

Prayer Stations

Time: about 20-60 minutes depending on the number of stations and how long people take. With kids it takes about 20 minutes, adults may take a longer time of reflection.

Location: Sanctuary.

Set-up time: about 30 minutes

Number of Stations: 14

Some of these stations are very similar to each other. These are all the stations I have used with youth ministry in the past. You may choose which stations you would like to use for your event / group.

Items Needed by station:

2: Papers, pens, trash can or bowls

3: Standing Mirrors and post-its

4: Bowls of Water, and / or baptismal font

5: Slips of paper, closed locked box to deposit prayers.

6: Cross, post-its

7: Picture of Hands

8: Pictures of Grief and Suffering

9: Expo Markers, White boards, clothes for erasing

10: Trays, colored sand, sticks

11. Large duffel bag, heavy objects to fill the bag

12. Two bowls. Warm soapy water, warm clean water, wash rag, drying towels.

13. Large blank canvas (best value: Walmart, craft section), colored permanent markers, Bibles

14. Dissolvable paper (for sewing, can be found at JoAnn's, or Hobby Lobby.) Pens or pencils, large bowl of water (warm water helps the paper dissolve faster and more completely)

Extra items

Candles

Tape- masking and scotch

Push pins

Station 1:

Be Still

Be Still

Psalm 46:10 says, “Be still and know that I am God.”

Take some time to be still, silent, and listen for His voice.

Pray for a calm mind and that any distracting thoughts might go away. Take deep breaths, relaxing your individual muscles. As thoughts come, let them go like a leaf in the wind. Your stillness is your prayer. Listen for Him.

Station 2:

Symbols of Hurt

Symbols of Hurt:

The world is broken.

- What hurtful things have been said to you?
- What hurtful things have been done to you?
- If you were to write a word, or draw a symbol to describe these, what would it be?

1. Draw it on the paper provided. As you do, acknowledge God's presence here with you now.

2. Now, flip the paper over (or take a fresh sheet).

3. Think of what hurtful things you have said and done. If you were to write a word, or draw a symbol to describe them, what would it be? Draw it on the paper and as you do, continue to allow God to be part of the process.

4. Look at your symbols; do you want to take them with you? Or do you want to let them go? 1 John 1:9 says, “If we confess our sins, God is faithful and just and will purify us from all unrighteousness.” This is forgiveness.

5. Think carefully. Are you willing to let go? If you are, then rip up the symbols and throw them away. Let go of them as God lets go of the hurtful things you do.

You are loved. You are free. You are forgiven.

Station 3: Image of God

Image of God:

Look into the mirror.

What do you see when you look into the mirror? A body? A soul?

Do you only see what society sees as bad aspects in your body?

Or do you see **God's creation and praise Him for it?**

Next, ask God to show you the real you. The real you that God loves no matter what and is proud of forming in the womb of your mom. If you want, take the pieces of paper around the mirrors and draw something that will help remind you that you are God's beautiful creation.

Praise Him in the words of Psalm 139: 14 for “fearfully and wonderfully”
making **YOU!**

Station 4:
Baptismal
Remembrance

Baptismal Remembrance:

The collision of water and word at your baptism marked you FOREVER as a child of God. You have FOREVER been washed clean by the blood of the Lamb.

With the water make the sign of the cross on your forehead, and take a moment to remember and reflect upon the promise of your baptism.

Reflect on 1 Peter 3:21.

“Baptism, which corresponds to this, now saves you, not as a removal of dirt from the body but as an appeal to God for a good conscience, through the resurrection of Jesus Christ.”

Station 5: Pray for Me

Pray for Me:

Have something on your heart? Going through a difficult time? Needing love and support? Write down any prayer that you have for your life at the moment, and they will be prayed for this week. You can write your name or it can be anonymous.

James 5:16 says, “Therefore confess your sins to each other and pray for each other so that you may be healed. The prayers of a righteous person is powerful and effective.”

Station 6:

Lead me to the

CROSS

Lead Me to the Cross:

1 Corinthians 1:18 says, “For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.”

Sit in silence for a while and pray to God to reveal to you sins that have been weighing you down lately. Take some time to really let God reveal those to you.

Write down whatever comes to mind, fold it up and place it in the bowl at the foot of the cross. Through Christ’s death on the cross, your burdens are lifted.

As you walk away, thank God for His mercy and grace that will be present to the end.

Station 7:

Gripping Hands

Gripping Hands:

Life can be full of **tension, pressure, and worry.**

Relationships become **strained**. Friends betray. A party being held Friday night seems so tempting.

You wonder if you really studied enough for that exam. Tension, pressures, worry, and stress all point to the sin and brokenness in our world.

- Grip your hands into tight fists. Feel the tension of holding onto all that you sinfully hold onto.
- In your own time, turn your hands facing downward, still gripping.
- Imagine God's hands underneath yours, and slowly open your hands so that the tension you are carrying is released into God's hands. You may repeat this process as you desire.
- Finally, turn your hands facing up. Pray for the Holy Spirit to fill you, so that you might experience a presence of peace. Reflect on the words from Hebrews in the verses provided on the table.

Hebrews 12:1-2

“Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.”







Station 8: Suffering

Suffering:

There is much suffering in the world.

Does it break your heart seeing the suffering of those in need?

As you look at these pictures of suffering, let the Spirit work through you to pray for those in need.

There are many different organizations throughout the world, who are working tirelessly to heal hurt in the world. Spend some time praying for the work that they do.

When the healing power of Christ collides with our hurting world, miracles happen. Remember that **“our present sufferings are not worth comparing with the glory that will be revealed in us”** on that last day when we each join the heavenly chorus (Romans 8:18).

Station 9:

Erase

Erase

The **presence of sin** in the world leaves us **broken** and **burdened**.

- Take a moment and consider sins that burden you. With the marker provided, write them on a board in front of you.

The **collision of grace** and **redemption** in our lives is **miraculous**. Our burdens are lifted, and we are made **white as snow**.

- Now, using an eraser, wipe away your writing.

The love of Christ has made you clean.

When the Son sets you free you are free indeed (John 8:36) !

Station 10:
Blessing our
Enemies

Blessing our Enemies:

Meditate on the scripture in front of you while pondering who some of your “enemies” are.

- When a name(s) comes to mind, take a stick and write the initials of that person in the sand
- While writing in the sand, say a prayer of blessing for the person whose initials you wrote.
- After the prayer, erase the initials and allow God to wipe away the grudge you hold against that person as the initials disappear.

Luke 6:27&28

But to you who are listening I say:
Love your enemies, do good to those
who hate you, bless those who curse
you, pray for those who mistreat you.

Station 11:

Bear your Sin

Bear your Sin:

Put this bag around your shoulder. Walk around with it a little bit.

Feel its weight... It's heavy and tiring to try to carry it, isn't it?

This weight represents the weight of your sin.

Often times, we try to carry this weight ourselves.

Now set the bag down. Feel how much lighter your steps are.

Christ has carried the weight of our sin, and has defeated it. Because of Him, we no longer have to bear our own sin.

Psalm 130:3 - If you, LORD, kept a record of sins, Lord, who could stand?

Luke 1:68 - "Praise be to the Lord, the God of Israel, because he has come to his people and redeemed them.

Station 12:

Jesus washes the
Disciples' feet

This station requires a volunteer. The volunteer will read the following passage to the person at the station, and then will wash that person's feet with the soapy water, rinsing with the clean water, and drying with a towel. When done, the person will move on to the next station.

John 13

Jesus Washes His Disciples' Feet

1 It was just before the Passover Festival. Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end.

2 The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus. **3** Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; **4** so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. **5** After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.

6 He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?"

7 Jesus replied, "You do not realize now what I am doing, but later you will understand."

8 "No," said Peter, "you shall never wash my feet."

Jesus answered, "Unless I wash you, you have no part with me."

9 "Then, Lord," Simon Peter replied, "not just my feet but my hands and my head as well!"

10 Jesus answered, "Those who have had a bath need only to wash their feet; their whole body is clean. And you are clean, though not every one of you." **11** For he knew who was going to betray him, and that was why he said not every one was clean.

12 When he had finished washing their feet, he put on his clothes and returned to his place. "Do you understand what I have done for you?" he asked them. **13** "You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. **14** Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. **15** I have set you an example that you should do as I have done for you. **16** Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. **17** Now that you know these things, you will be blessed if you do them.

Station 13:

Share a verse

Share a verse.

Spend some times in God's word, feel free to write a favorite Bible verse on this canvas for others to look at. (If you are the first person at this station, feel free to share and come back later to see what others wrote down.)

Station 14:

Dissolving sins

Your sins are washed away.

Is there something that has been bothering you lately? Have you done something that you can't seem to forget about? Something that you want to get off your chest? Something making you feel guilty about? We all have secrets and sins that we just wish would go away. The good news is that Jesus died for those secrets and sins that you wouldn't want anyone else to know about. Think about that thing that is bothering you. Write it down on one of these pieces of paper.

Now take a moment and pray about it. Confess it to God and ask Him to forgive you.

Read: Isaiah 1:18, "Come now, let us reason together, says the Lord: though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall become like wool."

John 3:16-17, **16** "For God so loved the world,[i] that he gave his only Son, that whoever believes in him should not perish but have eternal life. **17** For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.

Drop your piece of paper into the water. Watch it dissolve. Because of Jesus' death and resurrection, your sins have dissolved and disappeared.

