

Good Friday: Pebble Meditation

Look at your pebble.
See how it is shaped and coloured.
Feel it.
Feel the rough and smooth patches.
Feel whether it is warm or cold.
Feel its weight.
Think of the journey your pebble has made...
Broken off from a larger piece...
Pounded by the force of the water...
Used to build...
Thrown in anger...
At some point picked up and brought here...
Now it lies in your hand.

Let the pebble become a way of thinking of your own journey.
Reflect on how you have been shaped...
...rounded... battered... ribbed off...
What has washed you out?
Marked you? Hurt you?
What weighs hard on you?

Remember your journey...
and offer back to God the places and times that hurt.
The worn and rough patches, the burdens,
the times when you didn't get it right,
when you failed and made mistakes,
when you went the wrong way,
said the wrong word,
made the wrong decision...

What is it that weighs on you?
...that you would love to give back to God?

If you like, write it on your stone and give it back to God.
Place it at the foot of the cross...

If you are a child, you may want to paint on your stone:
something colourful and beautiful – a flower maybe –
and also place it at the foot of the cross.
Come now to the foot of the cross...

Prayer

God in Christ, you travel with us in faith towards the hard places in our souls.
You know the agony of pain, guilt and hurt.
You know our frightened faces.
You know the frustration and the anger.
You know the sadness and the grief deep within us.
They are stumbling blocks within ourselves in our travelling, O God.
We take these stones and lay them at the foot of the cross which is able to bear the
weight and the wounding for us. Amen.