



TRACK ONE

ARMOR OF LIGHT PRAYER WALK: STOP#3 THE COURTYARD

Being in the Examination Room was hard work, but there's good news! Those dirty garments, all your confessed sinful baggage, were left in that room! Now is the time to exit the cottage and enter the **Courtyard**. You are surrounded by beauty, a cascading waterfall, and a tranquil pool where you can bathe and be reminded that *through Jesus's grace* you have been cleansed from your sins. Spend some time resting by the pool understanding and being grateful for that forgiveness. As you grasp what you have been forgiven, walk to the next stop and be empowered to live a life as one who HAS been forgiven!

TRACK TWO

ARMOR OF LIGHT PRAYER WALK: STOP #3 THE COURTYARD

Self-examination is a scary and daunting task. It can be draining because sin is a very serious matter! Although you know God gives forgiveness through His grace, you should never take that for granted and minimize the formidable task of studying your own behavior and motivations. Be aware of the temptation to feel considerable self-doubt when self-examining. Guilt, when properly applied, does have a purpose and that's to lead you to **repentance**. You just don't want to camp out there and live in a state of self-pity! This tendency can happen even when healthy repentance is practiced. We all fall short and are guilty of sin. But...resist that temptation to wallow in it and know that God is clear about His grace and forgiveness. Never forget the good news that we have been given. **"But if we confess our sins to him, He is faithful and just to forgive us our sins and cleanse us from all wickedness."** (1 John 1:9) God's desire is for you to **trust Him** and **allow Him to carry all of your burdens**. When you understand God's grace and forgiveness in your life, it will become easier for you to lay all your troubles at His feet.

Forgiveness is a soothing balm, especially when you have carried burdens around for a while. Embrace this forgiveness. Part of the reward is that you receive His strength and emerge as one reinvigorated and fully refreshed. **"But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint."** (Isaiah 40:31) This is God's desire for you.

Rest is what you find in **the Courtyard**. Just imagine coming out of the cottage and stepping into a courtyard that is magnificent with lush sweet-smelling foliage and an awe-inspiring waterfall of crystal-clear water flowing down the largest boulder you've ever seen. It drains away down a shallow ravine. What beautiful imagery to represent the outpouring of God's grace and the washing away of your sins.

Spend time in the courtyard bathing in the living waters after confessing your sin, perhaps ones that you have carried for far too long. Allow Jesus to renew your mind and body; emerge cleansed and unstained; let your spirit and soul be completely refreshed. What an amazing promise God gives you when you trust in Him. What a reward to reap after being so weak and weary. Your troubles are exchanged for rest.

Our Jesus is the living water and He promised us that **"those who drink the water I give will never be thirsty again. It becomes a fresh bubbling spring within them, giving them eternal life."** (John 4:14)

As you leave the Courtyard and make your way down the path to the Sacred Garden, walk as one who has been freely forgiven. Feel the burdens lifted and a new spring in your step!