

## Needham Lake

**0.7 Miles (Can be extended across the Camping Ground)  
Start by the building at the foot of the lake, near the car park.**

1. Turn towards the lake itself. Watch the water, the greenery around it and the animals who live on or by it. Use this time to thank God for creation – for the wonderful world we live in, and for the gift of life.

Turn left, and start to walk clockwise around the lake.



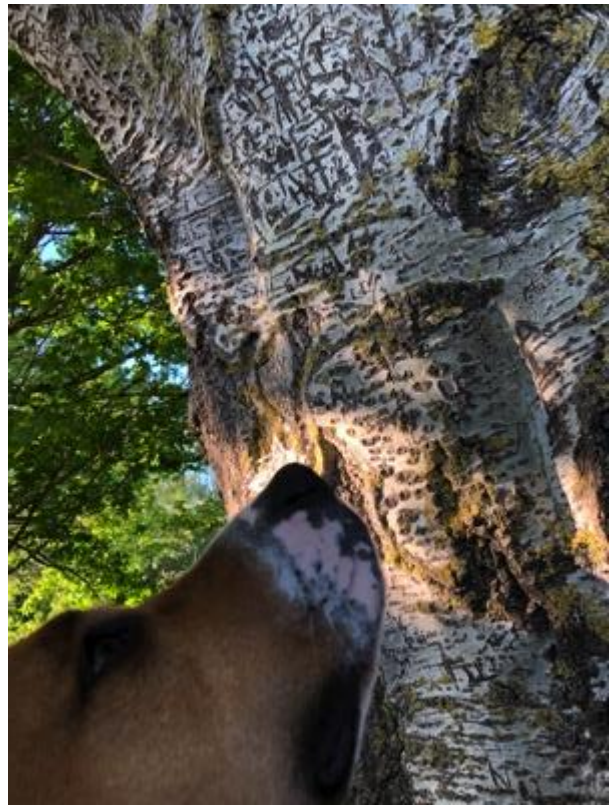
2. Stop by the second Life Belt. Think of all the times God has been there for you. Think of people who have helped and supported you in your life. Spend some time thanking God for His goodness, and the love shown by other people.

Continue walking.



3. Just after the tree by the path with a stump cut onto it, there is a big tree with names carved on it. Stop here and spend some time looking at the names – do you recognise any? Reflect on people who have hurt you, or people you have hurt. On things you have done wrong, and general things we all ought to apologise to God for. Use this time to pray earnestly for God’s forgiveness.

Continue walking around the head of the lake, looking at all the beauty of nature surrounding you, until you come to...



4. The Swan Nest. At the time of writing, this is in the reed bed at the very head of the lake, near the sign on the path thanking dog owners for being considerate. The female swan is sitting on her eggs, and the male is swimming nearby looking after her. We all know that swans are the property of the crown, so use this time to pray for those in authority. Specifically thinking of our government and church leaders.



When you are ready, carry on walking around the lake.



5. On your left is the woodland play area. Stop here and investigate all the mini ecosystems created in this area. Maybe spend some time thinking of all the fun which has been had and will be had here. And remember all those who are unable to join in with this. Pray for those who are sick. Who are lonely. Who are not as mobile as they used to be. For the grieving. For those in need. Ask God for his mercy on them, and that they will know they are loved.



Carry on walking out of the wooded area and back into the sunlight, until you are nearly back at the car park. Between the giant statue of the woman and child and the boat launch, almost on the 'corner' of the lake, you will see your next stop.

6. It's another tree, which looks as though it would be excellent fun to climb – and a really good spot to get several people to pose in it for a photo opportunity! Here, I would like to invite you to humbly ask God for things, which you need His hand in. We are encouraged to petition God, and not to be afraid of asking Him what is on our heart. He will answer, but it might not be in the time or the ways we expect!

When you have done this, continue walking a very little way until you once again get to the benches overlooking the lake.



7. Look back at the lake. At this time it's probably best not to actually sit on the benches, but again, count your blessings before God, and ask for His blessing on you as you go back to your day. Ask His blessing on the conversations you will have with people, and the things you will take part in. Ask Him to be a part of your life, and thank Him for His involvement.



Amen.