

## Red – Luke 23: 43

*Jesus said to the criminal who was dying on a cross, “Today you will be with me in paradise.”*

- Red is the colour of opposites, of paradox. It stands for warmth and excitement, for blood and for danger, It speaks of life and of death.
- The red wine we sip at communion is a symbol of that paradox. The crucifixion of Jesus was both an end – and a new beginning.
- Red also reminds us of the Christians who have sacrificed their lives for the faith; all the martyrs of the church, past and present.

## White

Revelation 21:4

*He will wipe every tear from their eyes. There will be no more death, sadness, crying or pain.*

- White speaks of purity, of holiness, of heaven.
- In a secular world, such words can seem lacking in excitement, drained of colour. Yet white is ALL the colours of the rainbow.
- White speaks of life in all its richness, life with a purpose, life that touches the unseen mystery around us.

**Is such a life possible?** The red wine in the communion cup says it is.

You may like to write a comment about your “walk” or write a prayer request. Use the book or coloured paper/card.

**A reflective installation for churches created by  
Chris and Sheila Chesterton.**

# Walk the Rainbow

## A Colourful Journey of Discovery.

### A Guide for the Journey.

## Violet Job 38: 19, 28, 29

*“What is the path to light’s home? And where does darkness live? Does the rain have a father? Who is the mother of ice?”*

- Violet is at the limit of visible light for humans. It is at the edge of mystery.
- Many people have had an experience which seems to be on that edge of mystery.- often a very private and precious experience. It can raise many questions – and yet seem in some strange way to hold the answer to all the questions.
- You can pick up a question mark here and carry it with you if you wish.

## Indigo Psalm 8: 3-4

*I look at the heavens, which you made with your hands. I see the moon and stars, which you created. ... But why are people important to you?*

- Indigo is the deepest blue, the colour of the sky as the light fades and the stars come out.
- Gazing at the stars often prompts us to look at ourselves – to reflect on the reason for our existence. One man asked God the question, “Why are people important to you?”
- Today’s scientific star-gazers- astronomers- understand that the whole universe seems designed for human existence. Some of them are asking the same question.

## **Blue** Psalm 104: 25 ‘

*Look at the sea, so big and wide. It's creatures large and small cannot be counted.*

- Seen from space, Earth is the blue planet, colour of the sky and of the sea. Water is the birthplace of all life.
- Jesus talked often of another world, a parallel world, a world so close that we can touch. Children seem to see it easily- “The kingdom of Heaven.”
- The colour blue also reminds us of Mary, the mother of Jesus whose faith and obedience is an example to all.
- Spend some time dribbling water through your hands and/or looking at a picture of Mary and the infant Jesus. What do they mean to you?

## **Green** Jeremiah 17: 7-8

*The person who trusts in the Lord will be blessed. He will be strong, like a tree planted near water. That tree has large roots that find the water.*

- Green reminds us of the natural world, of lush growth, of food to eat. It is associated with peace. Look at the greenery; nibble a leaf; smell an aromatic herb.
- Do you feed your spirit by spending time in the natural world?
- Do you sense the presence of the creator here?

## **Yellow** I Corinthians 13: 4 :

*Love is patient and kind. Love is not jealous, it does not boast and it is not proud.*

- Yellow is the colour of many flowers in the wild. Flowers speak of beauty, love, procreation- abundance of life.
- Yellow is also the colour of gold – a symbol of salaries and bank accounts and mortgages.
- Where does the balance of priorities lie?
- “It is worth nothing for a man to have the whole world if he loses his soul,” said Jesus. “ He could never pay enough to buy back his soul”

## **Orange** Matthew 12: 33-35

*“A tree is known by the kind of fruit it produces. ... A good person has good things in his heart.”*

- The purpose of a flower is to produce fruit so that life will go on.
- What kind of ‘fruit’ are we producing?  
“ the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.”

**Galatians 5: 22**