

# Prayer Stations

## Aims and Objectives

- For young people to have the opportunity to pray in creative ways

## Duration of session

Flexible to suit your group, we recommend 30-40 mins to allow your young people to enter into this time of prayer

Time	Activity	Resources needed
0-5 mins	Introduce prayer stations & opening prayer	
5-35 mins	Prayer Station Carousel Use as many stations as you need, 6 would work well to allow variety	Focal point (e.g cross and candles) Quiet music (could be classical or calm worship songs) See below for individual prayer station resources
35-40 mins	Closing prayer	

## Set up

Create a focal point for prayer in the centre of the space; this could be a cross with some candles. Create the prayer stations around the edge of the room; leave some space in between each one. You will need the resources outlined on the following page, make sure that you place a few copies of the instructions for each station along with the materials.

Play some quiet music in the background, use classical music or calm worship songs (you can find lots of suggestions online; some suggestions are Bethel Music Without Words/Instrumental or acoustic worship playlists).

## Introduction to session

**5 minutes**

Have young people sit on the floor in the session space and quiet/calm the group. Explain to the group that this will be a time of prayer; there are stations around the edge of the room to give us a focus for our prayer. It's an opportunity for some quiet time, so to go around to each individually, it's not a time for socialising and chatting. Young people can spend as long or as little time as they like at each prayer station. Bear in mind that they have 30 mins, if they are done before time is up they can sit quietly and listen to the music and they do not have to visit each prayer station if they don't want to.

Open up the time with a short prayer, asking God to be with the group during this time.



## Prayer Stations

30 minutes

### Praying with scripture

You could set this out a couple of different ways. Either have bible verses written/printed out for young people to take and read. Or just have the scripture references with a few Bibles. Choose verses that are encouraging for young people. Have paper and pens for youth to write down their thoughts/copy out the scripture. You might want to set your prayer station up using an open bible as a focal point.

You'll need:

- Bible verses for young people
- (Bibles)
- A5 pieces of paper
- Pens

### Instructions

Before you begin, still yourself and say a short prayer that God will be with you while you read His word. Choose one of the Bible verses. Read it slowly a few times, what stands out to you? Be assured that God has something to say to you through scripture, what will you say back to Him?

Use the paper and pens to write down your thoughts. If you like being creative, why not write out your scripture and decorate it.

### Corinthians 13 stained glass window

An opportunity for young people to think about how they can grow in love for one another through reading Corinthians 13:4-7. Make sure your outline is big enough for more than one student to be colouring at a time but not so big that your pieces take a long time to fill.

You'll need:

- Large stained glass outline
- Colouring pens/pencils
- Copies of Corinthians 13:4-8

### Instructions

Read the scripture passage about love. Think about the people you love, and how you show it to them. So often we can be impatient, irritable and unkind but this is not the way it has to be. Choose one way you would like to grow in love and colour in one section of our heart with a colour that represents it.

Light Blue- patience

Red- kindness

Yellow- humility



Light Green- respect

Purple- joy

Dark blue- truthfulness

Dark green- hope

"Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things." (1 Corinthians 13:4-7)

### **Thanksgiving Wall**

Provide a space for young people to think about all of the blessings in their life and to write down what they are thankful for. Write the focus scripture in the middle of the paper first.

Praise the LORD. Give thanks to the LORD, for he is good; his love endures forever. (Psalm 106:1)

You'll need:

- Large piece of paper/whiteboard
- Pens

### **Instructions**

The Bible tells us that we should always be thankful for all the blessings God has given us. Use this space to write down the things you are thankful for.

### **Pray for the World**

Often young people want to reach out and help those we hear about on the news but don't know how. Prayer is the first way we can help our neighbour far away. To set this station up, put the map on a cork board, and stick pins into the places that are in need of our prayers.

You'll need:

- World map showing highlighting places in need of our prayers
- Paper luggage tags
- Pens

### **Instructions**

Jesus tells us to 'love our neighbour' but often it can be hard, it's not always possible to travel to far off places and offer support. Prayer is the best way we can help those in need we can't reach. Read some of the situations going on in the world at the moment, choose one to pray for. Write a prayer on one of the luggage label and hang it on the appropriate pin on the map.





## Who is God to me?

Many people grow up with an understanding of God that isn't always accurate. We can see Him and vengeful and judgemental when the truth is that He loves us infinitely. This activity encourages young people to reflect on how they may have viewed God in the past and how they see Him now.

You'll need:

- Lots of Scrabble/Bananagrams letters (you could print some out and laminate them if you don't have a set)

### Instructions

When you were growing up, who did you think God was? Was he an old man up in the sky? Was he like a puppeteer? Was he loving? Was He always close? Think of one word to describe how you viewed God and make it out of the letters.

Now think about who God is to you now, at this stage in your life. Make this word out of the letters and connect them to someone else's.

### Reflections

For many young people it is hard to look in the mirror, it's difficult to face what they see; but the God says that we are created in His image and that we are loved by Him. You can use this prayer stations to help young people understand that their worth comes from God and that what they see in the mirror is 'good'.

You'll need:

- Mirrors- have a few so young people don't necessarily have to share (could be any size inc floor-length, make up, compact etc)
- Bible verses about our creation and worth

### Instructions

You are made in the image and likeness of God. You are loved and you are worthy. God created you exactly the way that you are.

Take a mirror and look in it, then take one of the scripture verses and read it. Take a look back in the mirror and tell yourself the scripture verse again.

