

# Prayer Station # 1

## Tarp

### The Short List: Getting rid of distractions

- Visualize Jesus standing next to you.
- Mentally put all your “stuff” in the tarp.
- Have Jesus help you carry the tarp and put it in the corner with all your “stuff”
- Having let go of all distractions- you can now spend time focused on Jesus.

### The Details:

Life is busy and full of “stuff”. There are activities we have to or want to do (play, school, sports, video games, etc.). There are mental things we hold on to (work, money, bad things we’ve done, etc.). There are feelings we have (love, hate, stress, worry, etc). There are tensions our bodies carry (stress, soreness, bumps, bruises). There is actual stuff we carry around sometimes (phones, books, music, purses).

The Tarp stations is our first stop- so you can put down all this stuff, clear your mind, and focus on Jesus. When talking with and listening to God- we have to be in a space with him- but all this “stuff” gets in our way. You’re here, so put all this other stuff down. You can stop by on your way out and pick it up.

(If you want -there is a secure space to leave actual things: phones, purses-at check in.)

When you are ready and have put your “stuff” down move to station 2 next door.

### Tool Box:

Remember Jesus is with you-so imagine him standing next to you.

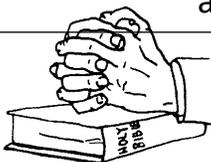
You have here an actual tarp (you could imagine one too.)

Take the time to put all your “stuff” in the tarp.

Imagine yourself putting your body issues, your feelings, your mental images, your activities, and anything else that will distract you into the tarp.

With Jesus helping you gather up the tarp put it in the corner.

After you’re done praying today you can “grab” your tarp on the way out- but since it’s already set aside- take the opportunity to ask Jesus what it is you actually need to carry with you, and what you can leave.



# Prayer Station # 2

## Confession

The Short List: Letting go of control and trusting that God has forgiven us

- Visualize Jesus sitting with you
- Tell him where you've fallen short
- Trust that God has forgiven your sins and they are gone.

### The Details:

Repentance is a call we hear of throughout scripture . It is a turning away from Sin and toward Jesus. Confession is a way of verbally repenting as we admit the wrongs we have done against God and others. Often we let our past sins hold us back from talking freely with God. So we want you to have space to let those go.

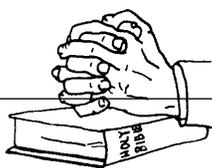
Don't forget when you asked Jesus to be your Lord and savior He washed you clean- completely. He knew whatever bad things you would do- and He already died to pay for that sin. Confessing our sins is an act of obeying God and showing that we love and trust Him.

Remember:

There is now no condemnation for those who are in Christ Jesus.  
There is nothing to feel shame or guilt for- because Jesus removed everything  
that you used to feel shame or guilt about!

### Tool Box:

- Ask Jesus (who is walking right alongside of you today),  
"What do I need to confess?"
- Listen.
- On a piece of paper write down what comes to mind that you need to confess. Or you can draw a picture.
- Take that piece of paper to the cross, which is a reminder that Jesus paid for our sins- and put that paper in the shredder.
- Freed from the sin that holds you back, now you can move to station three free from any burden.



# Prayer Station # 3

## Silence/Preparing Our Hearts

### The Short List: Be quiet if you want to hear

- Sit
- Clear your mind of everything but Jesus
- Be quiet

### The Details:

In 1 Kings 19 we read:

<sup>11</sup> "Go out and stand before me on the mountain," the LORD told him. And as Elijah stood there, the LORD passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. <sup>12</sup> And after the earthquake there was a fire, but the LORD was not in the fire. And after the fire there was the sound of a gentle whisper. <sup>13</sup> When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave.

While God can easily get our attention, he usually speaks to people through the still and the quiet. Otherwise-people freak out and run away (Mt. Zion). If we fill our minds with noise and busyness we will miss out on what he has to say. I think this is actually because of his great love for us- because if we learn to trust him and take the time to pay attention and be quite in his presence- he knows we are wanting to listen-not being forced to listen.

The first two stations were meant to help you get quite- now, take a few moments to enter into silence and stillness and just listen with Jesus.

### Tool Box:

Find a seat- or stand. (But get comfortable)

Close your eyes.

And just listen- focused on Jesus.

If it helps- Imagine a favorite location of yours- at a beach, in your house, in a forest, or on a trail- but see yourself and Jesus there.

See Jesus walking toward you.

Find a place in your location for you and Jesus to sit.

Sit on his lap or sit across from him or lay in the grass next to each other

Feel his love for you and delight in you.

As you hang out with him- ask if he has anything to tell you- then listen.

Invite Jesus to walk with you through the rest of your time of prayer.



# Prayer Station # 3 (cont.)

## Silence/Preparing Our Hearts

### Tool Box: Continued

Additional ways to clear your mind:

If you still have trouble being still and focusing on Jesus you can try”

#### A. Breathing Exercise

- Get into a comfortable position.
- Focus on your breathing- breathing in and out several times.
- As your body and mind slows down-breath in- and imagine all the goodness of God flowing into you as you breath in. Suck in God’s love, grace, peace, and calm.
- Hold it in for just a moment
- As you breath out- let all the cares, worries, stress, and anything that weighs on you out.
- Repeat several times until your heart, mind, and body is relaxed and ready to focus on Jesus.

#### B. Hands up/down

- Sit with your arms rested (on your legs or by your side) and have your hands open with palms facing down.
- Breath- In and Out.
- Let whatever you are carrying- whatever is a burden or distracting fall out of your hands. You can even say- God I’m letting go of . . . . .
- Once you have let everything you can think of go, turn your hands open with palms facing up.
- Ask God to fill your hands with his love, grace, truth, and wisdom.



# Prayer Station # 4

## Thanksgiving Table

### The Short List: Sharing What God Has Done

- Grab a Crayon
- Write on the paper what you are thankful for
- This paper will be hung for people to read

### The Details:

God does so much for us! There are the big general things- like the sun, and rain, but there are also the specific things like when he reminds us how much he loves us in specific ways only we understand.

In 1 Chronicles 16:34 we are told, "Give thanks to the LORD, for he is good! His faithful love endures forever."

Read psalms and you'll see a lot of similar refrains.

Giving thanks reminds us who all good things comes from AND it celebrates God who is worthy of our praises and deserves our thanks. So write away!

### Tool Box:

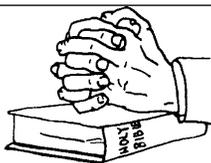
Learning to give thanks is important to our short and long term health.

Thankful people are more often joy filled people.

Here are some ideas to regularly give thanks:

- A. Keep a journal with answered prayers and things to be thankful for.
- B. Thank God for the same number of things as each date of the month.
- C. Email one person a week why you thank God for them.
- D. Write thank you letters to people God has used in your life.
- E. Every night before bed tell your parents one thing you are thankful for them and thankful to God about.
- F. Thank God for whatever the best thing that happened to you that day.

Pick one- or come up with your own- and practice giving thanks.



# Prayer Station # 5

## Praying through Song

### The Short List: Singing/writing/meditating through Song

- Listen to a song as a prayer (Band is Sons of Korah and the lyrics are directly from Psalms)
- Sing a song as a prayer to God – free flow or meditatively
- Write a song to God

### The Details:

We usually match singing just with worship. This is unfortunate because music allows us to communicate emotions, feelings, and nuances that we miss with just words or pictures. Don't believe me - pick the scariest movie you seen and go back and watch it without sound- it's not so scary without sound.

Music communicates. So we can use music to express how we feel to God- be it joy, sorrow, fear, anger, confusion, thanksgiving and any other thoughts we just can't express correctly with words.

Depending on how musically inclined you are you might even want to write a prayer in song. For those like Charles- who have no musical ability- we can listen. Either way, practice praying through song.

### Tool Box:

#### A. Listen

- Listen to the music playing. The words are directly from the book so Psalms- which expresses almost every emotion.
- As you listen pray the words back to God.

#### B. Sing

- Meditatively sing a worship song you know- like the doxology below:

*Praise God from whom all blessings flow.*

*Praise God all creatures here below.*

*Praise God above ye heavenly host.*

*Praise Father, Son and Holy Ghost.*

*Amen.*

- Repeat several times- so you can focus on what you are saying and hearing.
- Free-flow:

- o Choose a melody you know (Row-row-row your boat, Blessed be your name, etc.)
- o Using a melody you know, add your own words of praise and prayers
- o As a family choose a song and take turns adding a verse as a prayer

#### C. Write a prayer song to God

- Write a song-both words and melody -as a prayer to God.



# Prayer Station # 6

## Intercession

### The Short List: Standing in the gap for others

- Lift up other people in prayer

### The Details:

Intercession is when we pray for other people.

One way to understand what we do in intercession, is seeing ourselves stand in the gap for people. The gap is the space caused by something (illness, pain, fear, doubt, sorrow, loss, etc.) coming between people and God. We can stand in the gap between people and sickness, between people and sadness, between people and bad decisions.

We have all experienced times where we are hurt or sad and we can't think about anything else. It's in those moments we love to be rescued, to have a mom or dad or another trusted adult scoop us up, hold us, comfort us, and protect us from any more pain. We get to do the same for others when intercede for them.

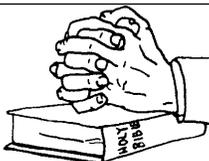
Another way to understand intercession is when we speak for someone who can't speak for themselves.

When we bring people's pains, hurts, sorrows to Jesus he does NOT want us to carry those ourselves. Part of learning how to be an intercessor in prayer, is learning how to hand Jesus all the hurt and let him carry it. He is strong enough to carry all our pain-and we need to let him.

### Tool Box:

- Who do you know needs prayer?
- Tell Jesus about it.
- Thank Jesus for taking this pain so you don't have to keep any of it.
- Sometimes- it helps to imagine the person you're praying for as sitting in your hands- like a wounded bird- and holding them up to Jesus.
- Then telling Jesus who they are and what's hurting them-what their pain is.

**Remember:** We can't carry other people's pain- we have to give it to Jesus who is strong enough to carry it.



# Prayer Station # 7

## Praying for the Sick

### The Short List: Sick People Need Prayer

- Using the “reminders” at this station who do you know who is sick?
- Tell God about who they are and how they are sick.
- Ask God to heal them.

### The Details:

God made the solar system, the world, everything we see, and even people! Since he made everything he knows how it all is supposed to work and run perfectly. When we choose to disobey God that’s called sin and sin has VERY bad consequences. Sin breaks everything!

One consequence of our sin is that our bodies get sick. God can heal people directly and sometimes he does- this is called a miracle because it isn’t the “normal” way the world works. It’s ok to pray for miracles.

However, God most often works through normal channels (why-I don’t know- but he does). He can give doctors wisdom to help us get better, or help us get the right medicine, or help our bodies immune system to make us healthy again, or help us rest so over time a broken bone heals. These are ways God works too. So not only can we pray people get healed, we can ask God for the Dr.’s to be super smart, or for the medicine to work really well, or for the sick person’s body to heal fast.

We know God wants the best for each of us- but what is best? Sometimes what is best is not something we see-or sometimes best is a very hard thing. (Remember Jesus had to obey God and die- so that he could rise again, live forever, and give us that same promise!) WE have to trust God that he will do what is best for us every time we ask him to. Also, don’t forget that sin results in every person having to die, so God does not always heal our bodies not because he doesn’t love us- but because it’s the sad result of our bad choices.

### Tool Box:

- A. Using these items as prompts(reminders)-who do you know that is sick?
  - Pray for each of the people
- B. Write the people you thought of down in your booklet and pray for them every day this week.
- C. Take a bandage and write on it the name of a sick person (or people) you can pray for this week.
  - Pass the bandage to each person in your family to pray for that sick person.



# Prayer Station # 8

## Coloring Prayers

### The Short List: Using Color's to guide your prayers

- Take a coloring sheet and four colored crayons
- Assign a category to each color crayon
- As you color pray out loud for that category

### The Details:

Visuals can help us focus our prayers and sometimes doing an activity helps us focus. Any activity, even something as simple as coloring can be used to pray. Some activities such as coloring also are good ways to engage both sides of the brain. This helps us pray more completely and will make your prayer time more meaningful. Additionally, doing a simple task that doesn't require a lot of thought, will help you focus on Jesus as your body will be doing something, and your mind will be engaged just enough that it doesn't wander.

Each color is going to be designated as a category that will guide your prayer time as you color. Don't forget that there is no right or wrong category as we can pray for anyone and anything in the world. Just telling God what's broken is usually the best way to pray- we don't have to tell God how to fix it. Simply asking God to be in a situation, at a place, or with a person is inviting God to work there. This is a good time to pray out loud. Praying out loud allows this time to be communal as others can pray with you, or if you're alone, will remind you that God is actually listening.

No matter what we are doing we can be talking to God and praying through colors is a great way to learn and practice that.

### Tool Box:

- Find a coloring sheet you like.
- Collect either crayons, or markers, or colored pencils.
- Assign a category to each color. Some category ideas are:
  - People you know
  - Places you go
  - Nature
  - Relatives
  - Dreams you have
  - Animals

There is no right or wrong category!

- Start coloring and don't forget to pray out loud.



# Prayer Station # 9

## Prayer Sticks

### The Short List: An easy way to Direct your prayers

- Make a set of sticks
- Use the Sticks to pray

### The Details:

Prayer is a skill that the more we use it, the better we get at it. Sometimes it is good to have some guidance and reminders on how to pray, just like equipment in a gym helps guide the exercises. The hope is that these prayer sticks will remind you to pray.

### Tool Box:

You will create a set of prayer sticks by writing a category of prayer on each stick (some suggestions are below). When you get home you'll want to find a container or jar to store your prayer sticks in.

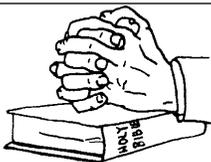
You can use these prayer sticks many different ways.

- You can put them by your bed and in the morning or at night you can pull out two or three sticks and pray for those categories.
- Or at the beginning of a family meal you can have each person pull out a category and then pray for that category.
- Or you may want to take out all your sticks out and after you pray for them put them back in their storage container.

Any way you can think to use these sticks is great!

- Adoration = is praising God
- Petition = is asking God for our own needs
- Intercession = is asking God for the needs of others
- Thanksgiving = telling God what your thankful for
- Listening = is taking time to listen to what God is saying to you
- Report = is telling God about your day or what is currently going on
- Feeling = telling God how you are feeling and why
- Hope = telling God what you are looking forward to, what you are excited about
- World = asking God to be in the world and help it heal
- Any category you can think of is great!

Do as many or as few as you like.



# Prayer Station # 10

## Listening to Scripture

### The Short List: The Bible speaks

- God's word is in the Bible
- Reading the Bible can be done to listen to God
- Read and listen with your heart as an individual person standing before God.
- Just read and listen-It's that's simple.

(Don't read to learn, or study, or memorize, or know, or anything else-Just listen)

### The Details:

Prayer is not a one-way conversation. It is talking and listening, listening and talking back to God. While there are numerous way God speaks, he gave us one very tangible way- the Bible. We can read the Bible and not listen and we miss out on hearing from God. Other times we worry about what God wants us to do, when really, he has already told us in the Bible. Learn to listen to the Bible will allow us to hear from God.

As with ALL listening to God it is important to remember a few things.

- A. God never changes his character so will never tell us to do something that is against it.
- B. God usually doesn't speak if we aren't going to listen.
- C. God says it is good if we compare what we think he said against the Bible.
- D. God is the consistent in what he says. (So if you are praying with someone else- you should keep listening until you both hear the same thing.)
- E. God likes it when we talk to other people about what he tells us.
- F. Learning to listen takes practice! The more you practice the easier listening becomes!

### Tool Box: There are lots of ways to listen to scripture:

1. The open and point method. (Not always reliable- but sometimes- God speaks!)

As this title suggests-

- Ask God what he wants to say to you.
- Open your Bible and point to a verse
- Read what he has to say.

(BE VERY CAREFUL- God sometimes speaks this way- but it isn't reliable and isn't always for sure. Always check with wise Christians when you are wondering if God is actually saying what you think he is saying).

# Prayer Station # 10 (cont. 2)

## Listening to Scripture

### Tool Box:

There are lots of ways to listen to scripture:

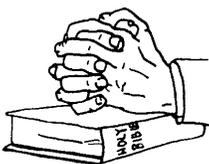
#### 2. Lecto Divino

Lectio Divina (Sacred reading) ... a way to listen through scripture.

1. Prepare - Put yourself in the presence of God. Become quiet and offer yourself to God.
2. Read (Lectio) - Read the passage out loud, slowly allowing the words to resonate and settle in your heart. After a pause, re-read the passage out loud. During these first two readings, listen for the word or phrase that catches your attention and lights up for you.
3. Reflect - Take time to sit with your word or phrase. Re-read the passage quietly to yourself and listen to where the word connects with your life right now. Enter into the scene in your imagination. Carefully watch the people. Listen to how they interact. What do you hear and experience as you watch and listen?
4. Pray - Talk to God about the word or phrase he has highlighted and what's coming up. It might be helpful to journal. How has God addressed you in this Word and invited you to respond? Allow the Scripture to lead you into a prayer response.
5. Rest - Rest in God's presence. Deeply receive God's word and rest in his presence and love.  
Give yourself some time to wait and be still before you reenter life as usual. Take God's word to you with you throughout the day. Return to it and remember it all day long. Stay with God until you feel prompted to leave.

Suggestions: 2 Kings 6:8-17; Psalm 13; Psalm 23; Matthew 11:25-30

(Taken from: <http://www.occ.org.uk/sites/default/files/attachments/abingdon/4006-lectio-divina-handout.pdf>)



# Prayer Station # 10 (cont. 3) Listening to Scripture

## Tool Box:

### **3. Meditation**

- This is simply thinking on scripture.
- Pick a verse or short passage and memorize it- or write it on a index card.
- Throughout your day, repeat it to yourself, read it often.

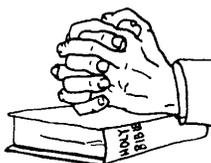
As you repeat it/read it-

- What is it saying?
  - Does the meaning change?
  - How does it apply to what is currently going on in that moment?
- Keep the passage on the tip of your mind

**Some Ideas-** *Psalm 119:9-11; 1 Peter 2:16-17; Romans 12:2; Philipians 4:8*

### **4.Repeat Reading**

- Pick a chapter or book of the Bible  
(Longer passages work better- like the book of Mark- or Romans 1-8 etc.)
- Read that same chapter/book every day for a month
- Write down what the passage says to you each day.
- At the end of the month go back and read your writings- what did God reveal?



# Prayer Station # 11

## Praying Scripture

The Short List: Sometimes the Bible says it best.

- In the Bible are lots of promises, praises, inquiry's (questions), and truths.
- Pick one- and read it as your prayer to God.

### The Details:

Sometimes, the Bible does say it best.

Everything we go through has happened in the Bible. Health, sickness, sorry, joy, celebration, devastation, hopefulness, hopelessness, love, hate, rage, comfort, meaning, and meaninglessness- it has all happened already! The writers of the Bible brought all these events, emotions, and circumstances to God. Thus, we can literally pray to God by using scripture.

Sometimes we feel safer to use someone else's words to tell God things we wouldn't feel safe saying on our own, or telling God more accurately then our own words can speak.

Praying scripture has the added benefit of having the word of God soak all the way into us, as we read, speak, and meditate on what it says. Yes, we might be reading someone else's words- but it is our experience, our emotion, our trouble we are expressing.

### Tool Box:

Find a passage that expresses:

- How you are feeling
- How you are thinking
- Thanks to God
- The question you are wondering about
- A promise God gave you
- 

Read the passage- and memorize it, or write it on a card.

Recite it throughout your day.

Promises of God to Pray:

Exodus 20:12

Isaiah 40:31

Matthew 6:31-33

John 8:36

1 John 1:19

Deuteronomy 31:8

Isaiah 41:33

Philippians 4:19

James 1:5

James 4:7

## Prayer Station # 12

# Praying Over a Map

## The Short List: Use a Map to Pray

- Look at the map
- Find locations/places that are meaningful to you or where you know need help
- Pray for that place

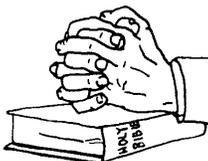
## The Details:

The world is not as big as it used to be. We travel all over, we have friends & family all over, and we can be instantly connected to almost any place in the world in seconds through the magic phones in our pockets. Additionally, we get news instantaneously from all over the world. All of this, opens the opportunity for us to see and know where people are hurting and we can pray for people all over the world!

A map is a great reminder of where we are praying for.

## Tool Box:

- Point out some spots on the map that have a connection to you
  - This could be a place you've heard of
  - A place someone you know lives
  - Or a disaster you saw on the news
  - Or a mission's partner
- Pray over those locations
- Stick a pin in any place that you prayed for



# Prayer Station # 13

## Prayer Box

### The Short List: A box can help you pray

- Make a box and label it- Prayer Box
- Write prayers on pieces of papers
- Store your prayers in the prayer box

### The Details:

Any tool can be used to help you pray, even something as simple as a box and some paper strips. There are many ways to use the box to help you as you pray. One way is to store some pictures, or write out prayer requests that you then pull out and prayer for.

Pictures of important people is a great way to use this with little ones, and objects/icons (Cross, church, etc.) can be used too.

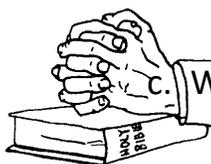
Another use is to write down your prayers and put them in the box, then at the end of the month, pull them out and write on the back how God answered them. Not only does this give you time to celebrate the answered prayers, it also gives you a time to go back and pray for those things you are still waiting for an answer on. At the end of the year- you'll have a big stack of answered prayers!

A third way to use a prayer box, is to write down what you are thankful for or to record every time God blesses you with something good. Then at the end of the month you can read through the reminders of all the ways God has blessed you.

If you can think of another way to use the box- GREAT! The point is that it's a tool to help you talk and listen to God!

### Tool Box:

- Get a box and designate it as your prayer box.
- Shape it so it works best for how you plan to use it.
- If using b or c below cut and place blank strips of paper next to the box. Then:
  - a. Put pictures in it you can pull out and prayer for
  - b. Write out prayers each day
    - At the end of month pull out the prayers
    - Write on the back how God has answered the prayers
    - Pray again for the prayers that haven't been answered yet
    - Keep the answered prayers to read through later
  - c. Write out what you're thankful for on pieces of paper
    - At the end of the month (or week) pull them out
    - Celebrate all the good things God has done for you



# Prayer Station # 14

## Praying During Every Day Activities

### The Short List: Pray while you do-whatever you do

- Explore these everyday objects
- How can you talk and listen to God while using these?
- How can these remind you to talk and listen to God?

### The Details:

Prayer can and should be an all-day conversation with God, but often we get distracted. Having touchpoints that bring us back to talking with God is a good reminder.

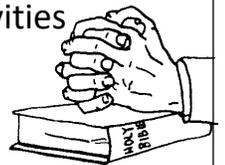
Start with one or two normal every day activities and decide to talk to God during those times. Use the items located here to give you some ideas.

You may want to create a reminder or a write a topic down on an index card as a reminder next to those items of what you want to be praying for- and pretty soon it will be a habit and you won't need the cards.

(Some of these items might seem strange- but God made you and so we can literally pray ANY time!)

### Tool Box:

- Grab an index card and pen
- Look through the everyday objects and pick one or two daily activities
- Write down what you want to pray for on the index card
- Take it home and put it next to that object



# Prayer Station # 15

## Prayer Systems

### The Short List: Systems that help you pray

- There are numerous examples of prayer
- Scan through each system to see which one might help you

### The Details:

Ever since the first sin that removed people from God's daily physical presence people have tried to develop ways to talk with and listen to God. While Jesus death and resurrection has allowed us to have constant connection with God again, as the Holy Spirit comes and lives within us- we can still benefit by using different methods of prayer.

In the tool box you will find what I am calling "high" and "low" prayers. "High" church uses more ritual and prepared or practiced forms of worship, while "low" church does not use formal elements in its worship services. BOTH are valuable and legitimate forms of holding worship services and each has benefits and shortcomings. It's like the difference between a sit down restaurant and a fast food drive through. You will get fed at both, but have a difference experience. High or low is not a better or worse- it's just different.

When it comes to prayers, some of the systems below are "High" in the sense that they are prepared, and use other people's words to help us express what we want to say to God. The "high" prayers offer the freedom to focus on your prayer because you won't forget anything and instead can focus on listening to God as you are not worried so much about what to say. There is great comfort and help in using "High" prayers. The "Low" prayers below come out of your own words and heart and flow freely. There are times when these are the best type of prayers. Find the one(s) that best help you right now.

Be open and willing to try something new. You never know what new aspects of God a new way of prayer might open up! Never forget that our God is so much bigger than we can imagine and doesn't fit into our understanding, so talking with him isn't limited to what you or I know today- there is more to learn!



# Prayer Station # 15 (Cont. 2)

## Prayer Systems

### Tool Box:

- a. ACTS- Method of praying (A “low” style of prayer)

Use the following structure to talk with God, using your own words.

**Adoration-** Praise God aka-tell God why he is so great in your life

**Confession-** Tell God how you have fallen short of his plan for your life

**Thanksgiving-** Thank God for all that he has done for and given to you

**Supplications-** Ask for what you need

The ACTS structure helps us remember God is not a servant or heavenly “Amazon” where we just tell him what we want and he does it two days later. While we do need to bring our needs and wants to God we also need to remember who he is and thank him for the many blessings he has already given us!



# Prayer Station # 15 (Cont. 3)

## Prayer Systems

### Tool Box:

B. Lord's Prayer – A model of prayer (A “low” or “high” style of prayer)

- The Lords Prayer can be read/said as a prayer by itself (a “high” style of using it)

**Our Father in heaven,**

**may your name be kept holy.**

<sup>10</sup> **May your Kingdom come soon.**

**May your will be done on earth,**

**as it is in heaven.**

<sup>11</sup> **Give us today the food we need,**

<sup>12</sup> **and forgive us our sins,**

**as we have forgiven those who sin against us.**

<sup>13</sup> **And don't let us yield to temptation,**

**but rescue us from the evil one**

- The Lords prayer can also be used as a model for our prayer: (from NLT)  
After the verse continue praying on that topic-

**Our Father in heaven,**

**may your name be kept holy.** (Recognize God is above, praise him)

<sup>10</sup> **May your Kingdom come soon.** (Ask God to bring his presence into the world.)

**May your will be done on earth,** (Ask God to enter into the world and into the people's lives that need him.)

**as it is in heaven.**

<sup>11</sup> **Give us today the food we need,** (Ask God for what you need.)

<sup>12</sup> **and forgive us our sins,** (Ask for forgiveness)

**as we have forgiven those who sin against us.** (Ask God what other steps you need to take to follow him totally.)

<sup>13</sup> **And don't let us yield to temptation,** (Ask God to keep you focused on him.)  
**but rescue us from the evil one.** (Ask God to keep you safe.)



# Prayer Station # 15 (Cont. 4)

## Prayer Systems

### Tool Box:

- C. The Examen – is a way of reviewing your day with Jesus. (A guided “low” style of prayer)
1. Ask God for light.  
Here we look at the day with God’s eyes- not just our own.
  2. Give Thanks  
Today and everything that happened is a gift we can choose to be thankful for each event.
  3. Review the day.  
As you walk through the events of your day, what does the Holy Spirit point out?
  4. Face your shortcomings.  
Face up to what falls short in you or where you didn’t act rightly.
  5. Look toward the day to come.  
Ask God where you will need God in the day to come.



# Prayer Station # 15 (Cont. 5)

## Prayer Systems

### Tool Box:

D. Famous prayers – Led prayer (a “high” style of prayer)

Find a prayer that connects with you such as the one below.

#### **The Prayer of St. Francis**

Lord, make me an instrument of your peace,  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
Where there is sadness, joy;

O Divine Master,  
Grant that I may not so much seek  
To be consoled as to console;  
To be understood as to understand;  
To be loved as to love.  
For it is in giving that we receive;  
It is in pardoning that we are pardoned;  
And it is in dying that we are born to eternal life.



# Prayer Station # 16

## Breathing

### The Short List: Praying through breathing

- Learn how to talk and listen while breathing

### The Details:

The simplest of things- that we do every moment of every day- breathing can be a reminder and tool to pray. Learning how to pray with breathing is great because no matter where you are- you are breathing. Breathing prayers are not only good prayers, but can be very calming, and are a good way to not just pray continually, but to prepare your heart, mind, and body for a time of talking and listening to God. As you practice breathing prayers, they will become more natural and you very may well find yourself praying without even knowing it- JUST LIKE BREATHING!

### Tool Box:

#### a. Normal breathing prayer

Sit in a comfortable position

Breathe in a normal, calm way and simply pay attention to your breath

In rhythm with your breathing pray:

“Lord Jesus Christ, Son of God, have mercy on me a sinner.”

- This might go- Breathing in- “Lord Jesus Christ”
- Breathing out – “Son of God”
- Breathing in – “have mercy”
- Breathing out – “on me a sinner”

Make it work for you. Experiment with deeper breathes, and different phrases and find one that works for you. Some other phrases are:

- Jesus, let me feel your love.
- O Lord Show me your way.
- Holy one, heal me.
- Jesus Alleluia, have mercy.
- Holy Wisdom, Guide me.
- Father/Mother (Abba/Amma), let me feel your presence.

#### b. Alternative breathing prayer

*(3 deep breaths)*

*God, you are above (reach toward the sky), below (touch your toes), inside (hands to heart) and all around (big arm circles).*

*I worship you (reach toward the sky), and give my life to you (touch your toes).*

*And I love you (hands to heart) with all that I am (big arm circles).*

*(3 deep breaths)*

# Prayer Station # 17

## Body Positioning

### The Short List: Using your body in prayer

- While praying, put your body in a position that matches your prayer

### The Details:

Prayer isn't just an activity we do with our minds or mouths or ears, we can use our entire bodies to express our thoughts and emotions to God. In the tool box are several ways to use your body to express your inward attitude toward God. Science backs this up and has found benefits that happen to us when we physically take some of these forms of prayer!

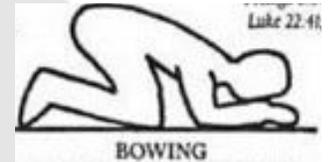
### Tool Box:

The prayer positions and body parts are followed by ways to use those to express your prayers.

- Prostrate (Laying face down)
  - o Expresses repentance, total submission, sorrow, and complete dependence on God



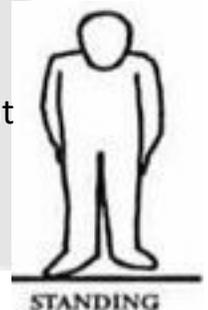
- Kneeling/Bowing (On your knees)
  - o Expresses submitting to God, humility before God, an earnest appeal, or that Jesus is your Lord



- Sitting
  - o Expresses that we receive and can pass on mercy, we are adopted children and have the right to come before God, and that we are called to forgive as we were forgiven, we are friends with God



- Standing
  - o Expresses praise, right standing before God, a willingness to serve, and a readiness for spiritual battle, that we are open before God ready to be directed by him,



# Prayer Station # 17(cont. 2)

## Body Positioning

### Tool Box: (Continued)

- Arms
  - Above the head- can express-submission (Prostrate/Kneeling), praise (standing), openness to receive from God (Kneeling/Sitting/Standing)
  - Spread out wide- can express- total abandonment (prostrate), you are ready/waiting to receive from God (Kneeling/Sitting/Standing), openness to God's direction (Kneeling/Sitting/Standing)
  - Close to your chest- can express- holding on to God (Kneeling/Sitting/Standing), deep sorrow (Any), thankfulness (Kneeling/Sitting/Standing)
- Hand Positions
  - Palms up and open- expresses an openness to God, ready to receive, lifting up of praise, a sending of praise, holding God high, or a request to be held by God
  - Palms down and open- expresses a letting go of things, abandonment to God's love, freedom to serve
  - Palms Closed- expresses a holding on to God's truth/love, a confidence in God's truth, a desire to follow God
- Head
  - Down- expresses humility, submission, putting ourselves under God's authority, sorrow, despair, willingness to follow
  - Up- expresses receiving God's love, confidence in your standing in Christ, acknowledgement that God loves you/has chosen you, seeking God for answers, celebration or thankfulness
- Eyes
  - Closed – expresses concentration, a deep moment with God, trust, focus
  - Open - expresses confidence in God, thankfulness, celebration, intimacy with God

These body positions are suggestions and they can mean whatever you want them to mean. As long as you are using your body to tell God something-he knows. Some people close their eyes during prayer to sleep-not to talk to God and God knows that too.



# Prayer Station # 18

## Praying through Journaling/Doodling

### The Short List: Writing and drawing as prayers

- Get a pen/pencil
- Write or draw out your prayers

### The Details:

Our brains are amazing organs. We have both a left and right side of our brains that do completely different things, function independently, and yet still work together.

When we engage both sides of our brains at the same time- some very interesting things happen. The point is, if we physically write out or draw out our prayers they will be more memorable to us, have a bigger impact on us, and will change us in good ways.

If your artistic and like to doodle great! If not, you can write out what you are praying for.

It would be a good idea to come back about once a week and write out how God has answered your prayers. Over a year (or a lifetime) this will greatly strengthen your faith and make you want to pray more!

There is no right or wrong way to do this- just start.

### Tool Box:

- Get something to write/draw in
- Get something to write/draw with
- Write out a few of your biggest prayer requests and/or praises
- Pick a day (maybe Sunday afternoons or Saturday mornings- whatever works) and re-read/look over the pictures of that weeks prayers
- Write down answers to prayers



# Prayer Station # 19

## Senses

### The Short List: Use your senses to pray

- Choose a story or a location
- Pay attention to your senses (Touch, Smell, Taste, Hear, See, Feel)
- Listen to What God is saying
- Pray for what God brings to mind

### The Details:

We can use our senses as tools to help us pray.

This exercise will help bring to mind things we might not have otherwise thought to pray about. It helps us be mindful in whatever place we find ourselves and helps us discover new things about God. On a hike in the woods, at home, in our classroom at school, waiting in line at the grocery store, reading a Bible passage, imagining a distant relatives house, or a something we see on the news. Any of these can be used along with our senses to pray- both speaking to God but also hearing from him.

Our senses can be especially helpful, if we match it with praying scripture and enter into scripture stories, imagining being in them as a first-hand eye witness. We will hear God speak in new ways!

### Tool Box:

Pick a location (This could be a Bible story, wherever you are at right now, or a place/person you want to pray for.)

If it's a place you are- use your senses to see what God might be telling you or calling your attention to pray for.

We are going to use a passage of scripture to demonstrate.

**If you have a group have 1 person Read Mark 4:35-41 (PRINTED ON THE BOTTOME OF THE NEXT Sheet-Everyone Else- go to the top of sheet 2.**

If you are alone- ready the passage- then work through this exercise using your senses to experience the story first hand.



# Prayer Station # 19 (continued)

## Senses

### Tool Box:

**Have 1 Person Read Mark 4:35-41 – Everyone else:**

Close your mind and enter into the story-

Imagine climbing into the boat with the disciples- what are you sitting on? What does it feel like? How does the boat smell? The lake water? How does the sky look? What are you hearing? Birds, people talking in whispers, oars rowing? What might you have eaten last? Can you taste the air?

As the waves get higher-and the wind faster- can you feel your heart racing? What noises are you hearing? Can you taste the spray of the water? Can you smell the coming storm? What conversations are going? What does the sky look like?

Go through the entire story like this . . .

When you finish talk about:

What did you see in different way?

Did God say anything to you through this story and experiences?

What came to mind to pray for?

After seeing the disciples afraid-what is making you afraid in your life that you can ask Jesus to deal with?

If you do this in your location (like if you were in a meadow) what did you notice to thank God for? What did he tell you? What was new?

### **Mark 4:35-41 - Jesus Calms the Storm**

<sup>35</sup> As evening came, Jesus said to his disciples, "Let's cross to the other side of the lake." <sup>36</sup> So they took Jesus in the boat and started out, leaving the crowds behind (although other boats followed). <sup>37</sup> But soon a fierce storm came up. High waves were breaking into the boat, and it began to fill with water.

<sup>38</sup> Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, "Teacher, don't you care that we're going to drown?"

<sup>39</sup> When Jesus woke up, he rebuked the wind and said to the waves, "Silence! Be still!" Suddenly the wind stopped, and there was a great calm. <sup>40</sup> Then he asked them, "Why are you afraid? Do you still have no faith?"

<sup>41</sup> The disciples were absolutely terrified. "Who is this man?" they asked each other. "Even the wind and waves obey him!"

# Prayer Station # 20

## Five Finger Prayer

### The Short List: Use your fingers to pray

- Use the Five Finger Prayer as a prayer tool

### The Details:

Anything can serve as a reminder to pray. The Five Finger prayer uses your fingers to guide you through a time of asking God to be with the important people in our lives and around us. You can take one of the pre-done sheets or create your own!

### Tool Box:

- Using the Five Finger Prayer sheets provided- pray through each finger  
Or
- Using the blank paper and pens- outline your own hand
- Write on or next to each finger what it can remind you to pray for.
- Use this to pray for these people this next week

See the Five Finger Prayer Sheet



# 5 Finger Prayer

4) The ring finger is the weakest. Pray for the sick, poor, and those most in need.

5) The pinkie finger is the smallest. Pray for yourself and your own needs.

3) The middle finger is the tallest. Pray for leaders in government, business, and the church.

2) The pointer finger is used to give directions. Pray for teachers, coaches, therapists, doctors, and first responders.

1) Your thumb is closest to your heart, so pray for those closest to you - your family and friends.



# Prayer Station # 21

## Praying through Play

### The Short List: Playing Can be a Prayer

- Play- with the purpose of praying

### The Details:

Talking with God is an interaction and there are many ways (hopefully as you've seen) to encourage and help you talk with and listen to God. Often young children have a hard time expressing what they are feeling. Creating spaces to play and inviting Jesus into that time is a way to pray- and might help talk about hard things.

What sets this apart, is intention. Intend to talk and hear from God.

Parents do set up the time as being for talking and listening to God while they play. If you enter into play with your children, do NOT control, direct, or answer anything that comes up. If they let you join them guide them to Jesus- but they are not praying to you- let God answer.

You can ask open questions such as-

“What might God say to that?

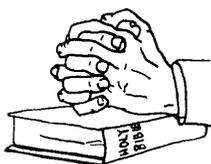
How do you think God feels about that?

What would God tell us to do in this situation?”

Let your children have their conversation. You might also find a freedom to explore talking to God this way too.

### Tool Box:

- Play with the point of talking with God by:
  - o Having a tea party with Jesus
  - o Building a temple to celebrate God
  - o Having dolls/action figures work out a problem or deal with a scary situation
  - o Experiencing a Biblical event
  - o Through a “party” to thank God for what’s good



# Prayer Station # 22

## Praying through Art

### The Short List: Prayers aren't always words

- Look at the art
- As you experience the artwork what does God tell you through it?
- Listen
- Interact with what comes up

### The Details:

Art is a form of communication that is different from words.

It connects with a different part of our brain and can inform us of different emotions, connections, and insights into truths that we hadn't realized before. Since God is so big, taking the time to contemplate a beautiful painting, sculpture, or other artwork can stir in us feelings, emotions, understandings, or insights that we would have missed in our busy world.

Art by its nature says something-so what might God say to you through it?

### Tool Box:

- Find a piece of art that you like (or just pick a random one)
  - Take some time and study this piece of art by experiencing it
  - Ask whatever questions are appropriate-
    - o What is it expressing?
    - o How does this connect me to God?
    - o Is there a story or a space you can enter into?
    - o What thoughts or feelings are stirred up by this piece of art?
    - o Who does this artwork remind me to pray for?
    - o What truth does this artwork remind me of?
    - o Can I find myself in this piece of art?
- Create an art piece as a prayer



# Prayer Station # 23

## Silence

### The Short List: Be Still and Know that I am God

- Stop
- Be silent

### The Details:

Silence is so key to listening and truly hearing from God.

It is a PRACTICE, and doesn't just happen.

With all the noise and constant movement of the world we live in, rarely do we experience true stillness and silence. There is ALWAYS movement and sound going on around us.

It is in silence that we are forced to face our true selves, to listen to God, and we can no longer hide from true reality.

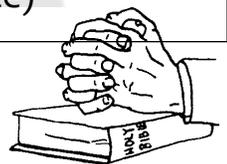
If we work at, we can learn to be silent in the presence of God no matter where we are-even when we are in an airport, at a concert, or driving down the freeway.

Silence is not about the absence of sound- it is learning to stop controlling our minds, stop paying attention to the sounds trying to control us, stop being controlled by the "have to's" that dominate our days. It's about focusing on God and (figuratively) sitting with him, connected, and focused on him. It is how we abide in God- we are connected to him.

To start we will need practice in a quiet place, but as we grow in silence we will develop the ability to connect and be in God's presence where ever we are at.

### Tool Box:

- Find a quiet place to start
- Get comfortable
- To start decide on a set time (2-3 minutes is forever in silence to start- after some practice 30min to an hour will be to short)
- Close your eyes (while you are learning)
- Quiet your mind-focusing on just being with Jesus
- Ask him to help you be silent
- Tell him you're giving him control of this time and to speak when he is ready
- Then just "Be" with Jesus
- After your time is up- Ask Jesus to walk with you- and go about your day (Increase your time as you get more comfortable with silence)



# Prayer Station # 24

## Prayer Walk

### The Short List: Walk & Pray

- Move forward slowly- putting your right foot forward, then your left- Repeat
  - Pray
- (Always go heel to toe on your steps. Going Toe to Toe is Prayer Running)

### The Details:

Praying while we are sitting is not always the best way. Often we need to move- so walking and praying is great way to get our blood moving, clear our minds, and talk with God.

Mind and body are linked so body movement is the best way to get our minds moving sometimes.

Have you ever wondered why many of the disciples conversations with Jesus happened while they were walking from place to place too.

Walking in a beautiful place can help too- but any walk will do.

Just don't rush- take your time as you walk, be open to how God is talking to you.

### Tool Box:

- Find a place to walk (For today we are using the Adventureland Hallway)
- Walk slowly so you can talk with God.
- Ask him what he wants to tell you- then have a conversation with him!
- You can always pray for what you see along your trip too.



# Prayer Station # 25

## Listening Through Wonder & Day Dreaming

### The Short List: God who loves wonder

- Lay back
- Wonder
- Day Dream
- What is God saying through your wonder?
- How awesome is God that he made that!



### The Details:

Wonder is the ability to marvel and the world around us.

When we are young we wondered and questioned so many things. As we grow, we often stop-which is not only sad, but it limits our ability to celebrate who God is.

Day dreaming is about exploring what could be, allowing our minds to play "what if".

With a choice we can do both of these activities as a prayer to God that helps us discover his greatness and praise him for it, and which allows us to discover the what if's that God might want to do in our world.

Take the time to wonder about something (the world we live in, a relationship, how you were made so amazingly), and/or to day dream about what life might be like if we followed God completely, took the step of obedience God is calling us to, or if the world was as it should be.

Listen to God in this-he might just plant a dream that could change your life and expand his kingdom!

### Tool Box:

- Kick back
- Ask God to speak to you
- Pick something- and Wonder
- Day Dream about what God might be doing in your life
- Write down what comes up so you can continue to pray on it.

