

## **A set of prayer stations based on the Lords Prayer**

These prayer stations were devised and delivered as part of South West Midlands Assembly in Autumn 2018. Some of the feedback from the day included a sense that the atmosphere of prayer permeated the entire day.

Other feedback focused on the meditative and also thought provoking nature of the exercise. With one person sharing that they felt that it was one of the best Area Meetings they can remember. It was very good to all get involved in preparing the stations and that there were some very good conversations as people cut things out around the table together.

Each page here corresponds to one of the stations and includes the materials needed, a preparatory prayer and a set of instructions to help prepare the different items and objects needed to accompany the prayer station pictures that can be laid out around a room.

The final page gives a suggested simple liturgy if you wish to incorporate the prayer stations into a simple act of worship.

Johnny O'Hanlon—Church Support Worker 2019

## **HANDS**

(Materials needed coloured card , marker pens and scissors)

DEAR LORD

INTO YOUR STRONG HANDS WE PLACE OUR LIVES  
TODAY

WE MAKE A CHOICE TO DEPEND ON YOUR LIGHT TO  
GUIDE OUR WAY

LET OUR HANDS BE YOUR HANDS LET OUR WORK BE  
YOUR WORK

We're going to draw around and cut out our hands

As we draw around each finger we could pray

We could praise God as we go around our thumbs

We could give him thanks as we go around our index  
fingers and say sorry as we go around our middle  
finger and ask his blessing as we go around our ring  
finger and pray for other as we go around our baby  
finger

We can repeat these prayers as we cut them out

Praying overall that whatever work we do we do for  
God and in the name of Jesus Christ our lord and  
saviour

Amen

## **FEATHERS**

(Materials needed coloured card , marker pens and scissors)

FILL OUR HEARTS THAT WE MIGHT HAVE STRENGTH,  
WISDOM, DISCERNMENT AND DIRECTION TO HELP  
MAKE YOUR KINGDOM KNOWN HERE ON EARTH

We're going to cut out some feathers as a symbol of  
the Holy Spirit and as we make them we could pray  
Oh Holy Spirit , spirit of life come dwell in our hearts ,  
enlighten our understanding so that we may know  
you . Give us wisdom that your will may be clear to us  
and that we might accept it

I ask it through Jesus Christ

Amen

## **HEART**

(Materials needed red card , marker pens and scissors)

GOD DOES NOT WANT LIP SERVICE HE WANTS PEOPLE  
WHO SEEK HIM WITH THEIR WHOLE HEARTS

Jesus reminded us of the problem of coming with just  
words and no actions

We are going to cut heart shapes out of red card  
As we do we could pray

Harden not our hearts O Lord let not the love that fills  
our hearts remain there

Help us to open up our hearts so that your love can  
flow through us and out into our communities , into  
your world

With hearts strengthened by your love be with us and  
help us in any and every situation we find ourselves

We ask it through Christ our Lord

Amen

## **DECORATION**

(Materials needed cupcakes and cake decorations, sprinkles, icing etc.)

DEAR LORD

AS WE MOVE THROUGH THIS DAY DECORATE US

DECORATE EACH OF US

DECORATE US WITH YOU GRACE AND LOVE

We're going to decorate some cupcakes and while we do we could pray

Lord with your help and guidance we pray that we can share your love in our daily lives so that we might echo that famous prayer and become instruments of your peace

Bringing love in times of hatred, pardon in times of offence and union in times of discord.

Help us to show and share our faith where there is doubt so that when people meet with us they may meet with you

We ask it in Jesus name

Amen

## **KNOTS**

(Materials needed plain or coloured string or wool and scissors)

DEAR LORD

WE RELY ON YOUR HELP ALWAYS  
HELP US TO FORWARD WITH YOU IN CONFIDENCE AND  
UNDO ANY BARRIERS THAT HOLD US BACK

We're going to cut lengths of string long enough to tie some knots in

As we cut the lengths of string we could pray

Lord we sometimes tie ourselves up in knots and forget to simply trust our faith in you

Forgive us when we forget that without you we are powerless

Help us to listen, hear and respond to you and the plan you have for each one of us

Praying that wherever we go we go with you and to continue the work of Jesus Christ our lord and saviour

Amen

## **ARROWS**

(Materials needed coloured card , marker pens and scissors)

DEAR LORD

THANK YOU FOR GIVING US YOUR PEOPLE DIRECTION  
IN OUR LIVES EACH DAY IS A NEW DAY WITH THE LORD  
HELP US TO ACCEPT THE GUIDANCE OF THE HOLY SPIRIT  
TODAY AND EVERYDAY - YESTERDAY IS GONE AND WITH  
IT ANY REGRETS, MISTAKES OR FAILURES WE MAY HAVE  
EXPERIENCED

HELP US NOT TO DWELL IN THE PAST FOR WE ARE NOT  
TRAVELLING IN THAT DIRECTION BUT MOVE US  
FORWARD, EVER CLOSER TO BEING WITH YOU FOR  
ETERNITY

We're going to draw and cut out arrow shapes

As we draw each arrow we could pray

Today is a good day to give thanks for another  
opportunity to love, to give and to be all that you  
want each of us to be. Fill us with your peace knowing  
that even if we take a wrong turn that with your help  
your purpose for our lives will be made clear

I ask this in Jesus name

Amen

## **FRAME**

(Materials needed A4 card , marker pens, glue sticks  
crayons and scissors)

DEAR LORD

CREATOR OF ALL THINGS

CREATOR OF EACH OF US

BE WITH US AS WE GIVE YOU PRAISE

We're going to fold the A4 card in half and then on  
one flap draw a frame and cut out the inside of that  
frame.

While we do it we could pray

Lord you keep creating and creating: New stars, new  
plants, new animals, new thoughts and new light for  
new lives. Through the power of the Holy Spirit help us  
to unlock your creativity through each of us and use  
our creativity to open ourselves up and celebrate the  
splendour of your creation.

Praying overall that whatever work we do we do for  
God and in the name of Jesus Christ our lord and  
saviour

Amen



## **A possible simple liturgy**

Set out the prayer stations around the edges of the room

Sit in a circle to begin

Hymn:           The Church is Wherever Gods people  
                          are praising

The A-Z of God—open praising God together by going around the circle and thinking of the best adjectives to describe God starting with A—help each other if you can't think of one

Reading :    Ministries of the new covenant  
                          2 Corinthians 3: 1-6

Go and interact with the prayer stations alone or in small groups

Return to the circle and share thoughts

Lords Prayer together

Hymn:           Lord and Father of mankind

The grace together

Amen