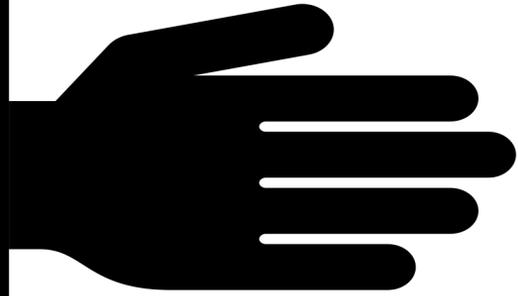


May Christ shield me today.



Christ
with
me

As you begin your wander pause for a moment.
Look at your hand.

Take a moment to invite Christ into your wandering and wondering.

Do you know what path you will take
and where it will lead?

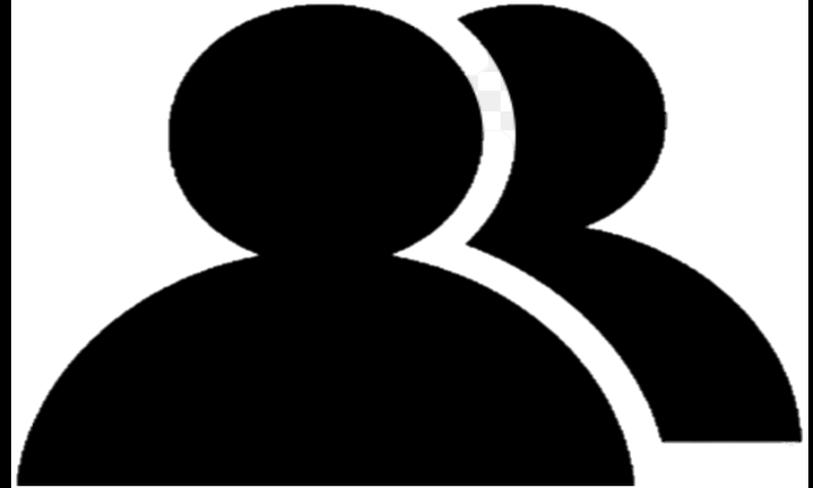
What lies ahead of you?

christ before me

I wonder where you
might notice God?



Christ behind me
What things are different on this wander?



Can you see your shadow –
where is it?
What if Christ was in your
shadow?

May Christ shield me today.

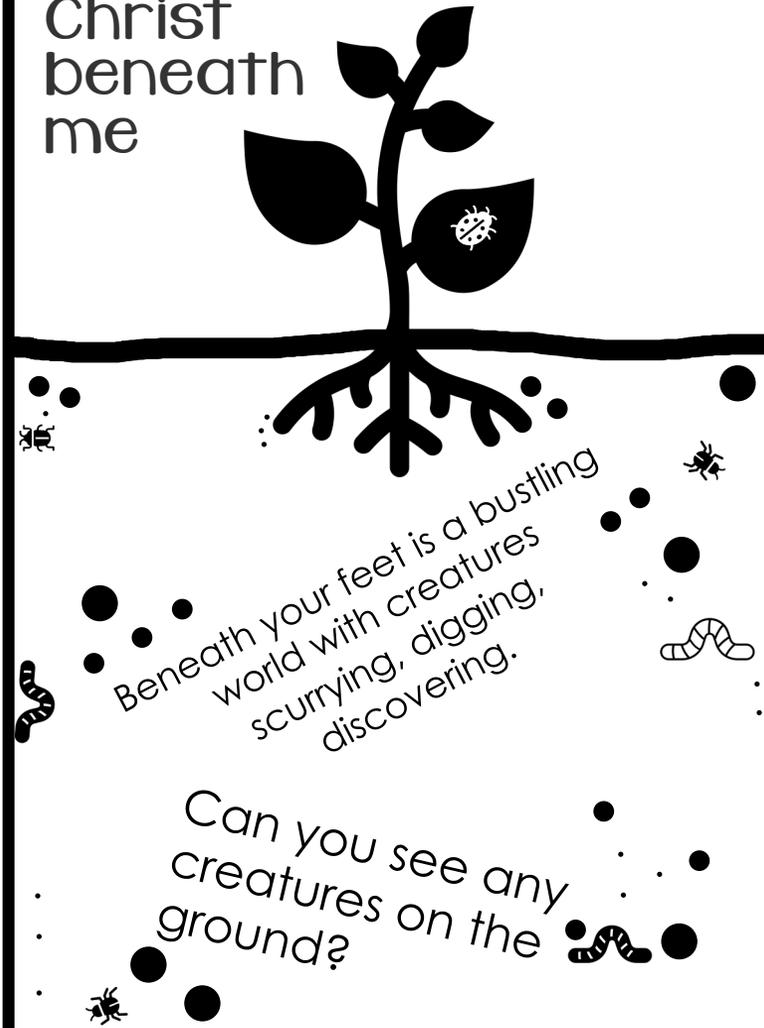


Pause for a moment.



Can you feel your heartbeat?
Can you hear your heartbeat?

Christ
beneath
me



Beneath your feet is a bustling
world with creatures
scurrying, digging,
discovering.

Can you see any
creatures on the
ground?

Look up. What is in the sky?



Can you see the wind?



Can you see birds or creatures that fly?

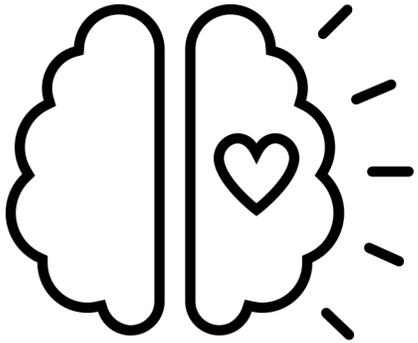
Christ above me

I wonder if God is in this moment?

May Christ shield me today.



Christ on my right



The right side of your brain controls the left side of your body.

It is responsible for



imagination



emotion

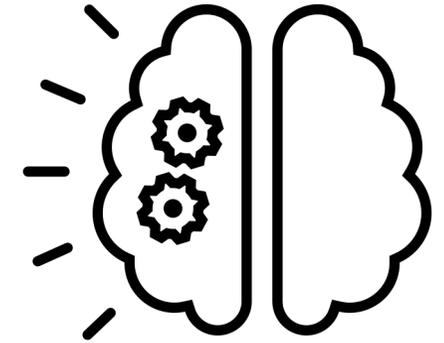
creativity.



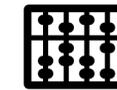
Imagine the space you are in, what do you like about it? What might this space look like in five years? How does this make you feel?



Christ on my left,

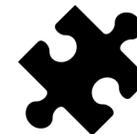


The left side of your brain controls the right side of your body.



LOGIC

It is responsible for



reason



speech

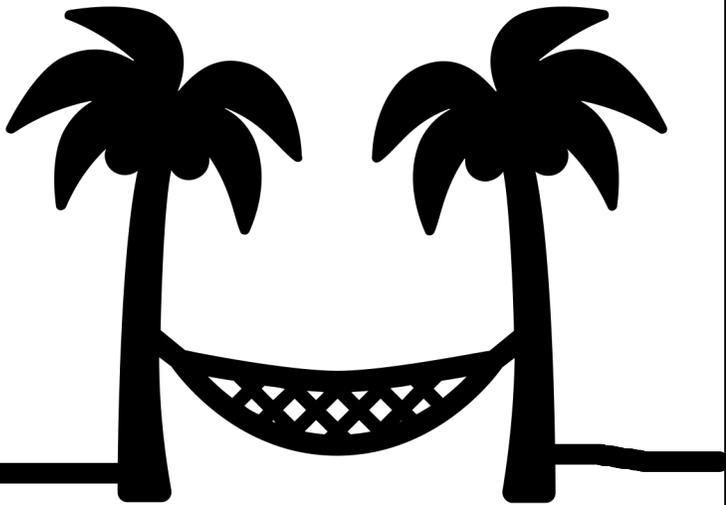
As you look around the space where can you see logic and process? What happens if the process stops – for example through someone's actions?

May Christ shield me today.

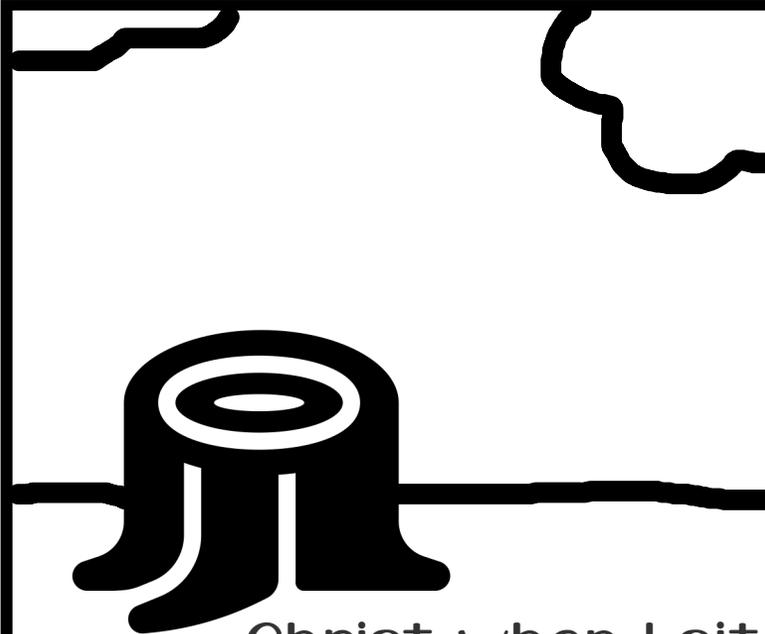


If there is a space lie down and notice the world. How does it look different?

Christ when I lie down



How would this space be different at night – the sounds, the sights, the smells?



Christ when I sit

Is there a space you can sit?
Be still in the space and the moment.
Listen, hear, how does this feel?

Christ when I stand



As you stand pause again.

Where will you go now?
What will you take with you?

Where is God on your faith journey and where might He lead you?
St Patrick was willing to go where God asked, even when it would be difficult.

May Christ shield me today.



As you end your wander you could finish the prayer...

Christ in the heart of
everyone who thinks of me,
Christ in the mouth of everyone
who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.
Amen.



As you think back over
your wander were there
any moments that were
special?



Did you see or
notice anything?

St Patrick's prayer reminds us that
no matter what challenge he
faced there was a sense of God
being with him.



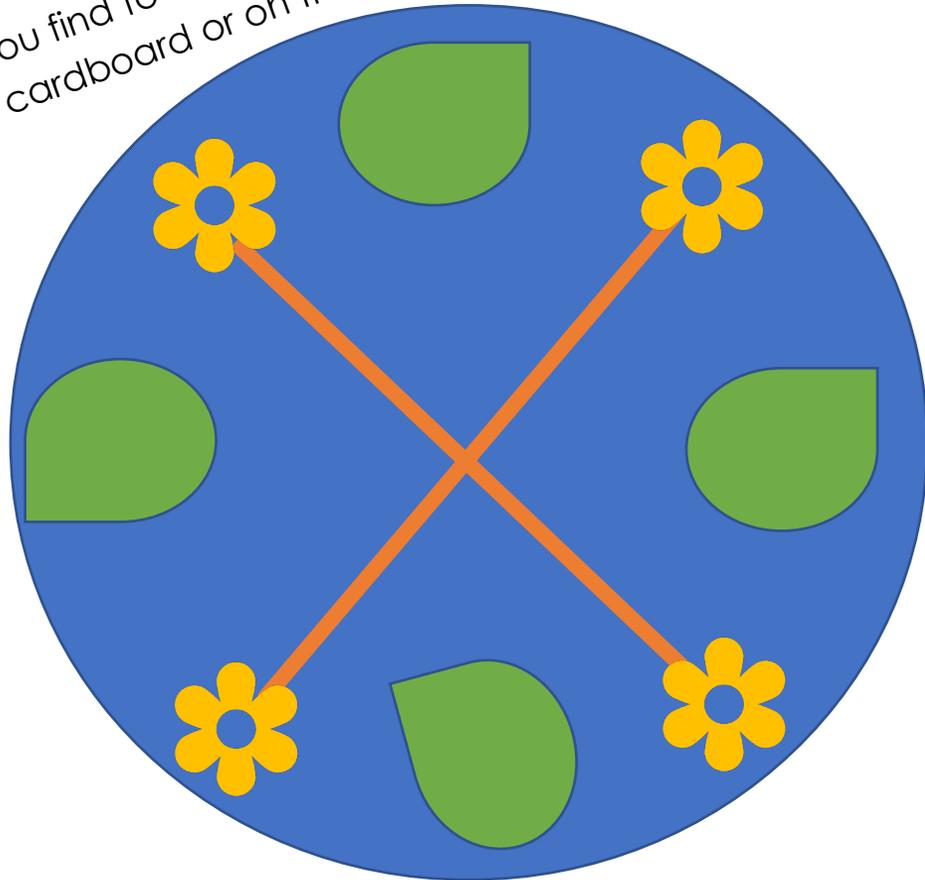
May you know Christ
with you as you journey
onwards.

Extra Activities



St Patrick's Badge

What can you find to add to your badge?
Make it on cardboard or on the ground.



Can you find these
items as you wander
or wonder?

FIND IT

Daisy 
Christ with me



Signpost
Christ before me



Shadow
Christ behind me



Heart shape
Christ within me



Pebble
Christ beneath me

Feather 
Christ above me



Cloud shape
Christ on my right



A sound
Christ on my left



Grass
Christ when I sit



Footprint
Christ when I stand



Seed
Christ when I lie