

A person wearing camouflage pants and a boot is stepping forward in a dark, dusty environment. A bright, glowing cross is visible in the background, casting a light on the scene. The text "FINDING STRENGTH IN THE QUIET" is overlaid in the center in a bold, yellow font.

**FINDING
STRENGTH
IN THE QUIET**

Station Reflections

This reflection invites you into a journey of meaning, resilience and self-awareness. At each station, you will find a physical action to help engage both body and mind – deepening your connection to the themes of sacrifice, endurance and leadership. These embodied practices are especially meaningful in a military context, where physical movement and discipline are closely tied to inner strength.

Each station includes the option to reflect from either a Christian faith based perspective, or a non-Christian based approach and from a military or civilian perspective. You are welcome to choose the pathway that best resonates with your beliefs and experiences.

As you walk to the first station, take a moment to pause. If prayer is part of your practice, ask “what might God want to share with me in these moments? If not, take a few intentional breaths and set your focus on being present. Let this time be a space for reflection, growth and grounding.

Playlists

Each activity suggests a song, these can be found on these play lists. You can choose to listen to the entire song, or just part of it, or not at all. You can choose your own adventure.

Christian Playlists

Apple Music



Spotify



Non-Faith Playlists

Apple Music



Spotify



Station 1

Christian - Military	Non-Christian - Military
<p style="text-align: center;">Jesus Is Condemned to Death</p> <p style="text-align: center;"><i>'He was oppressed and afflicted, yet he did not open his mouth; he was led like a lamb to the slaughter, and as a sheep before its shearers is silent, so he did not open his mouth. '</i> <i>Isaiah 53:7</i></p> <p>Reflection: Jesus faces an unjust sentence, a burden He accepts without resistance. For soldiers, the commitment to a mission often comes with an understanding that duty may involve challenges, risks, or sacrifices. In moments of uncertainty, how do you embrace the duty assigned to you?</p> <p>Physical Action: Stand at attention with your head held high for 30 seconds. This posture symbolises accepting your duty, acknowledging that sometimes you must face difficult decisions without protest.</p> <p>Song: O Come to the Alter – Elevation</p>	<p style="text-align: center;">Facing Judgment</p> <p>Reflection: When have you felt misunderstood or judged unfairly? Consider a time when others made assumptions about you. How did you respond? How did it shape you?</p> <p>Physical Action: Stand at attention with your head held high for 30 seconds. This posture symbolises accepting your duty, acknowledging that sometimes you must face difficult decisions without protest.</p> <p>Song: Keep your Head Up – Ben Howard</p>
Christian – Civilian	Non-Christian - Civilian
<p style="text-align: center;">Facing Judgment</p> <p style="text-align: center;"><i>“Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.” - Luke 6:37</i></p> <p>Reflection: Reflect on a time when you felt unfairly judged or misunderstood. How did you handle it with grace?</p> <p>Physical Action: Close your eyes and imagine Jesus standing beside you, offering comfort and understanding. How does His presence change your perspective?</p> <p>Song: O Come to the Alter – Elevation</p>	<p style="text-align: center;">Misunderstood</p> <p>Reflection: Think of a time you felt misunderstood. What did you wish someone had seen or heard in that moment?</p> <p>Physical Action: Close your eyes. Take three slow breaths and say, “I see and hear myself.”</p> <p>Song: Keep your Head Up – Ben Howard</p>

Station 2

Christian - Military	Non-Christian - Military
<p style="text-align: center;">Jesus Takes Up His Cross</p> <p style="text-align: center;"><i>'Then Jesus said to his disciples, "Whoever wants to be my disciple must deny themselves and take up their cross and follow me.'</i> <i>Matthew 16:24</i></p> <p>Reflection: Every soldier, sailor or aviator carries burdens – physical, emotional, and spiritual. What is the cross you are carrying today?</p> <p>Physical Action: Hold an object (like a small weight or even a backpack) over your shoulder as if you are carrying a burden. Walk for a short distance, then pause and reflect on the weight of responsibility.</p> <p>Song: Lead Me to the Cross – Hillsong</p>	<p style="text-align: center;">Carrying the Weight</p> <p>Reflection: What burdens do you carry? Every soldier, sailor or aviator carries burdens – physical, emotional, and spiritual. How do you carry them?</p> <p>Physical Action: Hold an object (like a small weight or even a backpack) over your shoulder as if you are carrying a burden. Walk for a short distance, then pause and reflect on the weight of responsibility.</p> <p>Song: Weight of the World – Citizen Soldier</p>
Christian – Civilian	Non-Christian - Civilian
<p style="text-align: center;">Carrying the Weight</p> <p style="text-align: center;"><i>Come to me, all you who are weary and burdened, and I will give you rest."</i> - <i>Matthew 11:28</i></p> <p>Reflection: Life can feel heavy, especially when carrying burdens alone. Have you invited God to help carry your load?</p> <p>Physical Action: Visualise placing your burden at the feet of Jesus. Breathe in His peace and feel the weight lift.</p> <p>Song: Lead Me to the Cross – Hillsong</p>	<p style="text-align: center;">Carrying Burdens</p> <p>Reflection: What's something that feels heavy right now—emotionally, mentally, or physically?</p> <p>Physical Action: Pick up an object (bag, book, etc.). Feel its weight. As you set it down, say: "I don't have to carry everything alone."</p> <p>Song: Weight of the World – Citizen Soldier</p>

Station 3

Christian - Military	Non-Christian - Military
<p style="text-align: center;">Jesus Falls the First Time</p> <p style="text-align: center;"><i>'The Lord makes firm the steps of the one who delights in him; though he may stumble, he will not fall, for the Lord upholds him with his hand. '</i> <i>Psalms 37:23-24</i></p> <p>Reflection: Jesus falls, symbolizing the human experience of weakness and failure. Soldiers, too, face challenges and setbacks, but these are part of the journey. Every warrior stumbles at some point. How do you handle failure or exhaustion in your service? How do you respond to failure? How do you find strength to rise again?</p> <p>Physical Action: Kneel down, as if you are falling to the ground. Then, rise slowly and with intention, as if gathering strength after a failure.</p> <p>Song: Another in the Fire – Hillsong</p>	<p style="text-align: center;">Stumbling Under Pressure</p> <p>Reflection: How do you respond to setbacks? We face challenges and setbacks, but these are part of the journey. Every warrior stumbles at some point. How do you handle failure or exhaustion in your service? How do you respond to failure? How do you find strength to rise again?</p> <p>Physical Action: Kneel down, as if you are falling to the ground. Then, rise slowly and with intention, as if gathering strength after a failure.</p> <p>Song: Rise Up – Andra Day</p>
Christian – Civilian	Non-Christian - Civilian
<p style="text-align: center;">Stumbling Under Pressure</p> <p style="text-align: center;"><i>“The righteous may fall seven times but still get up.” - Proverbs 24:16</i></p> <p>Reflection: Everyone stumbles, but God’s grace allows us to rise again. What helps you get back up when you fall?</p> <p>Physical Action: Place your hand on your heart and thank God for the strength to keep moving forward despite setbacks.</p> <p>Song: Another in the Fire – Hillsong</p>	<p style="text-align: center;">Falling Short</p> <p>Reflection: We all fall. What matters most is that we get back up and keep going.</p> <p>Physical Action: Stand, then lower yourself to the floor. Pause, then rise slowly, saying: “I am allowed to begin again.”</p> <p>Song: Rise Up – Andra Day</p>

Station 4.

Christian - Military	Non-Christian - Military
<p style="text-align: center;">Jesus Meets His Blessed Mother</p> <p style="text-align: center;"><i>'When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to her, "Woman, here is your son," and to the disciple, "Here is your mother." From that time on, this disciple took her into his home. '</i></p> <p style="text-align: center;"><i>John 19:26-27</i></p> <p>Reflection: In this moment, Jesus finds comfort and strength in His mother's presence. Family and comrades, too, support soldiers. Who are the people that help you through tough times? How can you be that support for someone else?</p> <p>Physical Action: Place your hand over your heart, and close your eyes for a moment, focusing on a relationship that supports and strengthens you. Maybe send a text to a loved one letting them know you appreciate them.</p> <p>Song: Goodness of God – Bethel Music</p>	<p style="text-align: center;">Support in Unexpected Places</p> <p>Reflection: Who has helped you in unexpected ways? Sometimes the strongest support comes from unlikely sources. Who has been your unexpected helper? Who are the people that help you through tough times? How can you be that support for someone else?</p> <p>Physical Action: Place your hand over your heart, and close your eyes for a moment, focusing on a relationship that supports and strengthens you. Maybe send a text to a loved one letting them know you appreciate them.</p> <p>Song: Lean on me – Bill Withers</p>
Christian – Civilian	Non-Christian - Civilian
<p style="text-align: center;">Support in Unexpected Places</p> <p style="text-align: center;"><i>"Carry each other's burdens, and in this way, you will fulfill the law of Christ." - Galatians 6:2</i></p> <p>Reflection: God often places people in our path to support us when we least expect it. Who has been a blessing to you recently?</p> <p>Physical Action: Say a prayer of gratitude for someone who has helped you through a tough time. Maybe send a text to a loved one letting them know you appreciate them.</p> <p>Song: Goodness of God – Bethel Music</p>	<p style="text-align: center;">Unexpected Support</p> <p>Reflection: Who has supported you in ways you didn't expect? How can you accept or offer support more freely?</p> <p>Physical Action: Place your hand over your heart, and close your eyes for a moment, focusing on a relationship that supports and strengthens you. Maybe send a text to a loved one letting them know you appreciate them.</p> <p>Song: Lean on Me" – Bill Withers*</p>

Station 5

Christian - Military	Non-Christian - Military
<p style="text-align: center;">Simon of Cyrene Helps Jesus Carry the Cross</p> <p style="text-align: center;"><i>'Carry each other's burdens, and in this way you will fulfil the law of Christ.'</i> <i>Galatians 6:2</i></p> <p>Reflection: Simon's willingness to help Jesus highlights the importance of solidarity. Soldiers understand the power of teamwork in carrying heavy loads. How do you help others bear their burdens? What does teamwork mean to you?</p> <p>Physical Action: Think of a fellow service member who might need encouragement. Commit to reaching out to them this week.</p> <p>Song: Brother – The Brilliance</p>	<p style="text-align: center;">The Power of Small Kindness</p> <p>Reflection: How do small acts of kindness impact you?. Soldiers, sailors & aviators understand the power of teamwork in carrying heavy loads. How do you help others bear their burdens? What does teamwork mean to you?</p> <p>Physical Action: Think of a fellow service member who might need encouragement. Commit to reaching out to them this week.</p> <p>Song: People Help the People - Birdy</p>
Christian – Civilian	Non-Christian - Civilian
<p style="text-align: center;">The Power of Small Kindnesses</p> <p style="text-align: center;"><i>“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”</i> - <i>Ephesians 4:32</i></p> <p>Reflection: Small acts of kindness can transform lives. Have you noticed God's kindness through others recently?</p> <p>Physical Action: Offer a small act of kindness today—pray for someone, send a message, or help a colleague.</p> <p>Song: Brother – The Brilliance</p>	<p style="text-align: center;">Small Acts of Kindness</p> <p>Reflection: Think of a time someone did something kind for you. What impact did it have?</p> <p>Physical Action: Think of a fellow colleague who might need encouragement. Commit to reaching out to them this week.</p> <p>Song: People Help the People - Birdy</p>

Station 6

Christian - Military	Non-Christian - Military
<p style="text-align: center;">Veronica Wipes Jesus' Face</p> <p style="text-align: center;"><i>“The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’” Matthew 25:40</i></p> <p>Reflection: Veronica's act of compassion in wiping Jesus' face shows that even in suffering, small acts of kindness can make a difference. How can you bring comfort and kindness to others, especially during difficult moments?</p> <p>Physical Action: Using a cloth or wet wipe, gently wipe your own face. This symbolises compassion in action. Think of how you can show kindness in your work environment.</p> <p>Song: What a Beautiful Name - Hillsong</p>	<p style="text-align: center;">Facing Weakness</p> <p>Reflection: Having someone help does not mean you failed, it means you are not alone. How can we be vulnerable in our work places? Small acts of kindness can help others in their vulnerability. How can you bring comfort and kindness to others, especially during difficult moments?</p> <p>Physical Action: Using a cloth or wet wipe, gently wipe your own face. This symbolises compassion in action. Think of how you can show kindness in your work environment.</p> <p>Song: Not Afraid - Eminem</p>
Christian – Civilian	Non-Christian - Civilian
<p style="text-align: center;">Veronica Wipes Jesus' Face</p> <p style="text-align: center;"><i>“The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’” Matthew 25:40</i></p> <p>Reflection: Veronica's act of compassion in wiping Jesus' face shows that even in suffering, small acts of kindness can make a difference. How can you bring comfort and kindness to others, especially during difficult moments?</p> <p>Physical Action: Using a cloth or wet wipe, gently wipe your own face. This symbolises compassion in action. Think of how you can show kindness in your work environment.</p> <p>Song: What a Beautiful Name - Hillsong</p>	<p style="text-align: center;">Feeling Weak</p> <p>Reflection: Having someone help does not mean you failed, it means you are not alone. How can we be vulnerable in our work places? Small acts of kindness can help others in their vulnerability. How can you bring comfort and kindness to others, especially during difficult moments?</p> <p>Physical Action: Using a cloth or wet wipe, gently wipe your own face. This symbolises compassion in action. Think of how you can show kindness in your work environment.</p> <p>Song: Not Afraid - Eminem</p>

Station 7

Christian - Military	Non-Christian - Military
<p data-bbox="272 297 716 331">Jesus Falls the Second Time</p> <p data-bbox="209 371 783 622"><i>'But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. '</i> 2 Corinthians 12:9</p> <p data-bbox="209 663 767 913">Reflection: Jesus' second fall shows the persistence of struggle. Military personnel often face multiple setbacks, but the challenge is to keep moving forward. How do you press forward when you are knocked down again and again?</p> <p data-bbox="209 954 778 1137">Physical Action: - Write a past failure on a piece of paper. Fold it and pray over it, asking God to show you what he has taught you through it. Shred the paper.</p> <p data-bbox="209 1178 727 1211">Song: Do it Again – Elevation Music</p>	<p data-bbox="903 297 1294 331">Pushing Through Fatigue</p> <p data-bbox="810 371 1378 622">Reflection: Where do you find your resilience? Military personnel often face multiple setbacks, but the challenge is to keep moving forward. How do you press forward when you are knocked down again and again? Where do you turn for strength?</p> <p data-bbox="810 663 1382 801">Physical Action: - Write a past failure on a piece of paper. Shred the paper, as an act of letting go of those moments and moving forward.</p> <p data-bbox="810 842 1286 875">Song: Eye of the Tiger - Survivor</p>
Christian – Civilian	Non-Christian - Civilian
<p data-bbox="300 1292 691 1326">Pushing Through Fatigue</p> <p data-bbox="236 1361 754 1435"><i>"But those who hope in the Lord will renew their strength." - Isaiah 40:31</i></p> <p data-bbox="209 1476 783 1615">Reflection: Life on the base can be exhausting, but God renews your strength. How do you rely on Him during tiring seasons?</p> <p data-bbox="209 1655 783 1794">Physical Action: Write a past failure on a piece of paper. Fold it and pray over it, asking God to show you what he has taught you through it. Shred the paper.</p> <p data-bbox="209 1834 727 1868">Song: Do it Again – Elevation Music</p>	<p data-bbox="1010 1292 1185 1326">Exhaustion</p> <p data-bbox="810 1361 1342 1464">Reflection: When have you felt worn out lately—emotionally or physically? What restores you? What</p> <p data-bbox="810 1505 1382 1644">Physical Action: - Write a past failure on a piece of paper. Shred the paper, as an act of letting go of those moments and moving forward.</p> <p data-bbox="810 1684 1286 1718">Song: Eye of the Tiger - Survivor</p>

Station 8

Christian - Military	Non-Christian - Military
<p style="text-align: center;">Jesus Meets the Women of Jerusalem</p> <p style="text-align: center;"><i>'Jesus turned and said to them, "Daughters of Jerusalem, do not weep for me; weep for yourselves and for your children. '</i> <i>Luke 23:28</i></p> <p>Reflection: Jesus speaks to the women, reminding them not to weep for Him but for the future. Aviators/Soldiers/Sailors are often the ones who must face the pain of leaving loved ones behind. How do you carry the emotional weight of leaving loved ones behind, and how do you balance duty with care for others?</p> <p>Physical Action: Take a tissue and hold it in your hands as you think about someone who is carrying a heavy burden. Pray for them. Then, place the tissue in your pocket or bag as a reminder to reach out and offer them support this week.</p> <p>Song: Rescue – Lauren Daigle</p>	<p style="text-align: center;">Seeing the Pain of Others</p> <p>Reflection: When was the last time you truly noticed someone else's struggle? Aviators/Soldiers/Sailors are often the ones who must face the pain of leaving loved ones behind. How do you carry the emotional weight of leaving loved ones behind, and how do you balance duty with care for others?</p> <p>Physical Action: Take a tissue and hold it in your hands as you think about someone who is carrying a heavy burden. Think about the burden they carry. Then, place the tissue in your pocket or bag as a reminder to reach out and offer them support this week.</p> <p>Song: Fix You – Cold Play</p>
Christian – Civilian	Non-Christian - Civilian
<p style="text-align: center;">Seeing the Pain of Others</p> <p style="text-align: center;"><i>"Rejoice with those who rejoice; mourn with those who mourn." - Romans 12:15</i></p> <p>Reflection: Notice the struggles of those around you. How can you show them God's love today?</p> <p>Physical Action: Take a tissue and hold it in your hands as you think about someone who is carrying a heavy burden. Pray for them. Then, place the tissue in your pocket or bag as a reminder to reach out and offer them support this week.</p> <p>Song: Rescue – Lauren Daigle</p>	<p style="text-align: center;">Noticing Others' Pain</p> <p>Reflection: Have you noticed someone who might be struggling? How can you show care?</p> <p>Physical Action: Take a tissue and hold it in your hands as you think about someone who is carrying a heavy burden. Think about the burden they carry. Then, place the tissue in your pocket or bag as a reminder to reach out and offer them support this week.</p> <p>Song: Fix You – Cold Play</p>

Station 9

Christian - Military	Non-Christian - Military
<p style="text-align: center;">Jesus Falls the Third Time</p> <p style="text-align: center;"><i>'Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart. '</i> <i>Hebrews 12:3</i></p> <p>Reflection: Jesus' third fall symbolises complete exhaustion, where He is physically spent. Aviators/Soldiers/Sailors often face moments where they are mentally and physically drained. When you are exhausted, what keeps you going? How do you push through moments of physical or mental fatigue?</p> <p>Physical Action: Lie on the ground for a few seconds, as if completely exhausted. Then, slowly rise to your feet, signifying resilience and the will to continue.</p> <p>Song: Come what May – We are Messengers</p>	<p style="text-align: center;">Falling Again</p> <p>Reflection: How do you find the strength to get up after repeated failures? Aviators/Soldiers/Sailors often face moments where they are mentally and physically drained. When you are exhausted, what keeps you going? How do you push through moments of physical or mental fatigue?</p> <p>Physical Action: Lie on the ground for a few seconds, as if completely exhausted. Then, slowly rise to your feet, signifying resilience and the will to continue.</p> <p>Song: Stronger – Kanye West</p>
Christian – Civilian	Non-Christian - Civilian
<p style="text-align: center;">Falling Again</p> <p style="text-align: center;"><i>“The Lord upholds all who fall and lifts up all who are bowed down.” - Psalm 145:14</i></p> <p>Reflection: Failure can feel overwhelming, but God lifts you up every time you fall.</p> <p>Physical Action: Lie on the ground for a few seconds, as if completely exhausted. Then, slowly rise to your feet, signifying resilience and the will to continue.</p> <p>Song: Come what May – We are Messengers*</p>	<p style="text-align: center;">Making Mistakes Again</p> <p>Reflection: Repeating mistakes can be frustrating. But each time, we have a chance to respond differently.</p> <p>Physical Action: Lie on the ground for a few seconds, as if completely exhausted. Then, slowly rise to your feet, signifying resilience and the will to continue.</p> <p>Song: Stronger – Kanye West</p>

Station 10

Christian - Military	Non-Christian - Military
<p data-bbox="248 295 743 331">Jesus Is Stripped of His Clothes</p> <p data-bbox="248 369 751 510"><i>'rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. Philippians 2:7</i></p> <p data-bbox="205 553 775 842">Reflection: Jesus is stripped of His clothes, symbolising vulnerability. Soldiers, too, experience moments of exposure and vulnerability, where their humanity is laid bare. How do you find strength in vulnerability? How can you maintain your integrity when exposed to harsh situations?</p> <p data-bbox="205 884 759 1025">Physical Action: Close your eyes and imagine Jesus standing beside you in that moment. How does that change your perspective?</p> <p data-bbox="205 1068 735 1104">Song: Available – Elevation Worship</p>	<p data-bbox="935 295 1262 331">Letting Go of Control</p> <p data-bbox="809 369 1374 622">Reflection: How do you handle things beyond your control? Sometimes life strips away things we hold onto tightly. How do you respond when you feel powerless? How can you maintain your integrity when exposed to harsh situations?</p> <p data-bbox="809 665 1382 954">Physical Action: Close your eyes and imagine your future self – someone who has grown through life’s challenges. Picture them standing beside you in this moment. What wisdom would they share with you about handling things beyond your control? How does their presence change your perspective?</p> <p data-bbox="809 996 1238 1032">Song: Let it Be – The Beatles</p>
Christian – Civilian	Non-Christian - Civilian
<p data-bbox="331 1178 659 1214">Letting Go of Control</p> <p data-bbox="228 1252 766 1323"><i>“Cast all your anxiety on him because he cares for you.” - 1 Peter 5:7</i></p> <p data-bbox="205 1361 751 1471">Reflection: Control can feel essential, but God calls you to surrender. What are you holding too tightly?</p> <p data-bbox="205 1514 762 1655">Physical Action- Close your eyes and imagine Jesus standing beside you. How does His presence change your need for control?</p> <p data-bbox="205 1697 735 1733">Song: Available – Elevation Worship</p>	<p data-bbox="935 1178 1262 1214">Letting Go of Control</p> <p data-bbox="809 1252 1385 1361">Reflection: When things are out of your hands, how do you respond? What helps you feel grounded?</p> <p data-bbox="809 1404 1362 1581">Physical Action: Close your eyes. Imagine you’re in a moment of uncertainty. Now, imagine someone steady and supportive standing beside you.</p> <p data-bbox="809 1624 1238 1659">Song: Let it Be – The Beatles</p>

Station 11

Christian - Military	Non-Christian - Military
<p data-bbox="280 297 708 327" style="text-align: center;">Jesus Is Nailed to the Cross</p> <p data-bbox="220 371 775 584" style="text-align: center;"><i>'But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed. '</i> <i>Isaiah 53:5</i></p> <p data-bbox="209 629 778 842">Reflection: Jesus is nailed to the cross, symbolizing the ultimate sacrifice. Soldiers, too, face moments where their sacrifices are profound and lasting. How do you deal with the weight of decisions that have long-lasting consequences?</p> <p data-bbox="209 887 715 1059">Physical Action: Place your palms against a wall or surface as if being "nailed" to it. Hold this position for a moment, feeling the weight of commitment and sacrifice.</p> <p data-bbox="209 1104 671 1133">Song: Jesus Paid it all - Passion</p>	<p data-bbox="938 297 1262 327" style="text-align: center;">The Cost of Sacrifice</p> <p data-bbox="810 371 1382 584">Reflection: What have you sacrificed for others? Soldiers, sailors and aviators, face moments where their sacrifices are profound and lasting. How do you deal with the weight of decisions that have long-lasting consequences?</p> <p data-bbox="810 629 1382 1133">Physical Action: Press your palms firmly against a wall or surface. Feel the tension in your hands and arms- the effort required to hold that position. Reflect on a time when you gave something of yourself for someone else, whether it was time, energy, or personal comfort. What did that sacrifice cost you? When you release your hands, imagine yourself also releasing any lingering resentment or exhaustion, allowing yourself to acknowledge both the weight and the value of what you've given.</p> <p data-bbox="810 1178 1318 1207">Song: See you Again – Wiz Khalifa</p>
Christian – Civilian	Non-Christian - Civilian
<p data-bbox="336 1292 655 1321" style="text-align: center;">The Cost of Sacrifice</p> <p data-bbox="209 1366 783 1467" style="text-align: center;"><i>Greater love has no one than this: to lay down one's life for one's friends."</i> - John 15:13</p> <p data-bbox="209 1512 743 1612">Reflection: Think of a time when you sacrificed something for the sake of others. How did it impact you?</p> <p data-bbox="209 1657 778 1798">Physical Activity: Place your palms on a wall or surface as if being nailed. Hold this position for a moment, feeling the weight of commitment and sacrifice.</p> <p data-bbox="209 1843 671 1872">Song: Jesus Paid it all - Passion</p>	<p data-bbox="938 1292 1262 1321" style="text-align: center;">Facing Hard Choices</p> <p data-bbox="810 1366 1318 1467">Reflection: Sometimes we have to make uncomfortable choices. What helps you stand by your values?</p> <p data-bbox="810 1512 1369 1653">Physical Action: Place your palms gently on a wall or table. Feel the pressure and imagine holding strong to your boundaries and truth.</p> <p data-bbox="810 1697 1318 1727">Song: See you Again – Wiz Khalifa</p>

Station 12

Christian - Military	Non-Christian - Military
<p style="text-align: center;">Jesus Dies on the Cross</p> <p style="text-align: center;"><i>'Greater love has no one than this: to lay down one's life for one's friends.'</i> <i>John 15:13</i></p> <p>Reflection: Jesus' death signifies ultimate sacrifice and love for others. For soldiers, this can symbolise the ultimate commitment to a cause or to one another. How do you process the concept of ultimate sacrifice, whether in service or in the loss of comrades?</p> <p>Physical Action: Bow your head in silence for a few moments, representing the finality and the loss that comes with sacrifice. Take communion if you are comfortable.</p> <p>Song: The Blessing – Elevation Worship & Kari Jobe</p>	<p style="text-align: center;">The Waiting Period</p> <p>Reflection: Think of a time where you were in a waiting period. How do you handle uncertainty? Some seasons feel like nothing is happening, but growth is often silent. What can you do in those moments to help give you peace?</p> <p>Physical Action: Sit in stillness for one minute. What comes up in the quiet?</p> <p>Song: Patience – Guns N Roses</p>
Christian – Civilian	Non-Christian - Civilian
<p style="text-align: center;">Jesus Dies on the Cross</p> <p style="text-align: center;"><i>'Greater love has no one than this: to lay down one's life for one's friends.'</i> <i>John 15:13</i></p> <p>Reflection: Jesus' death shows the greatest act of love and sacrifice. How do you understand the idea of giving deeply for others – whether through personal choices, service or loss?</p> <p>Physical Action: Bow your head in silence for a few moments, representing the finality and the loss that comes with sacrifice. Take communion if you are comfortable.</p> <p>Song: The Blessing – Elevation Worship & Kari Jobe</p>	<p style="text-align: center;">Waiting in Uncertainty</p> <p>Reflection: Think of a time where you were in a waiting period. How do you handle uncertainty? Some seasons feel like nothing is happening, but growth is often silent. What can you do in those moments to help give you peace?</p> <p>Physical Action: Sit in stillness for one minute. What comes up in the quiet?</p> <p>Song: Patience – Guns N Roses</p>

Station 13

Christian - Military	Non-Christian - Military
<p align="center">Jesus' Body Is Taken Down from the Cross</p> <p align="center"><i>'Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. '</i> <i>Lamentations 3:22-23</i></p> <p>Reflection: Jesus' body is carefully removed from the cross, symbolising care, respect, and honour for what has been sacrificed. How do you show respect for those who have made the ultimate sacrifice? How do you honour their memory? How do you process grief?</p> <p>Physical Action: Light a candle to remember someone you have lost. Spend a moment in prayer or reflection.</p> <p>Song: Jesus I need you – Hillsong Worship</p>	<p align="center">Facing Loss</p> <p>Reflection: Loss of people, dreams or identity is part of life. How do you process the concept of ultimate sacrifice, whether in service or in the loss of comrades? How do you honour what you've lost?</p> <p>Physical Action: Light a candle to remember someone you have lost. Spend a moment in reflection.</p> <p>Song: Supermarket Flowers – Ed Sheeran</p>
Christian – Civilian	Non-Christian - Civilian
<p align="center">Jesus' Body Is Taken Down from the Cross</p> <p align="center"><i>'Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. '</i> <i>Lamentations 3:22-23</i></p> <p>Reflection: Jesus' body is carefully removed from the cross, symbolising care, respect, and honour for what has been sacrificed. How do you show respect for those who have made the ultimate sacrifice? How do you honour their memory? How do you process grief?</p> <p>Physical Action: Light a candle to remember someone you have lost. Spend a moment in prayer or reflection.</p> <p>Song: Jesus I need you – Hillsong Worship</p>	<p align="center">Facing Loss</p> <p>Reflection: Loss of people, dreams or identity is part of life. How do you process the concept of ultimate sacrifice, whether in service or in the loss of comrades? How do you honour what you've lost?</p> <p>Physical Action: Light a candle to remember someone you have lost. Spend a moment in reflection.</p> <p>Song: Supermarket Flowers – Ed Sheeran</p>

Station 14

Christian - Military	Non-Christian - Military
<p style="text-align: center;">Jesus Is Laid in the Tomb <i>'Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; '</i> <i>John 11:25</i></p> <p>Reflection: The tomb represents both an end and the possibility of new life. For soldiers, the end of a mission is often a time for reflection, rest, and renewal. After the completion of a mission or the end of a journey, how do you find peace, renewal, and readiness for what comes next?</p> <p>Physical Action: Stand quietly for a moment of reflection. As you breathe deeply, think of the rest that comes after struggle, and the renewal that follows hardship.</p> <p>Song: Wait on You – Elevation Worship</p>	<p style="text-align: center;">Transformation</p> <p>Reflection: For soldier, sailors or aviators, the end of a mission is often a time for reflection, rest, and renewal. After the completion of a mission or the end of a journey, how do you find peace, renewal, and readiness for what comes next? Hardships often reshape us in ways we do not expect. How have your challenges shaped you?</p> <p>Physical Action: Stand quietly for a moment of reflection. As you breathe deeply, think of the rest that comes after struggle, and the renewal that follows hardship.</p> <p>Song: Rise – Katy Perry</p>
Christian – Civilian	Non-Christian - Civilian
<p style="text-align: center;">Jesus Is Laid in the Tomb <i>'Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; '</i> <i>John 11:25</i></p> <p>Reflection: The tomb symbolises both an end and a new beginning. After completing something difficult, how do you find rest, renewal, and prepare for what's next?</p> <p>Physical Action: Stand quietly for a moment of reflection. As you breathe deeply, think of the rest that comes after struggle, and the renewal that follows hardship.</p> <p>Song: Wait on You – Elevation Worship</p>	<p style="text-align: center;">Starting Fresh</p> <p>Reflection: After a difficult journey, we often need time to rest and reflect. How have your challenges shaped you, and how do you find peace and strength to move forward?</p> <p>Physical Action: Stand quietly for a moment of reflection. As you breathe deeply, think of the rest that comes after struggle, and the renewal that follows hardship.</p> <p>Song: Rise – Katy Perry</p>

Station 15

Christian - Military	Non-Christian - Military
<p style="text-align: center;">The Resurrection <i>'He is not here; he has risen, just as he said. Come and see the place where he lay.'</i> <i>Matthew 28:6</i></p> <p>Reflection: How does the resurrection change the way we live?</p> <p>Physical Action: Take a small stone and hold it in your hand, representing the weight of death and sin. Then, set it down somewhere as a symbol of the empty tomb – Christ has conquered death, and you walk in that freedom.</p> <p>Song: Rattle – Elevation Worship</p>	<p style="text-align: center;">New Beginnings</p> <p>Reflection: What does renewal look like for you? Every ending creates space for new beginnings. What new chapter are you stepping into?</p> <p>Physical Action: Take a small stone and hold it in your hand, representing past struggles. Then, set it down stepping forward into a new path.</p> <p>Song: Unwritten – Natasha Bedingfield</p>
Christian – Civilian	Non-Christian - Civilian
<p style="text-align: center;">The Resurrection <i>'He is not here; he has risen, just as he said. Come and see the place where he lay.'</i> <i>Matthew 28:6</i></p> <p>Reflection: How does the resurrection change the way we live?</p> <p>Physical Action: Take a small stone and hold it in your hand, representing the weight of death and sin. Then, set it down somewhere as a symbol of the empty tomb – Christ has conquered death, and you walk in that freedom.</p> <p>Song: Rattle – Elevation Worship</p>	<p style="text-align: center;">New Beginnings</p> <p>Reflection: What does renewal look like for you? Every ending creates space for new beginnings. What new chapter are you stepping into?</p> <p>Physical Action: Take a small stone and hold it in your hand, representing past struggles. Then, set it down stepping forward into a new path.</p> <p>Song: Unwritten – Natasha Bedingfield</p>

