Welcome to our audio walk for Holy Week. This walk is designed to be taken at your own pace, wherever you choose and whenever fits. There are three short sections, each lasting around 10 minutes, and a final one that allows you to extend the walk for as long as you like as you watch and listen deeply for God's voice. It might be a good idea to pause this audio for a moment and find a notebook or journal and something to write with – there will be opportunities to stop along the way (and of course you can pause at any point).

So, let's go.

As I begin, I take these first steps intentionally. Lord God, thank You for this time and space to walk with You. Would You guide me today.

Psalm 42: 1-2
As the deer pants for streams of water,
so my soul pants for you, my God.
My soul thirsts for God, for the living God.
When can I go and meet with God?

What are my longings as I walk? What am I hoping for? Where do I most need God today? Where in my life is my thirst greatest?

As you walk, hold the psalmist's question prayerfully: where can I go and meet with God? Allow your feet to take you wherever they go – perhaps to somewhere busy and urban, or perhaps somewhere quieter. As you go, begin to really notice your surroundings. God is here. What captures your attention? What attracts you? And, what seems to repel you?

For the next 10 minutes or so, take time as you walk with those questions: what fascinates me, what attracts me and what repels me? Don't be afraid to pause along the way, when that feels right. You might pray 'Lord, how are You speaking to me through this?'
I'll see you again in 10 minutes' time.

[Press pause, and after 10 minutes, press play again]

Hello again. How did you find that time? What seemed to jump out? What did you notice about how you felt – did anything surprise you? Were you aware of God speaking? You might want to pause again now and find somewhere to sit for a moment and make a few notes in your journal to remind yourself of the experience.

[Pause]

Let's move on to the second part of the walk.

The crowds cheering at Jesus' triumphal entry into Jerusalem; the crowds shouting for Barabbas' release; the crowds calling for Jesus' crucifixion. There is a lot of noise in Holy

Week. Diaries can be full too – relatives to see, services to attend, maybe even packing and unpacking for some time away. This part of the walk is an invitation to a change of pace – to slow_right_down.

Genesis 3:8
And they heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden.

Adam and Eve, hiding in God's creation rather than walking with Him in the garden. Sometimes all the trappings of Easter time – all the activity, all the noise – even all those attempts at 'doing Easter right' – can get in the way of actually hearing God's voice.

So, for these next 10 minutes, we're going to intentionally slow our pace. Give yourself permission to go slow. Slow your walking speed. Not just a little – a lot. Slower even than that. Slow your breathing. Slow your movements right down. If there are other people there, they'll be going much more quickly, but set your own pace. Allow yourself to take time, to linger. You may start to notice things about the pace of the world around you, or to notice small details that otherwise would pass you by. If you find it hard to slow your pace, try using a prayerful word or phrase to help you slow your breathing and your steps, perhaps 'The Lord's my shepherd' or a name of God that you are drawn to, such as 'Abba, Father', 'Lord Jesus', 'Mighty God'. Stay slow, and if you need more than 10 minutes then take that time.

[Press pause now and I'll join you again in 10 minutes]

Welcome back. How did you find that? How easy was it to slow down – did you find it hard to stay slow? How did the time feel – did it feel like time passed quickly or painfully slowly? How was God at work as you walked – what did He show you about the world around you, or about yourself? Did anything unexpected come to mind? Again, you might want to take this opportunity to press pause and jot things down so you don't forget.

[Pause]

And so, our third section of the walk.

Matthew 27:51
At that moment the curtain of the temple was torn in two from top to bottom.

There is much ugliness to be found in the final hours before Jesus' death. Suffering. Mistreatment. Loneliness. Unimaginable pain. And yet, here is hope. Here, in the most unexpected of places, is a beauty unlike anything else. It's why our churches are decorated with a cross in prime position; why people wear a cross in precious metal around their necks; why the hymn 'Abide with Me' carries the line 'Hold thou Thy cross before my closing eyes'. The most cruel of instruments, utterly transformed.

In this section of our walk I'd like to invite you to notice beauty in the world around you - and in the people around you. Really look for beauty. And look for it, even in the most unlikely of places – perhaps especially there. Search it out. Whatever is true, noble, right, pure, lovely, excellent, praiseworthy – press pause now and spend 10 minutes or so looking for beauty all around you.

[Press pause]

Hello again. How did you find your search for beauty? Did you sense God speaking through anything you saw? How did you respond to what you noticed? This may be another time to press pause and make some notes in your journal.

[Pause]

We've spent some time noticing where we were drawn, some time really slowing our pace and some time actively looking for beauty wherever we walked. Having taken our time really tuning in to God on our walk you should feel more able to listen for His voice in a deeper way. For this final part of the walk – and I'd encourage you to take a good chunk of time for this, perhaps 30 minutes, ask God how He wants to speak. Remember that question at the very beginning – where can I go to meet with God? Perhaps for us, now, *this* is where – in *this* moment – *here* we have access to God in Jesus Christ. The curtain of the temple is torn. Once more we walk in the cool of the day with God in the garden.

This audio will stop in a moment, but continue your walk with God. Stop along the way when it feels right. Maybe make some more notes in your journal, or return to something that was important. Listen for His voice.

Psalm 119:105
Your word is a lamp to my feet and a light to my path.

My prayer is that, as you walk on, your path would be illuminated by the Light of the world whose great love for each one of us is shown, gloriously, at Easter.