

## **Prayer Room - Prayer Stations**

Create a space in your Corps or Work place for interactive, creative prayer. Pinterest offers many images and creative tips.

If this doesn't come naturally to you then find artistic and creative people in your community and ask them to help you.

Keep it simple and bold. Creative doesn't mean cluttered. If in doubt, make the room welcoming, colourful and include prayer guides or stations people can draw on if needed.

Make room for other people's creativity. Leave large spaces for things like drawing, writing, painting or sculpting as an expression of prayer and allow your community to shape and fill the room as the week goes on.

Engage all five senses. How could you use striking images and verses to catch the eye, music and sound to inspire or facilitate worship, things to touch or hold to focus the mind, or things to taste and smell to help people consider what they're praying about?

### **Some Creative Ideas for Prayer Rooms**

The Wailing Wall – put paper all along a wall, with newspaper at the bottom of it, and let people draw and paint their prayers.

Prayer Chain – to symbolise the strength in unity of prayer, write prayers on thin strips of paper, loop them through/around each other, and tape the ends together. This will eventually form a massive chain.

Prayer Tent – have a corner blocked off with a piece of fabric or a blanket or whatever. Inside, have a Bible, some music, candles, Jesus videos, etc. to help an individual spend time alone with God.

Music – Soft worship music calms people's minds rather than distracts them! Encourage praying lyrics.

Make Your Mark – Have an area of a wall covered with paper and red paint nearby. People can write their prayers of commitment/covenants on the wall, and then seal them with the "mark" of their handprint.

Living Sacrifice – (same idea as Make Your Mark) Have a wooden cross, nails, pieces of scrap paper and pens for people to nail their commitments/covenants to the cross.

Global Action – Stick a large world map up and have post-it-notes for people to write prayers for specific countries, and stick on them.

Prayer Tree – Have a live, small tree, clothespins and scraps of paper for people to draw their prayers of petition and pin to the “tree of life.”

Posters/Pictures/Other visuals – having these on walls, like the music focuses people’s attention and keeps their minds engaged in prayer, rather than distracting them.

Break Me – Be careful with this one! On top of newspaper, have thin cement/clay tiles, which break easily. Provide thick markers and hammers for people to write/confess their sins, and then smash them!

Footprints – Provide a spiritual journey/pilgrimage for people to take through the prayer room. Have paper footprints taped to the floor that lead from one station/prayer activity to the next, in an order that makes sense.

### 1. Commune

"This in my body, broken for you"

-Spend time remembering, symbolically, Jesus' sacrifice for you. Imagine He is sitting across the table from you, eating with you. What is He saying? Share some bread with a friend. Jesus brings us into unity with others.

### 2. Global Jesus

"Who do you say I am?"

Take time to look at these pictures. Which ones do you immediately identify with? Which ones are unfamiliar or hard to accept? Ask Jesus to give you a new picture, in your mind, of who He is.

### 3. Anointed

"The Spirit of the Lord is upon me because He has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the captives and recovery of sight for the blind; to release the oppressed, to proclaim the year of the Lord's favor."

Have a friend anoint you by using oil to make a cross on your forehead. Pray for God to anoint you to do those things from Luke 4:18-19.

### 4. Light of the World

"You are the light of the world. A city on a hill cannot be hidden."

Write a prayer for a person/situation that God wants you to be a light to/in. Light a tea light and place it on your prayer.

### 5. Freedom

"It is for freedom that Christ has set us free. Stand firm then, and do not let yourselves be burdened by a yoke of slavery anymore."

"O taste and see that the Lord is good."

Write a sin or burden that you want to be free from on a blown up balloon or clay pot. Remembering that Jesus has come to bring freedom to captives, pop/smash your balloon/pot. Eat a candy and retain all the goodness that God gives.

#### 6. Intimate

"I am my beloveds and He is mine."

Spend time alone with God, and be intimate with Him. Pray to Him, read His word; ask to know His heart and mind so that you might love Him and others more.

#### 7. Prayin' in the Nations

"..For you alone are Holy. All Nations will come and worship before you"

Take time to pray for a specific country. Write down your prayer and stick it onto this country.

#### 8. Cleanse

"Cleanse me with hyssop and I will be clean; wash me and I will be whiter than snow"

Take off your socks and shoes and walk through the water. Ask God to cleanse and forgive you of all impurity. Dry off your feet.

#### 9. Prayin' in the Prodigals

"But while He was still a long way off, His father saw Him and was filled with compassion for Him, he ran to his son, threw his arms around Him and kissed Him."

Write a lost friend/family member's name down and a prayer for them. Clip it to God's symbol of grace and compassion.

#### 10. Stompin' on Injustice

"But let justice roll on like a river, righteousness like a never-failing stream."

"He has shown you, oh man, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humble with your God"

Take off your socks and shoes. Dip your feet in paint. As you 'prayer walk' over the injustices in the paper, ask God to bring light, peace and hope to these darkness's. Pray for justice /mercy.

#### 11. Meditate

"My soul longs for the Lord more than a watchman longs for the morning."

Pick out a Psalm. Read it over slowly. Read it over again, out loud. Let this be your prayer to God. Imagine God speaking to you. What do you see? What can you feel? What is it saying?