



**CHURCHYARD**



# PLUG-IN-AND-PLAY



## Enter the churchyard. Ready yourself for reflection.

You might like to ask God to help you review your day so far.



## Pause and be still: think about the present.

What can you see in the churchyard?  
What can you hear?



## Rewind: walk around the church slowly. As you do, think about your day so far or the last week.



What has made you happy so far today or over the last week?  
Did you, or someone else, say or do anything that made you feel good?

Spend a bit of time being thankful for these things; if you'd like to, thank God for these good things now.



Did anything make you sad so far today or over the last week?  
Perhaps something you, or someone else, did?

Whatever made you unhappy today, remember that you are precious to God and nothing ever changes that. Is there anything you would you like to leave with God and say sorry for?



## If part of the churchyard could represent your week so far, what would it be? For instance:

- Touch the church building – it may be smooth, rough, bobbly even. Has your last week been a little like this?
- How does the ground you are standing on feel? Is it hard, soft, smooth, uneven? How might this link to your last week or day so far?
- Is there anything else that might represent the past week?



## Fast forward: imagine the future.

Find a place to be still to think about the rest of the day/week ahead. What are you excited about? What are you worried about? What are you hopeful for?

Is there anything you need from the values below, or anything else, in order to live well? If you'd like to, talk to God about it now and ask God to be with you through the next week.

*love | patience | wisdom | peace | courage | something else?*



## Play: resolve to live well for the rest of the day.

Leave the churchyard. What has been the main thing you have taken away from your reflection? How has it helped you as you continue your day?