

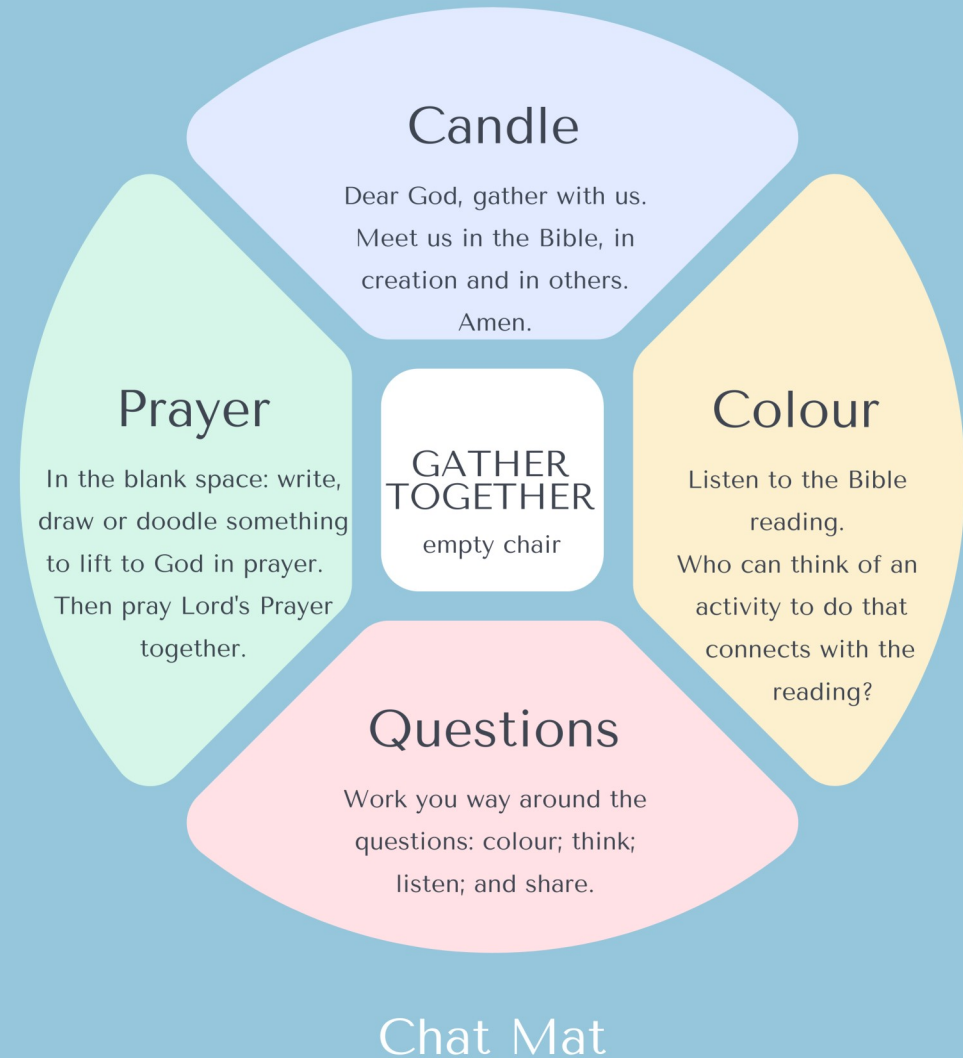
Home Church Sunday

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever.
Amen



ALCONBURY WEALD
CHURCH

Whether you manage 5 minutes or 1 hour, it's time focussed on God at home!



Indoors at Home or 'Out and About' - with family or a group of friends.

- ◆ Use this simple template with the Chat Mat.
- ◆ Use the Silence Resource suggestions and links.
- ◆ Use the 'Out and About' resource sheet.



Out and about

- ♦ Choose a quiet, natural location for a 15-20 minute walk. Before going for your walk read the Bible verses below.
- ♦ Go out for your walk but remember to leave your phone and fitness tracker at home or turned off for emergencies only, ensuring it does not act as a distraction.
- ♦ Remember to walk slowly and choose one of the following 3 Silent Walk approaches:
 1. Awareness Walking—literally focus on your walking, the physical sensations, lifting and placing down of your feet, the ground under your feet, and the movement of your muscles.
 2. Visual Walking—take in your surroundings, focus in on the details like the colour of leaves, the shapes you see, the roughness of bark, flowing water, clouds.
 3. Sensory Walk—anchor your attention to the present moment, listen to the birds, feel the sun on your face, feel the touch of the wind on your skin, touch the bark of a tree, smell a flower.
- ♦ Manage expectations—It is normal for the mind to wander. When it does, gently bring it back to your chosen Silent Walk approach.
- ♦ At the end of your walk, pray the Lord's Prayer together to end your Home Church.



Mark 1:12-13a—¹² At once the Spirit sent him out into the wilderness, ¹³ and he was in the wilderness for forty days,

Mark 1:35—³⁵ Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Luke 5:16—¹⁶ But Jesus often withdrew to lonely places and prayed.

Luke 6:12-13—¹² One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. ¹³ When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles.

Matthew 14:13 ¹³ When Jesus heard what had happened [to John the Baptist], he withdrew by boat privately to a solitary place.

Mark 6:31b-32—‘Come with me by yourselves to a quiet place and get some rest.’ ³² So they went away by themselves in a boat to a solitary place.

Matthew 14:23—²³ After he had dismissed [the crowds], he went up on a mountainside by himself to pray.

Matthew 15:29—²⁹ Jesus left there. He walked along the Sea of Galilee. Then he went up on a mountainside and sat down.

Mark 14:32—³² They went to a place called Gethsemane, and Jesus said to his disciples, ‘Sit here while I pray.’



Mark 6:31b—‘Come with me by yourselves to a quiet place and get some rest.’

YouTube Solitude and Silence with God: How to Hear God’s Voice in a Noisy World

Is your mind loud even when life is quiet? This video explores the often-ignored spiritual discipline of solitude and silence with God—a practice Jesus relied on and modern Christians desperately need. [Click here to watch.](#)

The Examen Prayer

This prayer of review is a short reflection back over the day, recalling events and taking note of your feelings. The purpose is to become more aware of the ways in which God has been present to you, the times when the Holy Spirit was drawing you towards life.

If you are unfamiliar with the Examen, you might like to try our audio introduction to the prayer:

[Audio introduction link](#)

You can get Pray as you Go App

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**Silence
Resource
suggestions
and links.**



Learning the Disciplines of Silence and Solitude.

Article by Chuck Lawless

- May 28, 2025
- 4 min read

[Click here to read](#)

St Edmundsbury
Cathedral



Ways Into Silence

A Guide to Christian Meditation

[Click here to read](#)

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