

# Prayer Trail

## Prayer Hands Pilgrimage

### At St Davids Cathedral

Education & Pilgrimage Centre Ty'r Pererin  
[education@stdavidscathedral.org.uk](mailto:education@stdavidscathedral.org.uk)

## A Journey of Reflection

During these weeks of joyful summer, after 'lockdown,' we are welcoming back visitors to the Cathedral. We hope that you find your time in this sacred space peaceful, comforting, uplifting and an encouragement to walk with God.

On this reflective journey you will find 6 'stations' which will offer space and peace to reflect and pray. They use elements of St Davids teaching, 'Be joyful; keep the faith and do the little things.' We hope that you will find the guidance provided, by word and image, a way of deepening your walk with God and an encouragement to continue into the pilgrimage of life with His blessing.

Take as much time as you need at each space to help you reflect. You can use these reflections as a guide to your prayer time.

May God bless your journey.





# Praying Hands Pilgrimage

## Journey of Reflection 1



### Be Joyful

Here at the font we welcome people into the church family, many of them are children. They are washed in the holy water as a symbol of the life-giving water bringing new life in Christ. You too are welcome in this place as a pilgrim on a life-journey. Remember that you too are a child of God. He blesses us with life-giving water.

### Keep the Faith

This is what the Bible says:

'As the deer pants for streams of water,  
so my soul pants for you, my God.  
My soul thirsts for God, for the living God.  
can I go and meet with God?' Psalm 42:1-2

The Lord is my shepherd, I lack nothing.  
He makes me lie down in green pastures,  
he leads me beside quiet waters,  
he refreshes my soul. Psalm 23

'Whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.' John 4:14

### Do the Little Things

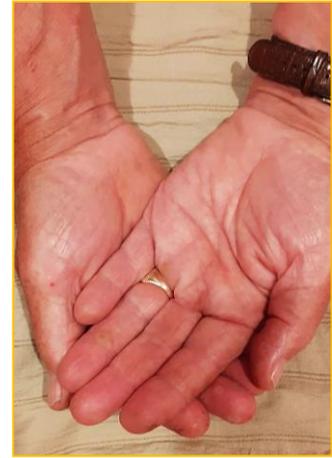
Cup your hands as if you are trying to hold water in them. (see image above) Imagine this water overflowing into your life and into the lives of those you love. Sit in the Nave for a while and ask God to restore you with His life-giving water so that refreshed and invigorated you may be a force for good.



## Praying Hands Pilgrimage Journey of Reflection 2

### Be Joyful

Lord Rhys is wearing the armour which befits a princely knight. He is important to our Welsh history as he fought against oppression. During the Norman Conquest period, he restored the medieval Welsh kingdom of Deheubarth and was called 'Prince of Wales'.



### Keep the Faith

This is what the Bible says:

'Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace.'

Ephesians 6:13-15

### Do the Little Things

Cup your hands as before but this time change the hand underneath. It may feel strange to have a different hand support the other. Life in 'lockdown' has changed us and the 'new normal' seems strange. Is God leading us in this time of adversity to renegotiate life on a new set of terms as undreamed of opportunities open up to us? Pray about the things which feel 'strange' now and the battles you face. Notice how God is as present here in this 'new normal' as he was in the old way. Ask him for the armour you will need as you go forward to bring love, justice and mercy to those oppressed.

# Praying Hands Pilgrimage

## Journey of Reflection 3



### Be Joyful

This chapel contains an altar and fittings in alabaster and is the resting place of the Viscountess of Maidstone who funded the restoration of the south aisle and chapel. Notice the first and last letters in the Greek alphabet, Alpha and Omega, on the altar floor. The Alpha and Omega are a way of recalling God's presence as Father, Son and Holy Spirit from the beginning of time to the end of time.

### Keep the Faith

This is what the Bible says:

'I am the Alpha and the Omega,' says the Lord God, "who is, and who was, and who is to come, the Almighty.' Rev1:8

'I am the Alpha and the Omega, the First and the Last, the Beginning and the End.'  
Revelation 22:13

### Do the Little Things

Hold your hands in prayer as in the image above. Imagine your hands holding your life. Reflect on God's presence being with you since before you were born, in your life now and on into the eternal future. Thank God that He is the Alpha and Omega of your life.

How will you remember God's presence with you through every moment of your life? Eating bread and drinking wine at the Eucharist is one way in which Christians remember God is present always but other ways to remember His presence are shown here too.





## Praying Hands Pilgrimage Journey of Reflection 4



**Be Joyful** In the 6<sup>th</sup> century St David prayed to God here. From this foundation the Cathedral has expanded to hold the many pilgrims who have come to pray to God for themselves and for those they love.

Behind you is Holy Trinity Chapel and in front of you the Lady Chapel. Many pilgrims have indicated that these chapels feel like gateways into heaven. St Davids is often called a 'thin place' where the distance between heaven and earth is as thin as gossamer and therefore a place where God's love can touch our lives and those whom we love.

**Keep the Faith** This is what the Bible says:

'A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.'

John 13:34-35

'I have loved you with an everlasting love;  
have drawn you with unfailing kindness.' Jeremiah 31:3

**Do the Little Things**

Clasp your hands in prayer as you remember those closest to you and the things important to your heart. The photo frames before you are empty. Who or what do you want to remember here? In your mind's eye, place an image of the people, places and dreams on your heart.

Light a candle as a symbol of your prayer about these things in this gateway of heaven.



## Praying Hands Pilgrimage Journey of Reflection 5



### **Be Joyful**

This is the icon of St Non. She is holding St David whom she gave birth to on the coast just 1 mile away. As well as stories of miracles and joy, her life had bitter elements too. She has become an important icon for those women who find themselves abused. Love and the joy of faith won through the dark times. She turned her situation to good. The way in which she nurtured David in the faith paved the way for him to be a leading figure of Christ's mission to Wales.

### **Keep the Faith** This is what the Bible says:

'Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.' Joshua 1:9

'For everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope.

May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had.' Romans 15:4-5

### **Do the Little Things**

Hold your hands in prayer as in the image above. Here, recall those significant people who have touched your life.

Give thanks for the encouragement and support you have received from them and the experiences you have encountered.



## Praying Hands Pilgrimage Journey of Reflection 6



### **Be Joyful**

This 13th-century chapel is dedicated to St Thomas Becket, the Archbishop of Canterbury murdered in 1170.

Henry II came to the Cathedral in 1171 to hear Mass and this chapel seems to have been built soon afterwards. It is one of the oldest chapels in the Cathedral and is regularly used for worship and quiet prayer.

For monarchs and commoners alike being still and silent before God has always been important to aide prayer and meditation.

**Keep the Faith** This is what the Bible says:

He says, "Be still, and know that I am God;  
will be exalted among the nations,  
will be exalted in the earth.'" Psalm 46:10

'Within your temple, O God,  
meditate on your unfailing love.

Like your name, O God,  
praise reaches to the ends of the earth;' Psalm 48:9-10

### **Do the Little Things**

Hold your hands open in prayer as in the image above. In the stillness and silence receive God's blessing. Give thanks with a joyful heart for all that is good, pledge your life to God to keep faith and take His blessing out into the world to enable you to do the little things.