

STATION 6

HOPING

FOCUS

Jesus stood among them and said to them
'Peace be with you.'

ACTION

Smell the flower and, as you do so, enjoy the peace and memories of your loved ones. Run your fingers through the lavender plant. Let it calm you. Offer your cares to God and ask him to give you his peace.

PRAY

Lord, help me to trust that death is not the end. Keep me fixed on the hope that we will one day meet face to face and give me the peace that passes all understanding.