the Virgin Mary you will see some small candles. If you would like to do so, you are welcome to light one as you pray for your friends and family.

Listen to my prayer and my plea, O Lord my God. Hear the cry and the prayer that your servant is making to you today. (1 Kings 8:28)

“God, I ask that you would be with the people I love and with all who are suffering in any way today.”

The Flags and Banners

Look at the flags and banners. Some of them are very old. They represent different groups of people, young and old, who meet together to share activities, experiences and friendship.



See if you can identify the different symbols and say which group of people they represent.

Jesus said, 'Go home to your friends, and tell them how much the Lord has done for you, and what mercy he has shown you.' (Mark 5:20)

“God, we thrive when we can enjoy the company of good friends. Thank you for those we know who bring out the best in us.”

You are nearly at the end of this meditative walk around the church.

Why not pause for a moment longer... to explore, think and pray, or just enjoy the peace and quiet.

Maybe sit in one of the pews and consider what made the biggest impression on you, or what made you feel happiest, as you walked around this place.

Why do you think God would draw this to your attention?

Is he inviting you to do something or to let go of something?

Or maybe you are just grateful for the peaceful sense of his presence?

However you feel, use your own words to talk to God about it.



The church is called God's House, but God is not confined within these walls. Why not look for him outside the building, for the signs of his presence in the streets, in the car, in your own home, and in the people around you?

God made the world and everything in it. He is Lord of heaven and earth, and he doesn't live in temples built by human hands... He gives life, breath, and everything else to all people...

God has done all this, so that we will look for him and reach out and find him. He isn't far from any of us, and he gives us the power to live, to move, and to be who we are.

(Acts 17: 24-25, 27-28)

"God, go with me today as I leave this church. Go ahead of me and reveal yourself to me in your world, and in my own life."

**The LORD bless you and keep you;
the LORD make his face to shine upon you,
and be gracious to you;
the LORD lift up his countenance upon you,
and give you peace.**

(Numbers 6:24-26)



We hope you have been blessed by your time here.

If you would like to know more about the Christian faith, you may like to come back for a service or to speak to a minister.

Our website is: www.holytrinitybarkingside.org.uk and we are part of the Church of England: www.churchofengland.org

If you prefer, the Christian Enquiry Agency can send you more information. Just write to: Christian Enquiry Agency, FREEPOST WC2947, South Croydon, CR2 8UZ or visit: www.rejesus.co.uk