**Prayer Station Overview**

Prayer stations are 5-10 minute prayer activities that can be set up and used anywhere. The stations can be set up and used over a period of time or for an event. They are typically interactive, inviting the pray-er to read/listen/reflect and then respond to God’s voice. They involve more than just our mind, engaging our body and our emotions as well.

Organizer Instructions: You will find all you need to create each prayer station below.

* Choose which prayer stations you would like to use
* Simply gather the supplies needed
* Print the Prayer Station Handouts for the stations ([www.sgaumc.org/files/websites/www/Prayer+Station+Printables.pdf](http://www.sgaumc.org/files/websites/www/Prayer+Station+Printables+(1).pdf))
* Set-up and create your stations in one area or throughout your church
* Promote in your local church

**Praying with Pictures**

*Supplies Needed: Various pictures/photos*

Look through the photos and ask God to draw you to a photo that relates to how you are feeling. Think about what drew you to this photo, and then ask yourself some of the following questions:

* What thoughts/feelings/reaction does this photo evoke in you?
* What does it say to you about the busyness you are experiencing?
* What would God like to say to you through this image?
* What do you want to say to God about how you feel right now?

**The Family Tree**

*Supplies Needed: A real tree - alternatively you could draw or make one, sticky notes or shipping tags*

Think of family members or friends who have yet to discover the love of Jesus. their names on the paper provided and hang or stick the names to the tree as you pray for each one in turn. Pray they will come to know Jesus. Pray for personal courage for yourself to talk about Jesus and to invite others to church.

**The Search**

*Supplies Needed: A trashcan and/or shredder, paper and pens*

Invite people to reflect on and pray the words of Psalm 139:23-24: “Search me, O God, and know my heart; test me and know my thoughts. See if there is any wicked way in me, and lead me in the way everlasting.” Write down any areas of sin that are reveled in your life and ask the Lord for forgiveness. Throw the paper into the bin or shred it as a symbol of God's grace and forgiveness

**Forgiveness**

*Supplies Needed: A large bowl or dish filled with sand*

“Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.” Colossians 3: 12-14

* Reflect: There are times when we need to be forgiven, and God forgives us. There are times when we need to forgive, and God gives us the strength to forgive. How will we respond: By a prayer of thanksgiving? By promising never to do it again? By praying for the person we have forgiven?
* Is there something you wish to bring to God to ask forgiveness? Write or draw it in the sand. Ask forgiveness. Then pass your hand through the sand, obliterating the words or images as a symbol of receiving God’s forgiveness. Is there someone you should forgive? Write or draw in the sand. Ask God for the strength to forgive. Smooth the sand. Now, what will be your response to God’s forgiveness working through you? Write or draw your response in the sand and leave it for the next visitor to see.

**Your Kingdom Come**  
*Supplies Needed: Large maps of your area, the nation, and the world as well as headlines for current events/news*

Pray “*Your kingdom come, your will be done”* over the places and situations that stand out to you. If you are unsure how to pray, a good place to begin is for the positive – healing, reconciliation, justice, love, forgiveness, salvation.

**The World***Supplies Needed: Decorate this station with a world map, artwork or items gathered from other countries.*

Focus on the many needs of the world. Consider in your prayers God’s creation and heart for all people. When you are ready, take a few pins and place them on the locations of the map where you have prayed today. Not sure where to start? Pray for: safety and political peace, needs big and small to be met, laborers to be willing to go out, specific countries where you know someone or someone is going, open doors to the gospel, softened hearts.

**Building Blocks**  
*Supplies Needed: A table, a printed copy of Ephesians 2:19-22, blocks of different sizes and shapes (a children’s set of blocks are perfect for this)*

Choose some blocks and build something with them. Notice the different colors, shapes and sizes. Ask God what He might be building in your life. Reflect on the scripture below and ask how God is building you in community with others: “Consequently, you are no longer foreigners and strangers, but fellow citizens with God’s people and also members of his household, built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. In him the whole building is joined together and rises to become a holy temple in the Lord. And in him you too are being built together to become a dwelling in which God lives by his Spirit.” Ephesians 2:19-22

**The Rock Pile***Supplies Needed: Two baskets, one full of stones - different shapes and sizes, printed versions of Psalm 81:6 & Matthew 11:28-32*

Reflect on Psalm 81:6 & Matthew 11:28-32 and ask yourself the question: what burdens am I carrying? Choose a rock to symbolize each one. Talk to God about each burden. Are you ready to turn this burden over to Him? If so, place the rock in the other basket or at the foot of a cross as an outward sign of leaving the burden in God’s hands.

**The Body of Christ***Supplies Needed: Strips of paper & a bulletin board*

Who are we? Our actions define us as a church. Where do you want to go as a part of this congregation? Write 3 action verbs on a piece of paper to identify what we do and what we need to do. Tack them on the bulletin board. Pause to let this settle into you. Let the Spirit meld this into you.

**H2O***Supplies Needed: A large glass pitcher of water and a large ceramic or glass bowl*

Think about how every prayer offered mixes with the prayers of all of God’s people around the world. Prayers do not know the boundaries of time or space; all become one. In this way, each person’s joys should be the joys of others. Every person’s concerns should be our concerns. Consider a person, place, or situation you want to lift up in prayer. Pour some of the water from the pitcher into the bowl to represent those prayers. as they mix with the water added by others, representing your prayers mixing and becoming one with those of the whole group.

**Prayer Labyrinth***Supplies Needed: Copies of prayer labyrinth (*[*www.sgaumc.org/files/files\_library/chartreslabyrinth.pdf*](http://www.sgaumc.org/files/files_library/chartreslabyrinth.pdf)*)*

Praying with a prayer labyrinth involves 3 movements. Reflect and focus as you move your finger through the labyrinth.

1. As your finger moves toward the center of the labyrinth, focus on letting go of worldly attachments and coming to God with a question.
2. At the center, focus on coming to the center of your relationship with God. You may want to linger in the center of the labyrinth, spending time reflecting on your relationship with God and praying.
3. Eventually, however, you need to move out into the world again. As you exit out of the labyrinth, imagine walking with Jesus back into places of ministry as a renewed person.