

Prayer Stations

(PST002)

The Lord's Prayer

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LORD'S PRAYER STATIONS

Prayer Stations Aim:

To enable people to "pray" the Lord's Prayer in a multi-sensory way.

Biblical Reference(s):

Matthew 6:9-13, Luke 11:2-4

Outline of Prayer Stations

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|------------|---|
| Station 1: | Our Father in heaven |
| Station 2: | Hallowed be your name |
| Station 3: | Your kingdom come, your will be done on earth as in heaven |
| Station 4: | Give us today our daily bread |
| Station 5: | Forgive us our sins as we forgive those who sin against us |
| Station 6: | Lead us not into temptation but deliver us from evil |
| Station 7: | For the Kingdom, the power and the glory are yours, now and for ever. Amen. |
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Notes for the Prayer stations:

- These prayer stations work well if you leave plenty of space between each station.
- I used six foot "Gopak"¹ folding tables for most of the stations, although smaller tables can work for some of the stations.
- I used three-panel folding display boards² 60cm x 90cm to fit on top of a table for most of the prayer stations. For station five, I used a six panel folding display board 60cm x 90cm to stand alone.
- It can take anything from two minutes to ten minutes for people to engage with each prayer station.
- Prepare copies of the Prayer stations explanatory leaflet (on pages 21 and 22 of this document), which can be given to people as they arrive.
- As people arrive, invite them to go round the prayer stations in silence and in order ie beginning with "Our Father in heaven" and ending with "For the Kingdom....."
- I have found it helpful to play some quiet instrumental worship music in the background to help people be more aware of the Lord's presence and less aware of others around them. Music that I have found particularly helpful for prayer stations is Ruth Fazal's "Songs from the River"³ (Volumes I-IV)

¹ You can purchase Gopak tables here: <http://www.gopak.co.uk/>

² You can purchase Display boards from a number of places for example "xld displays" which can be found here: <https://www.xldisplays.co.uk/>

³ You can purchase Ruth Fazal "Songs from the River" CD's direct from Ruth's website at www.ruthfazal.com and sometimes from Christian bits at www.christianbits.co.uk

Station 1:

Our Father in heaven



Items Needed:

- A large table covered with white material of some kind, for example a white sheet
- A display board covered in a white sheet
- A picture of "The prodigal daughter"⁴ and a picture of "The prodigal son" mounted on white foam board⁵. These pictures are leant against the display board and are then surrounded by a large piece of white voile⁶.
- A4 cards with the following words on them:
 - Our Father in heaven
 - "Abba Father" (Galatians 4:6)
 - "How great is the love the Father has lavished on us, that we should be called children of God" (1John 3:1)
- Smiley stickers⁷ for people to take and a card saying, "Please take one"

⁴ You can purchase, for a very reasonable price, 60cm x 42cm prints of Charlie Mackesy's "Prodigal Daughter" and "Prodigal Son" paintings from the website "Faithin5" at <http://faithin5.com/buy/prints/>

⁵ You can purchase A2 foam board from Hobbycraft at <http://www.hobbycraft.co.uk/>

⁶ I used "sheer organza fabric voile 150cm wide x 3m long" and purchased it from ebay. (www.ebay.co.uk)

⁷ You can purchase "Gold Smiley Face Reward Stickers" from amazon at www.amazon.co.uk

Tips for Station 1 set-up:

- Cover the table with the white material first.
- Cover the display board with the white material then position the board on top of the table.
- If you can, laminate the A4 cards so that they hold their shape better.

Words in the leaflet for this station: (See pages 21-22 of this document)

“Our Father in Heaven”

Spend a few moments looking at the pictures.

- Allow the truth that you have been called first and foremost to be God’s child to touch your heart afresh.
- Receive your Father’s embrace as you draw near to Him, knowing that His desire is to bless you.

If you would like to, take a smiley sticker and wear it as a reminder that God rejoices over you, His child, with singing. (Zephaniah 3:17)

Station 2:

Hallowed be your name



Items Needed:

- A large table covered with cream material of some kind, for example a cream sheet.
- A display board covered in gold silky fabric⁸ with a two toned “gold and flame” organza voile⁹ over the top of it.
- A “Holy is the Lord”¹⁰ picture mounted on white foam board¹¹. This picture is leant against the display board.
- “Worship words” pinned onto the display board with dressmaker’s pins around the “Holy is the Lord” picture. You could use the following words:
 - Almighty, Awesome, Beautiful, Compassionate, Faithful, Forgiving, Good, Gracious, Healer, Holy, Just, Kind, King of Kings, Life, Light, Lord, Love, Merciful, Mighty, Patient, Peace, Powerful, Provider, Redeemer, Restorer, Righteous, Shepherd, Slow to anger, Truth and Unchanging
- A4 card with the following words on it: Hallowed be your name
- “Jewels”¹² laid out on the table.

⁸ You can purchase gold “silky satin fabric 150cm wide” from ebay. I used 4 metres. (www.ebay.co.uk)

⁹ You can purchase “two tone satin organza fabric sheer voile 150cm side” from ebay. I used 4 metres.

¹⁰ You can purchase a “Holy is the Lord” poster (53cm x 81cm) from Cafepress at:

http://www.cafepress.co.uk/+christian_holy_is_the_lord_large_poster,575167938

¹¹ You can purchase A2 foam board from Hobbycraft at <http://www.hobbycraft.co.uk/>

¹² You can purchase “Acrylic Gemstones” in various colours from amazon. (www.amazon.co.uk)

Tips for Station 2 Set-up:

- Cover the table with the cream material first.
- Cover the display board with the gold material, then the two toned organza voile then position the board on top of the table.

Words in the leaflet for this station: (See pages 21-22 of this document)

"Hallowed be your name"

As you look at the words describing some of the attributes of your Father, dwell on one of them, and allow this word to lead you into worshipping Him.

- Continue to worship with as many of the words as you choose to use.
- Finally pick up one of the "jewels" and as you hold it, ask the Lord to help you to always honour his precious and holy name. As you place the "jewel" back, make a commitment to never misuse the Lord's name.

Station 3:

Your kingdom come, Your will be done on earth as in heaven.



Items Needed:

- A large table covered with blue silky fabric¹³ material.
- A display board covered in purple silky fabric¹⁴ with a two toned “claret and blue” organza voile¹⁵ over the top of it.
- A “Prayer (Open to God)”¹⁶ picture mounted on white foam board¹⁷. This picture is leant against the display board.
- A4 cards with the following words on them:
 - Your Kingdom come, Your will be done on earth as in heaven
 - Reign in me Sovereign Lord, reign in me
- Laminated map of the world¹⁸ laid out on the table.
- Flameless – flickering LED Tea-lights¹⁹ laid out on the table.
- Small purple and gold cardboard confetti crowns²⁰ placed on a couple of small trays on the table.

¹³ You can purchase blue “silky satin fabric 150cm wide” from ebay. I used 4 metres. (www.ebay.co.uk)

¹⁴ You can purchase purple “silky satin fabric 150cm wide” from ebay. I used 4 metres. (www.ebay.co.uk)

¹⁵ You can purchase claret and blue “two tone satin organza fabric sheer voile 150cm side” from ebay. I used 4 metres.

¹⁶ You can purchase a “Prayer (Open to God)” A2 poster from McCrimmons at: <http://www.mccrimmons.com/shop/posters/>

¹⁷ You can purchase A2 foam board from Hobbycraft at <http://www.hobbycraft.co.uk/>

¹⁸ You can purchase a laminated world map (atlas school type poster wall chart educational teaching poster 15X22.5 inches) from amazon at www.amazon.co.uk

¹⁹ You can purchase “Flameless Flickering LED Tea Light Candles” from ebay at www.ebay.co.uk

²⁰ You can purchase gold and purple “paper crown confetti” from Etsy at www.etsy.com/uk

Tips for Station 3 Set-up:

- Cover the table with the blue material first.
- Cover the display board with the purple material, then the two toned organza voile then position the board on top of the table.

Words in the leaflet for this station: (See pages 21-22 of this document)

“Your kingdom come, Your will be done on earth as in heaven.

Invite the Lord to “reign over” every part of your life:.ie.

- your relationship with him,
- your relationships with other people,
- your ministry, your time, your money/resources, your body...

Invite the Lord to reign over where you spend your days and to use you as His witness wherever you are.

Pray for a couple of people that you know who aren't yet Christians that they would come to know His love.

And finally pray for somewhere in the world that is on your heart.

As you pray, place a crown on that country as you ask the Lord to reign there.

Station 4:

Give us today our daily bread



Items Needed:

- A large table covered with cream material with hessian²¹ on top.
- A display board covered in hessian.
- A "I am the bread of life"²² picture mounted on white foam board²³. This picture is leant against the display board.
- A4 cards with the following words on them:
 - Give us today our daily bread
 - "And my God will meet all your needs according to his glorious riches in Christ Jesus" (Philippians 4:19)
- A loaf of bread broken in half laid out on the table on a cream serviette.
- Some gluten free wafers²⁴ laid out on the table.
- Some large stones laid out on the table.

²¹ You can purchase hessian from ebay. I used 5 metres. (www.ebay.co.uk)

²² You can purchase a "I am the bread of life" A2 poster from CPO at: www.cpo.org.uk/

²³ You can purchase A2 foam board from Hobbycraft at: <http://www.hobbycraft.co.uk/>

²⁴ You can purchase gluten free wafers from Eden at: <http://www.eden.co.uk>

Tips for Station 4 Set-up:

- Cover the table with the cream material first followed by the hessian.
- Cover the display board with hessian then position the board on top of the table.
- Break the loaf of bread in half immediately before people use the prayer stations to keep the bread fresh. Keep the gluten free wafers very separate from the bread.

Words in the leaflet for this station: (See pages 21-22 of this document)

“Give us today our daily bread”

As the Lord provided manna in the desert on a daily basis for the Israelites so he has promised to provide for our needs.

- Spend some time bringing your own personal situation to the Lord and ask Him to provide you with what you need.
- Please now take a piece of bread (or gluten free wafer) and as you eat it choose to trust that the Lord will provide for you as He has promised to.

Ask the Lord to provide for the needs of those you know who have very little or who are suffering in any way.

Station 5:

Forgive us our sins as we forgive those who sin against us



Items Needed:

- A large display board covered in black velour fabric²⁵ and white silky material²⁶.
- A wooden cross positioned in front of the display board and the base wrapped in red material. (I used a red single sheet)
- A4 cards with the following words on them:
 - Forgive us our sins as we forgive those who sin against us
 - "The blood of Jesus....purifies us from all sin (1John 1:7)
- A "crown of thorns"²⁷ positioned on top of the cross.
- Pieces of white wool hanging over cross beams of the cross.
- Pieces of red wool laid out on a silver tray²⁸ at the foot of the cross.
- Tacks²⁹ placed in a red bowl at the foot of the cross.
- Forgiveness prayers (see page 12) on A6 card and placed at the foot of the cross.

²⁵ You can purchase "black velour" fabric at: www.ebay.co.uk

²⁶ You can purchase white "silky satin fabric 150cm wide" from ebay. I used 2 metres. (www.ebay.co.uk)

²⁷ You can purchase a "crown of thorns" from ebay at www.ebay.co.uk or on Amazon at www.amazon.co.uk

²⁸ You can purchase silver trays in most supermarkets.

²⁹ You can purchase tacks from most DIY stores eg Wickes, B & Q etc.

Tips for Station 5 Set-up:

- Cover the display board with the black velour fabric first then the white material.
- Position the cross then drape the white material around the back of it.
- Wrap the base of the cross in red material.

Words in the leaflet for this station: (See pages 21-22 of this document)

“Forgive us our sins as we forgive those who sin against us”

Pray the words below from Psalm 139 and allow the Lord to show you any sins that you need to confess.

“Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.” (Psalm 139:23-24)

- If you would like to, pick up a piece of red wool from the tray symbolizing your sin and lay it on the cross.
- Now take a piece of white wool from the cross as you receive the Lord’s forgiveness and his words, *“Your sins are forgiven”*
- Having been forgiven, pick up a tack and hold it. Ask the Lord to show you anyone you need to forgive. Choose to forgive them (*using the forgiveness prayer at the foot of the cross*) and then place the tack in the cross.

Forgiveness Prayer (on A6 card at the foot of the cross)

Forgiveness Prayer

Lord I choose to forgive.....(*name the person*)

For.....(*what they did or failed to do*)

Which made me feel.....(*verbally tell the Lord every hurt and pain He brings to Your mind*)

I hand over this person to You,
believing that you paid for their sin as well as mine
when you died on the cross. (*place tack in cross*)

I choose not to hold on to my resentment any longer.

I ask you to bless.....(*name the person*)

Please come and heal my damaged emotions.
In Jesus’ name. Amen.

Station 6:

Lead us not into temptation but deliver us from evil



Items Needed:

- A large table covered with gold holographic wrapping paper³⁰
- A display board covered in black velour fabric³¹ and scrunched up kitchen foil.
- A4 cards with the following words on them:
 - Lead us not into temptation but deliver us from evil
 - “Be self- controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour” (1 Peter 5:8)
- A Piece of black material laid on top of the table.
- On top of the black material is laid a gold or silver gift box³² which is partly open.
- On and around the box are three signs saying: Money, Power and Sex.
- Coming out of the box is a heavy chain³³, which is draped over the table.
- In a wicker basket are some yellow glow bracelets³⁴ and a sign saying, “Please take one”

³⁰ You can purchase “Gold holographic wrapping paper” on Amazon at www.amazon.co.uk

³¹ You can purchase “black velour” fabric at: www.ebay.co.uk

³² You can purchase a “Gold or silver gift box” on Amazon at www.amazon.co.uk

³³ You can purchase a “heavy chain” from most DIY stores

³⁴ You can purchase “8” Glow stick bracelets” from ebay at www.ebay.co.uk

Tips for Station 6 Set-up:

- Cover the table first with the holographic paper, securing it with tape.
- Cover the display board with the black velour fabric first then scrunch up the tin foil and attach it to the board by simply hooking it over the top.
- People may need help with their “glow-bracelets” to secure them in place.

Words in the leaflet for this station: (See pages 21-22 of this document)

“Lead us not into temptation but deliver us from evil”

Ask the Lord to protect you from the main temptation that you face (be it money, sex, power or something else) and to keep your eyes on Him.

Take a glow bracelet and as you put it on, ask Him, the light of the world, to lead you on the safe and right path.

Pray on the “Armour of God”

Father God

*I put on the **belt of truth** around my waist. Help me to listen to and act on your truth alone, and not be deceived by the devil’s lies.*

*I put on the **breastplate of righteousness**. Thank you that because of the cross I can be righteous in your sight. Help me live my life in a way that honours you.*

*I put on the **shoes of the gospel of peace**. Lord, I am willing to go anywhere you ask and do anything you ask of me.*

*I stand behind the **shield of faith**, secure in the knowledge of your goodness, love and power.*

*I place the **helmet of salvation** on my head. Thank you that all the riches of heaven are mine in Jesus.*

*I take up the **sword of the Spirit**. Bring your word to my mind as I need it for the glory of your name. Amen.*

Station 7:

For the Kingdom, the power and the glory are yours, now and for ever. Amen.



Items Needed:

- A large table covered with white material of some kind, for example a white sheet
- A display board covered in a white sheet on top of which is a length of rainbow organza voile³⁵
- An A3 laminated picture of "Glory" (See page 16) fixed to the display board.
- A4 card with the following words on it:
 - For the kingdom, the power and the glory are yours, now and for ever. Amen"
- Flameless – flickering LED Tea-lights³⁶ laid out on the table.
- A bowl filled with "Werther's sweets"³⁷ on top of a piece of purple wrapping paper. The sweets spill out all over the table.

³⁵ You can purchase "Rainbow organza voile" on ebay at www.ebay.co.uk I used a couple of metres.

³⁶ You can purchase "Flameless Flickering LED Tea Light Candles" from ebay at www.ebay.co.uk

³⁷ You can purchase "Werther's Original Traditional butter candies" from most supermarkets.

Tips for Station 7 Set-up:

- Cover the table with the white material first.
- Cover the display board with the white material and the rainbow voile then position the board on top of the table.

Words in the leaflet for this station: (See pages 21-22 of this document)

“For the Kingdom, the power and the glory are yours, now and for ever. Amen”

One day we will see the Lord face to face in all of His glory. Ask the Lord to show you one thing in your life that you need to change before that day comes.

Scripture promises that one day God will reward us for the ways that we have faithfully loved, served and obeyed Him.

- Please take a sweet and as you eat it, know that the Lord sees and appreciates all that you give Him, and one day will be rewarding you!

As we come to the end of this prayer, remembering that from the beginning to the end it is “all about Him”, invite the Lord to fill you again with His Holy Spirit so that you can live for His glory.



"Stations around The Lord's Prayer"



Please feel free to wander around the
prayer stations at your own pace,
engaging with what you find helpful.

Our Father in Heaven

Spend a few moments looking at the pictures.

- Allow the truth that you have been called first and foremost to be God's child to touch your heart afresh.
- Receive your Father's embrace as you draw near to Him, knowing that His desire is to bless you.

If you would like to, take a smiley sticker and wear it as a reminder that God rejoices over you, His child, with singing. (Zeph 3:17)

Hallowed be Your name

As you look at the words describing some of the attributes of your Father, dwell on one of them, and allow this word to lead you into worshipping Him.

- Continue to worship with as many of the words as you choose to use.
- Finally pick up one of the "jewels" and as you hold it, ask the Lord to help you to always honour his precious and holy name. As you place the "jewel" back, make a commitment to never misuse the Lord's name.

Your Kingdom come, Your will be done on earth as in heaven

Invite the Lord to "reign over" every part of your life ie

- your relationship with him,
- your relationships with other people,
- your ministry, your time, your money/resources, your body...

Invite the Lord to reign over where you spend your days and to use you as His witness wherever you are.

Pray for a couple of people that you know who aren't yet Christians that they would come to know His love.

And finally pray for somewhere in the world that is on your heart.

As you pray, place a crown on that country as you ask the Lord to reign there.

Give us today our daily bread

As the Lord provided manna in the desert on a daily basis for the Israelites so he has promised to provide for our needs.

- Spend some time bringing your own personal situation to the Lord and ask Him to provide you with what you need.
- Please now take a piece of bread (or gluten free wafer) and as you eat it choose to trust that the Lord will provide for you as He has promised to.

Ask the Lord to provide for the needs of those you know who have very little or who are suffering in any way.

Forgive us our sins as we forgive those who sin against us

Pray the words below from Psalm 139 and allow the Lord to show you any sins that you need to confess.

“Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting” (Psalm 139:23-24)

- If you would like to, pick up a piece of red wool symbolizing your sin and lay it on the cross.
- Now take a piece of white wool as you receive the Lord's forgiveness and his words, *“Your sins are forgiven”*
- Having been forgiven, pick up a tack and hold it. Ask the Lord to show you anyone you need to forgive. Choose to forgive them (*using the forgiveness prayer at the foot of the cross*) and then place the tack in the cross.

Lead us not into temptation but deliver us from evil.

Ask the Lord to protect you from the main temptation that you face (be it money, sex, power or something else) and to keep your eyes on Him.

Take a glow bracelet and as you put it on, ask Him, the light of the world, to lead you on the safe and right path.

Continued.....

Pray on the “Armour of God”

Father God

*I put on the **belt of truth** around my waist. Help me to listen to and act on your truth alone, and not be deceived by the devil’s lies.*

*I put on the **breastplate of righteousness**. Thank you that because of the cross I can be righteous in your sight. Help me live my life in a way that honours you.*

*I put on the **shoes of the gospel of peace**. Lord, I am willing to go anywhere you ask and do anything you ask of me.*

*I stand behind the **shield of faith**, secure in the knowledge of your goodness, love and power.*

*I place the **helmet of salvation** on my head. Thank you that all the riches of heaven are mine in Jesus.*

*I take up the **sword of the Spirit**. Bring your word to my mind as I need it for the glory of your name. Amen.*

For the Kingdom, the power and the glory are yours, now and for ever Amen.

One day we will see the Lord face to face in all of His glory. Ask the Lord to show you one thing in your life that you need to change before that day comes.

Scripture promises that one day God will reward us for the ways that we have faithfully loved, served and obeyed Him.

- Please take a sweet and as you eat it, know that the Lord sees and appreciates all that you give Him, and one day will be rewarding you!

As we come to the end of this prayer, remembering that from the beginning to the end it is “all about Him”, invite the Lord to fill you again with His Holy Spirit so that you can live for His glory.

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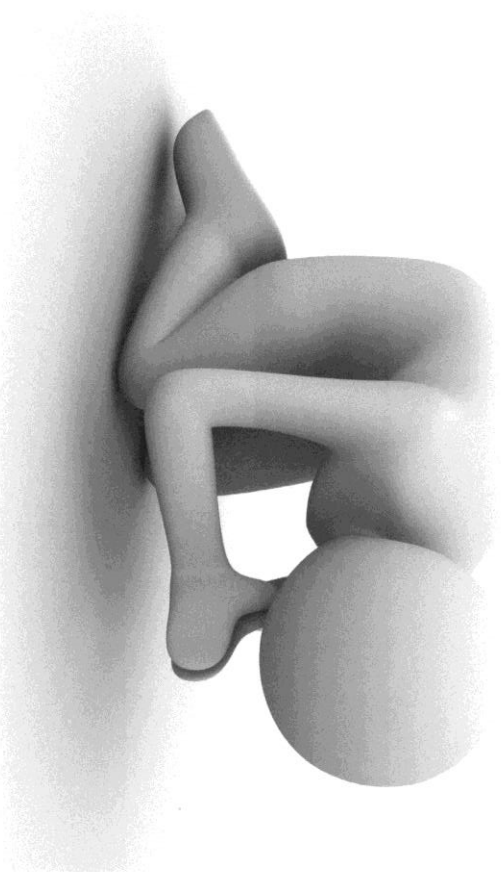
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- If you would like to, pick up a piece of red wool symbolizing your sin and lay it on the cross.
- Now take a piece of white wool as you receive the Lord's forgiveness and his words, *"Your sins are forgiven"*
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Continued.....

