

**People
Experiencing Loss**



Life stations for times of loss

“There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are the messengers of overwhelming grief, of deep contrition, and of unspeakable love.” – Washington Irving.

Welcome to Bethesda life centre. Bethesda was an actual pool in Jerusalem to which people came in Jesus’ time to be healed. One man, we read of in John 5, suffered from an illness for 38 years and laid beside the pool. He was helpless and hoped someone would care enough to help him. It did not happen, but he eventually met Jesus at the pool and was healed. Jesus said the following well-known words when He healed the man: “Stand up, pick up your mat, and walk!” (John 5:8). The man was healed instantaneously. His healing restored his health and his relationship with God. Later the Bible documents that he witnessed to others how his life has been changed. We believe that Jesus will also meet you at our modern-day Bethesda.

Your journey at Bethesda:

- Start at the Chapel, where you will receive a booklet that guides you through the process.
- Take a seat in the Chapel and read the introduction of the booklet.
- Then light a candle in front of the Chapel as a symbol of the Light of life, Jesus Christ, inviting Him to accompany you through the life stations in the garden.

- Kneel in front of the Chapel or at your seat and pray the prayer in the booklet or your own prayer to place your trust in Jesus for the journey.
- Move through the stations as the Lord leads you. At each station, read the appropriate portion of the booklet. If you do not know where the next station is, please follow the map at the back.
- When you have passed through all the stations, the journey ends in the Chapel, where you may read the conclusion or summary and partake in communion yourself.
- There are spiritual directors and counsellors available in the counselling centre to assist you should you need to have a conversation about your experience.
- These stations are a place of silence. Withhold yourself from starting conversations with others and respect them as they use the opportunity to experience the Lord too!

PLEASE NOTE: All the representations in the garden, such as images and objects, are just focal points and not sacred in themselves. The time and space you create in your life today are holy because of God's encounter with you!

Introduction (In the chapel or just before the first station)

You are here today because of you experienced a loss. You may have lost an important person in your life through death, in a divorce, or you have lost your job or something else of value in your life. You may feel an indescribable sadness and you are grieving over it. Your key to healing is to meet God. The stations you are going to move through are going to guide you to create a space for God's presence so you can deal with your loss. The life stations in the gardens were created on the pattern of Jesus' life so that you can identify



with the life of Jesus today. Ultimately, the life of Jesus Christ is also your life. Everything that has happened to Him also happens to us and we can find strength from His words, teachings and life to overcome in our own lives. He also lost people to death at different times and his important friends also denied and betrayed him. You need to know that throughout His life, Jesus went through extremely difficult things, but overcame it all (Hebrews 4:15). He is the great Comforter and the one who truly understands. The New Testament says of Jesus: “Since he himself has gone through suffering and testing, he is able to help us when we are being tested” (Hebrews 2:18). Jesus not only has compassion for you but according to Hebrews 4:14 mediates with the Father for you and wants to meet you in the garden today. As you visit the life stations, open yourself today and allow Jesus to speak to you.

You now have an opportunity to light a candle in front of the chapel as a symbol of God's light shining over your life.

Following the candle lighting, you can pray this prayer or your own prayer in the front of the chapel:

Your prayer of dedication: Lord, I am here today because I want to hear Your voice that will help me to heal and recover. Talk to me as I walk through the stations. Amen.

1. Announcement Station (of the birth of Jesus) – Luke 1:26–35, 38

“In the sixth month of Elizabeth’s pregnancy, God sent the angel Gabriel to Nazareth, a village in Galilee, to a virgin named Mary. She was engaged to be married to a man named Joseph, a descendant of King David. Gabriel appeared to her and said, ‘Greetings, favoured woman! The Lord is with you!’ Confused and disturbed, Mary tried to think what the angel could mean. ‘Don’t be afraid, Mary,’ the angel told her, ‘for you have found favour with God! You will conceive and give birth to a son, and you will

name him Jesus. He will be very great and will be called the Son of the Most High. The Lord God will give him the throne of his ancestor David. And he will reign over Israel forever; his Kingdom will never end!’ Mary asked the angel, ‘But how can this happen? I am a virgin.’ The angel replied, ‘The Holy Spirit will come upon you, and the power of the Most High will overshadow you. So the baby to be born will be holy, and he will be called the Son of God.’ ” – Luke 1:26–35

The angel Gabriel brings a message to Mary that irrevocably changed her life. Make no mistake, it plunged her life into a crisis. She was still young and unmarried. Can you imagine what was going through



her mind? She was confused and upset! Like Mary received a message that profoundly changed her life, messengers come into our lives that sometimes disrupt our journeys. The messengers are not always angels. Sometimes it is circumstances, sickness, death, work, friends, and colleagues that are the bearers of bad tidings.

It brings us to a realisation that only God can help us such circumstances.

This station invites you to pause in a moment of silence and to open your eyes to a dimension beyond your physical reality. It is an awakening to the presence of God. With this awareness of God’s presence, visit the other stations trusting the Lord to meet you on your journey.

The conversation between Mary and the Angel began with the disruptive announcement, but ended with Mary’s devotion when she said, “I am the Lord’s servant” (Luke 1:38).

Surrender today and allow God to speak to you so that you may receive His promises regarding your crisis and life. Mary’s wish to the Angel was “may everything you have said about me come true” (Luke 1:38).

What is the announcement that has disrupted your life? Are you willing to allow God to guide you to a place of SHALOM (peace) by opening your spiritual eyes?

Prayer: Lord, I mourn today because of my great loss. I pray that You will comfort me and give me a word of hope. Walk with me so that Your promises of freedom and abundance become real in my life. Amen

2. Birth station (Incarnation) – John 1:1–5, 14

“In the beginning the Word already existed. The Word was with God, and the Word was God. He existed in the beginning with God. God created everything through him, and nothing was created except through him. The Word gave life to everything that was created, and his life brought light to everyone. The light shines in the darkness, and the darkness can never extinguish it.” – John 1:1–5

You are confronted with your struggle of being human. The fact that you are a human being creates the possibility that you may be affected by the brokenness of life. What is the brokenness of your human existence? Jesus came to earth to identify Himself with all the pain associated with of our brokenness. Perhaps you wonder if Jesus can really change something for you? John emphasises that Jesus did not show up on the day of creation, He was there from the beginning. He created all things and is God Himself (John 1:1–3).



God decided that Jesus had to be born as a human being so that you could experience light in your darkness. He not only lived in heaven, but came

to live with us as a human being and is presented by His Holy Spirit in this garden today, and also hereafter in your life. Bad things may have happened to you and it may feel like darkness has covered your life. The darkness is strangling life out of you. Jesus came to earth to take away the darkness: “The Word gave life to everything that was created, and his life brought light to everyone. The light shines in the darkness, and the darkness can never extinguish it” (John 1:4–5).

You are going to encounter Jesus’ life and sufferings by visiting the stations. You will experience something of His glory, His loving kindness and the truth (John 1:14). His birth changed everything for you.

What message do you receive here? What do you feel the Lord is telling you?

Perhaps you have never prayed for a rebirth of your life. The prayer below will be a major step towards experiencing true life that dispels gloom:

Prayer: Heavenly Father, I acknowledge my sin and that I need Your forgiveness. I believe that Jesus Christ died for me on a cross and I am willing to turn away from my sin. Jesus I invite You into my heart and live as my Savior. Holy Spirit lead me to follow Jesus in obedience. Amen.

3. Hidden years (Childhood of Jesus) – John 1: 45–47; Luke 2: 41–52

“Philip went to look for Nathanael and told him, ‘We have found the very person Moses and the prophets wrote about! His name is Jesus, the son of Joseph from Nazareth.’ ‘Nazareth!’ exclaimed Nathanael. ‘Can anything

good come from Nazareth?’ ‘Come and see for yourself,’ Philip replied.” – John 1:45–46

Jesus’ hidden years refer to His childhood that is largely unknown. When we read the Gospels, we learn with surprise that He grew up just as we grew up, probably in an ordinary home. Philip, one of Jesus’ first followers,



told Nathanael that he had found Jesus. He continued to say that Jesus is the son of Joseph and that He is from Nazareth. We know that Jesus grew up in Nazareth and that Joseph, His father, was a carpenter. We also know that His parents took Him

along to celebrate Easter, after which they left Him behind. Jesus was twelve at the time. Joseph and Mary realised on their journey back that He was missing and finally found Him in the Temple, where He listened to the teachers and questioned them (Luke 2:41-52). In Jesus’ hidden years many more undocumented things likely happened to Him, good and bad, that influenced His life and ministry.

As a person experiencing loss, you also have a past which you carry into the present. There are so many things that have happened to you on your life journey so far, that are largely hidden. While other people may not know it, it makes an impression on what is happening to you emotionally today.

Nathanael was sceptical that someone of significance could come from Nazareth, a small village. Maybe you also feel as if your past does not bode well for your future and that what you are experiencing now is your destiny to which you are bound. Philip invited Nathanael to come and see for himself. Despite your past experiences being painful, it still prepared you for your future. Yet, your present struggle has compounded the pain of your past. What has previously happened to you that is contributing to your suffering today?

Are you willing to confront your past now and to let it go by forgiving yourself and other people? Today you can experience healing from past experiences that is compounding your current pain.

Prayer: Lord, things have happened in my life that have deeply hurt me so that I cannot live fully. I want to forgive those who have sinned against me and want to pray that You will forgive me and heal me from the past. Amen.

4. Baptism – Matthew 3:13, 16–17

“Then Jesus went from Galilee to the Jordan River to be baptised by John. But John tried to talk him out of it. ‘I am the one who needs to be baptised by you,’ he said, ‘so why are you coming to me?’ But Jesus said, ‘It should be done, for we must carry out all that God requires.’ So John agreed to baptise him. After his baptism, as Jesus came up out of the water, the heavens were opened and he saw the Spirit of God descending like a dove and settling on him. And a voice from heaven said, ‘This is my dearly loved Son, who brings me great joy.’” – Matthew 3:13–17



Jesus' baptism in the Jordan River was the confirmation of His identity. He was confirmed as “the beloved Son” with whom God is pleased, but also in His mission and work as the “Lamb of God”. Note that two proclamations were made over Jesus with His baptism. First, the Holy Spirit filled Him. The Father said: “this is my dearly loved Son, who brings me great joy” (Matthew 3:17).

This first proclamation must have influenced Jesus for the rest of His earthly existence. Jesus knew that the core of His identity was being the beloved Son of God. The second proclamation was when John the baptiser said: “behold, the Lamb of God who takes away the sin of the world!” (John 1:29). This proclamation was about what Jesus had to come and do on earth, His work and mission. These two things reminded Jesus of who He was and what His mission on earth was. These events answer the two basic questions humans struggle with: Who are we and what are we doing here?

At the baptism station you are challenged to confirm your true identity. Our identity has many layers similar to an onion. We have a true identity and this is comparable to the core of the onion (also known as the “bulb”). Every aspect of our life is like one of the layers of the onion: our training,

our work, our family, our status, our circle of friends, our material possessions, and so forth. When one of the layers gets hurt by life resulting from unplanned changes or a traumatic event, it brings confusion about our true identity. During such trials it is vital to remember who you really are. In other words, you need to peel off the proverbially layers of the onion to understand the essence of your identity. Sometimes we confuse one of the layers as our true identity and it inadvertently becomes important to us. When we lose such a layer through trials or circumstances we may feel like we have lost everything.

In the end, you are more than your layers. Often during trials and challenging times the layers of the onion are peeled away until only the core remains – the real you. It is only once all the layers are peeled away that you can discover your true identity: The Spirit Himself testifies with our spirit that we are children of God (Romans 8:16).

You are confronted with two things that lie at the core of who you are. First of all, do you know for sure if you are a child of the Heavenly Father? And secondly, do you know what your purpose on earth is? Today it is your baptism to confirm your identity of who you are and what you are here for.

Prayer: Lord, help me to hear the voice of the Heavenly Father who accepts me! Amen.

5. Temptation – Matthew 4:1

“Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil.” – Matthew 4:1

After it was confirmed who Jesus was and what His mission on earth was, He was taken into the wilderness. This event illustrates the threats to our core identity. That is the devil’s plan of destruction. He wants to lead you to temptation and confusion. The desert is a place of drought, a place of desolation and loneliness. This is the place where the strength of our identity is tested.

Do you have certainty about your relationship with God and do you know how to find meaning in your existence? Like Jesus, we are tempted to



define our identity by what we do instead of by who we are. Often, we like to focus on what other people think of us, what we own and what we have accomplished. Thomas Keating said that temptation is

when we seek happiness where it cannot be found.

Repentance in this sense means changing our ideas about happiness. It is the realisation that happiness cannot be found in what people say about us, or in our position or in our possessions and power. Jesus was able to overcome every temptation because He was sure of His identity established in the Father’s love. At this station, you are invited to challenge your temptations – those things we turn to temporarily satisfy our sinful nature when we find ourselves in the desert.

What are you currently tempted with? Perhaps it also speaks to something in your life where you have a weakness.

The moment you resist the temptation to seek happiness in places where it cannot be found, you will experience what happened to Jesus: “After that the devil left Him, and angels came and served Him” (Matthew 4:11).

Prayer: Lord, every day the enemy tempts me. Give me strength so that I submit myself to You daily and to resist the enemy! Amen.

6. Ministry – Luke 4:16–19

“When he came to the village of Nazareth, his boyhood home, he went as usual to the synagogue on the Sabbath and stood up to read the Scriptures. The scroll of Isaiah the prophet was handed to him. He unrolled the scroll and found the place where this was written: ‘The Spirit of the Lord is upon me, for he has anointed me to bring Good News to the poor. He has sent me to proclaim that captives will be released, that the blind will see, that the oppressed will be set free, and that the time of the Lord’s favour has come.’ ” – Luke 4:16–19

Jesus had a clear awareness of His mission on earth. He focused on fulfilling the ministry entrusted to Him. He did this in a unique way. He stood up in the synagogue and declared that He had come for every kind of need on earth. He said that God is good to us and wants to show it even during our trials. Maybe it doesn’t feel that way given your current circumstances.

We have all heard this statement:

“How can a loving God allow _____ (it)?”

(Fill in the space with any terrible traumatic event taking place here on earth.)

Sceptical people often use this statement to argue against the love of God and also against the existence of God. But God loves us and it is evident from our redemptive history.

The Creator of the world has made a way for disobedient and powerless people to enter into an eternal relationship with Him. He is patient and merciful. He became one of us (John 3:16) and offered Himself for us (1 John 3:16). Try to hear Jesus’ words in the garden today like the day when He said the following in Nazareth: “The Spirit of the Lord is upon me, for he has anointed me to bring Good News to the poor. He has sent me to

proclaim that captives will be released, that the blind will see, that the oppressed will be set free, and that the time of the Lord's favour has come" (Luke 4:18).

Today, the Word of God has a promise for you that will also be fulfilled as you encounter Jesus!

What is it for which you need Jesus TODAY?

Prayer: Lord, thank You that You have come to heal my crushed and broken heart. Give me the strength to accept what I cannot change! Amen.

7. Glorification – Mark 9: 2–8

"Six days later Jesus took Peter, James, and John, and led them up a high mountain to be alone. As the men watched, Jesus' appearance was transformed, and his clothes became dazzling white, far whiter than any earthly bleach could ever make them." – Mark 9:2–3.



At this station we think of Jesus, who was glorified in the sight of at least three of His disciples, in that He transformed into a bright light. This event must have been one of the disciples' highlights and they began to see life and their circumstances differently. This station of glorification refers to our "mountaintop" experiences. It is those great, glorious and other worldly experiences that make us feel larger than life.

The proverbial curtain is raised and the ordinary and mundane of our lives are turned into something extraordinary so that we see it in a different light. These are the times in our lives that everything seems to come together in a meaningful way – a place where we experience a sense of connection, eternity, and deep comfort. It is a place of celebration, victory and meaning. It is so good that we do not want it to end, just as Peter would say: “Rabbi, it’s wonderful for us to be here! Let’s make three shelters as memorials – one for you, one for Moses, and one for Elijah” (Mark 9:5).

Perhaps your head and heart are full of previous mountaintop experiences. Although we want to cling to these experiences, we need to move on. If we decide to stay, our journey will remain incomplete. We cannot stay on the mountaintop indefinitely, because our destiny is stretched out before us.

The purpose of the mountaintop experience is to gain a vision of why we travel, where we travel to and to receive enough strength to continue the journey over the hills and through the valleys, because Jerusalem (Heaven) awaits us.

Have you celebrated the mountaintop experiences properly or just passed it by? Today can be such a mountaintop experience in which you can see and hear Jesus in a new way!

Make a few notes about the mountaintop experiences you have experienced and what they have meant to you and celebrate them!

Prayer: Lord, help me to look at You in Your light of glory so that I can live with a new vision and passion. Amen.

8. Suffering – Matthew 27:22, 26–31

“So Pilate released Barabbas to them. He ordered Jesus flogged with a lead-tipped whip, then turned him over to the Roman soldiers to be crucified. Some of the governor’s soldiers took Jesus into their headquarters and called out the entire regiment. They stripped him and put a scarlet robe on him. They wove thorn branches into a crown and put it on his head, and they placed a reed stick in his right hand as a scepter. Then they knelt before him in mockery and taunted, ‘Hail! King of the Jews!’ And they spit on him and grabbed the stick and struck him on the head with it. When they were finally tired of mocking him, they took off the robe and put his own clothes on him again. Then they led him away to be crucified.” – Matthew 27:26–31



Clearly, Jesus suffered for our sake. His suffering was so inhumane that we literally want to look away from it. He did not experience only one traumatic event during His lifetime. His whole life was full of suffering. The prophet Isaiah told us hundreds of years before He was born of His sufferings (Isaiah 53:3–5). He was born into poverty in a land occupied by a cruel army (Luke 2:1–7).

He narrowly escaped from an ordered mass slaughter of children because of His birth (Matthew 2:16). He was physically attacked by Satan (Matthew 4:1–11), persecuted for His teachings (Luke 4:28–29), considered insane by His family (Mark 3:21), betrayed by His own disciple (Mark 14:43–45), abandoned by His friends (Mark 14:50), arrested on false grounds (Mark 14:56–59), publicly humiliated (Mark 15:16–20; Luke 23:8–12), beaten to the point of death (Matthew 27:26), and then slowly and painfully executed in public by crucifixion as a criminal (Matthew 27:33–39). But for this, Jesus came that we might experience deliverance.

Suffering is inevitable in this life. There are different forms of suffering and we need clarity to distinguish between self-inflicted suffering, which is avoidable, and inevitable suffering that everyone experiences.

Self-inflicted suffering is the hardship we bring into our lives because of our own choices, sin, and mistakes that are not part of God's will for our lives. When we suffer from sin or make wrong choices, the solution lies in confessing our sins and changing our behaviour. But when we suffer because of the choices of other people or circumstances, we can learn from Jesus who remained obedient during His time of suffering (Hebrews 5:8).

When we remain obedient to God despite our suffering, we will learn that God is present and in control. In times of great suffering and pain, we often feel the furthest from God. Where is He? Did He forget me? How could He make it happen? This was also how the great believers in the Bible felt. Look at David (Psalm 13:1), Jeremiah (Lamentations 3:8) and Job (Job 9:16). Even Jesus at the height of His pain cries out: "My God, my God, why have you forsaken me?" (Matthew 27:46).

From our restricted human perspective, it is often difficult to see God's goodness and love in what we experience. We think that if God does not stop this traumatic event, that He is not really a loving God. Suffering should not question God's sovereignty or love, as Job understood so well (Job 2:10).

God's goodness is not dependent on our circumstances. He created all things and controls all things (Deuteronomy 4:39; 1 Chronicles 29:11; Psalms 103:19; Daniel 4:35; Colossians 1:15–17). We do not worship a distant, unforgiving God. We worship a God who knows what it is to be human (Hebrews 4:15). He knows what it is to suffer (Hebrews 2:17–18).

We can take comfort in the fact that God can relate to us at our level, because He understands what it is to suffer.

Prayer: Lord, I am here today because I am suffering. I ask You to forgive my transgressions and deliver me so that I may praise You. Amen.

9. Crucifixion John 19:17, 23, 28–30

“Carrying the cross by himself, he went to the place called Place of the Skull (in Hebrew, Golgotha). There they nailed him to the cross. Two others were crucified with him, one on either side, with Jesus between them. And Pilate posted a sign on the cross that read, ‘Jesus of Nazareth, the King of



the Jews.’ The place where Jesus was crucified was near the city, and the sign was written in Hebrew, Latin, and Greek, so that many people could read it. Then the leading priests objected and said to Pilate, ‘Change it from ‘The King of the Jews’ to ‘He said, I am King of the Jews.’ Pilate replied, ‘No, what I have written, I have

written.’ When the soldiers had crucified Jesus, they divided his clothes among the four of them. They also took his robe, but it was seamless, woven in one piece from top to bottom. So they said, ‘Rather than tearing it apart, let’s throw dice for it.’ This fulfilled the Scripture that says, ‘They divided my garments among themselves and threw dice for my clothing.’ So that is what they did. Standing near the cross were Jesus’ mother, and his mother’s sister, Mary (the wife of Clopas), and Mary Magdalene.” – John 19:17–25.

Jesus was crucified and He died. The very thought of it shocks us. The saviour of the world was crucified and died. Nothing could be worse than

this! How could God ever have allowed this to be! It feels like God is dead. Probably the disciples and the women at the foot of the cross also felt that way, confused and speechless. Perhaps you can identify with those feelings given your crisis.

We may feel that crucifixion is so unnecessary, but perhaps it is a means to our transformation and a representation of our death. Death is a precursor to new life and there is no way to circumvent it. Crucifixion is always a time of darkness. Yet it is a necessary process, because without it there can be no renewed life. To be crucified is to accept suffering and to let go of your own will and comfort.

It also means abandoning the losses of the past. All the things you lost that you are so desperately trying to cling to. Although the identification with the cross station is painful and difficult, it is not the end of our journey. We descend into the abyss of 'Quiet Saturday' and wait for a resurrection to a new life with a sense of hope. That is why Paul wrote that “The message of the cross is foolish to those who are headed for destruction! But we who are being saved know it is the very power of God” (1 Corinthians 1:18).

What in your life needs to be crucified today? Are you ready to let it go?

Prayer: Lord, I associate with Your crucifixion today and pray that You will cut away everything that is bad in my life so that it may die. I desire that my own will dies, so that I can be part of Your resurrection. I confess that I am a new creation in You. The old things are past, behold, the new is here. Amen.

10. Resurrection Mark 16:1–7

“Very early on Sunday morning, just at sunrise, they went to the tomb. On the way they were asking each other, ‘Who will roll away the stone for us from the entrance to the tomb?’ But as they arrived, they looked up and saw that the stone, which was very large, had already been rolled aside. When they entered the tomb, they saw a young man clothed in a white robe sitting on the right side. The women were shocked, but the angel said, ‘Don’t be alarmed. You are looking for Jesus of Nazareth, who was crucified. He isn’t here! He is risen from the dead! Look, this is where they laid his body. Now go and tell his disciples, including Peter, that Jesus is going ahead of you to Galilee. You will see him there, just as he told you before he died.’ ” – Mark 16:2–7.



Jesus has truly risen and this powerful act of God to make Jesus alive through the power of the Holy Spirit, gives us true hope! After embracing our suffering and the death of our old self, we can be resurrected to a new life. A rebirth of our being takes place, the old passes away and we are transformed into a new person with a new identity.

You can see in this station that the impossible is possible for God. You may feel like there is no hope left and everything is lost! Do not abandon courage and faith, because you are serving a living God who can do anything. Everything is possible with Him. And just as He raised Jesus from the dead, so He can speak one Word and a resurrection can take place in your life. Paul makes this promise to every believer: “The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you.” (Romans 8:11).

What did you give up on? Know that God can do anything!

Prayer: Thank you Lord for the resurrection which is a promise to me of a new life. Please awaken my broken spirit into a new living reality! Amen.

11. Ascension Acts 1:6–11

“After saying this, he was taken up into a cloud while they were watching, and they could no longer see him. As they strained to see him rising into heaven, two white-robed men suddenly stood among them. ‘Men of Galilee,’ they said, ‘why are you standing here staring into heaven? Jesus has been taken from you into heaven, but someday he will return from heaven in the same way you saw him go!’ ” – Acts 1:9–11



At the Ascension we feel a sense of abandonment and we experience God’s absence. Jesus was removed from our sight. Nothing is like before. We pray, we seek God and do everything we know, but heaven seems to be locked up and it feels like we have been left to our own destiny. We live, but we face a paradox.

Henri Nouwen, a well-known theologian, says this paradox is the times when God seems completely absent, but that He is actually the most present.

There were many things that the disciples held on to about Jesus’ reality, but suddenly it was no longer working. In the ascension, we learn to let go of things that once worked and to embrace the future. Everything was different for the disciples. They now had to learn how to experience Jesus in a new way. You also need to learn to embrace the future, even if it feels like something is missing.

Are you willing to give up the past and accept change to move into the future?

Prayer: Lord, help me today when I walk away here not to feel as if You are gone and I am alone. Help me to be aware of Your Holy Spirit who is with me. Amen.

12. Outpouring of the Holy Spirit – Acts 2: 1–4

“On the day of Pentecost all the believers were meeting together in one place. Suddenly, there was a sound from heaven like the roaring of a mighty windstorm, and it filled the house where they were sitting. Then, what looked like flames or tongues of fire appeared and settled on each of them. And everyone present was filled with the Holy Spirit and began speaking in other languages, as the Holy Spirit gave them this ability.” – Acts 2:1–4

For the disciples, the day Jesus left them, became a reality. But Jesus did so in the light of a promise that He would give them His Holy Spirit to bring them a new day. The new day arrived when God became present in His people through His Spirit. Now we can experience how God’s grace works in and through us. All the sadness of what happened before and on the cross were absorbed into a wonderful moment of grace.



God’s Holy Spirit has now been poured out onto every believer so that everyone can live in the power of His glory. We also feel empowered to face the challenges that come our way. We are gaining new insights and although circumstances remain challenging, we see them differently. Our experience is explained aptly by the words of Marcel Proust: “The voyage of discovery is not a search for new landscapes, but for new eyes”.

Everything looks different for the disciples and for you. This only happens when the Holy Spirit is poured out on every human being who asks. You can also experience it by asking God. Think of Jesus’ promise: “So if you

sinful people know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask him” (Luke 11:13).

Prayer: Lord, pour out Your Holy Spirit abundantly in my life so that I may overflow with Your joy, grace, and power. Amen.

Return to the Chapel to end your journey for today

Perhaps you have not completely made peace with your loss, but through the journey in the garden you have begun to experience God’s comfort, hear His voice, and view everything that has happened to you from a different perspective!

Ultimately, your identity is not defined by traumatic events or suffering, but is grounded in Christ. God does not see you as a victim. He sees you as his child.

The Scriptures tell us that as children of God before the creation of the world, we were chosen to be holy and faultless adopted sons and daughters, with abundant grace, redeemed, forgiven, given spiritual wisdom and understanding and marked with the Holy Spirit (Eph. .1: 4-14).

Scripture tells us that as children of God He chose us in Christ before the foundation of the world, so that we would be holy and blameless in His sight. In His love, He predestined us to be adopted sons and daughters to Himself, who are blessed with His abundant grace, we are redeemed, forgiven, equipped with spiritual wisdom and understanding, and filled with the Holy Spirit (Ephesians 1:4–14).

You are in Christ! Through Christ, you are seated at the right hand of the Father! You have His righteousness! Do not allow tragedy or circumstances to determine who you are or how you live.

You have His life within you and you have to choose to live out of this truth.

You are also welcome to visit the counselling centre if you need further assistance.

Take part in Communion

In celebration of your restoration in Christ, you are welcome to partake in communion in front of the Chapel as a symbol of Jesus' body that has been broken for your freedom and His blood that has been shed for your healing.

Prayer: Lord, I have walked through the stations today to meet You and hear Your voice. Thank you for Your healing and restoration and for giving me a hopeful future! Teach me, Lord, to do Your will and to live in abundance in You and in Your Word! Amen.