

  
desert  
prayer

embody



THE DESERT WILL BE GLAD; THE WILDERNESS WILL BLOSSOM.  
LIKE THE CROCUS, IT WILL BURST INTO BLOOM; IT WILL REJOICE  
AND SHOUT FOR JOY. SEE THE GLORY OF THE LORD.

Isaiah 35.

### DRAW A SAND MANDALA

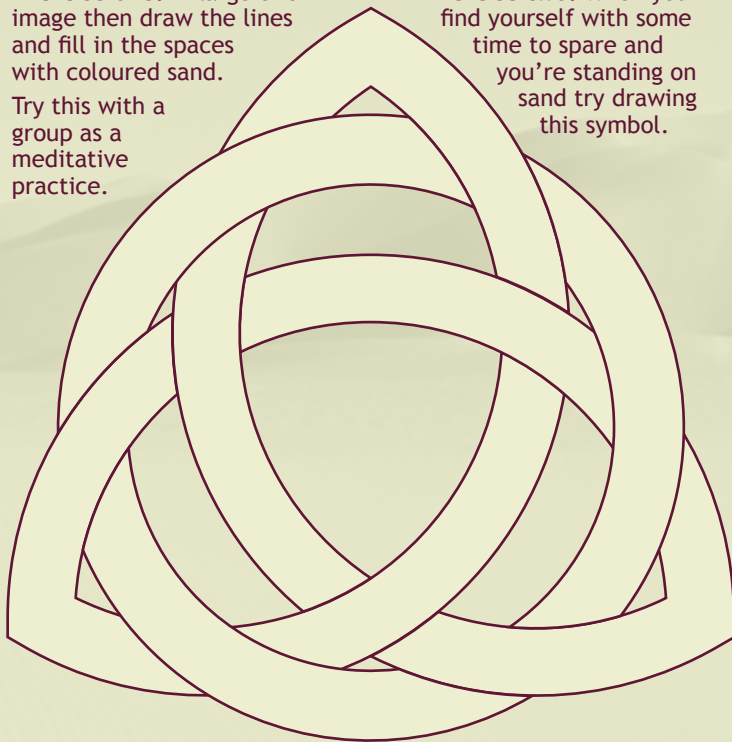
This symbol is known as a triquetra and has its origins in stone or metal work. It can symbolise the interrelating understanding of God as 3 in 1, Father, Son and Holy Spirit.

Buddhist monks draw sand mandalas as a meditative practice. If you do a google image search you will get a good idea of how these are created.

**Exercise one:** Enlarge this image then draw the lines and fill in the spaces with coloured sand.

Try this with a group as a meditative practice.

**Exercise two:** When you find yourself with some time to spare and you're standing on sand try drawing this symbol.



### DESERT BLESSING

What blessing would you ask God for from the middle of a desert?

### DESERT FATHER SAYINGS

Men will go mad, and when they see someone who is not mad, they will attack him, saying, "You are mad; you are not like us."

The trees, if they have not stood before the winter's storms cannot bear fruit

If you see a young man climbing up to the heavens by his own will, catch him by the foot and throw him down to the earth; it is not good for him.

Our life and our death are with our neighbour.

Go and sit in your cell and your cell will teach you everything.

### LOST IN THE DESERT?

What is your intended destination:

What are five landmarks or steps to that destination:

- 1:
- 2:
- 3:
- 4:
- 5:

What help can you ask God for:

### DESERT HEAVEN?

- Hire a guide to take you into the desert.
- Drink tea in a yurt.
- Let sand run between your hands.
- Drink cool water in the shade.
- Keep a cactus alive.
- Create an oasis of peace and relaxation in your home.