

Prayer Stations

(PST005)

“I am...”

**Simple prayer stations
around Jesus’ “I am”
statements**

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“I AM....” SIMPLE PRAYER STATIONS AROUND JESUS’ “I AM” STATEMENTS

Prayer Stations Aim:

To bring Jesus’ “I am” statements to life in a multi-sensory way, enabling people to engage with Him.

Biblical Reference(s):

John 6:35, 8:12, 10:9, 10:14, 11:25, 14:6, 15:5

Outline of Prayer Stations

Station 1:	“I am the Bread of Life”
Station 2:	“I am the Light of the World”
Station 3:	“I am the Gate”
Station 4:	“I am the Good Shepherd”
Station 5:	“I am the Resurrection and the Life”
Station 6:	“I am the Way and the Truth and the Life”
Station 7:	“I am the Vine”

Notes for the Prayer stations:

- These prayer stations work well if you leave plenty of space between each station.
- Six of the seven prayer stations need a table (at least 4ft x 2ft).
- It can take anything from two minutes to ten minutes for people to engage with each prayer station.
- Prepare copies of the Prayer stations leaflet (reducing each page to A5 size) which is available at the end of this document. A leaflet should be given to each person as they arrive.
- Invite people to go round the prayer stations in silence.
- It can be helpful to play some quiet instrumental worship music in the background to help people become more aware of the Lord’s presence and less aware of others around them. Suitable music would include Ruth Fazal’s “Songs from the River¹” (Volumes I-V).

¹ 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:

“I am the Bread of Life”



Items Needed:

- A large table covered with a cream table-cloth with hessian² on top.
- A display board covered in hessian.
- An “I am the bread of life”³ laminated poster pinned to the display board.
- Cards with the following words on them:
 - “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty” (John 6:35).
 - “God is most glorified in us when we are most satisfied in Him” (John Piper).
 - “As the deer pants for streams of water so my soul pants for you, my God. My soul thirsts for God, for the living God” (Psalm 42:1-2a)
 - “Please take a piece of bread”
 - “Gluten free bread”
- A loaf of bread broken in half laid out on the table
- A basket, lined with a red serviette containing three different loaves of bread. The basket is propped up by placing an orange box underneath the hessian
- A labelled basket containing small pieces of bread for people to eat
- A labelled basket containing small pieces of gluten free bread for people to eat
- An empty basket
- A jug of clean water
- A few large stones (symbolising the desert)

² You can purchase hessian from ebay. I used 5 metres. (www.ebay.co.uk)

³ You can purchase an “I am the bread of life” laminated A2 poster from CPO at: www.cpo.org.uk/

Tips for Station 1 set-up:

- Cover the table with the cream table-cloth, followed by a couple of orange boxes on the left hand side of the table, followed by the hessian.
- Cover the display board with hessian then position the board on top of the table.
- Cut up the bread for eating immediately before people use the prayer stations to keep the bread fresh.
- Keep the gluten free bread very separate from the other bread.
- If you can, laminate the A4 cards so that they hold their shape better.

Words in the leaflet for this station:

"I am the Bread of Life"

Having satisfied the physical hunger of over five thousand people with five loaves of bread and two fishes, Jesus said: "I am the bread of life. Whoever comes to me will never go hungry and whoever believes in me will never be thirsty." (John 6:35)

Jesus alone offers us deep and real satisfaction.

Think about your current priorities in life. What are the things that are most important to you?
Where do you spend most of your time / your money?

- What do your priorities show you about how you are looking to satisfy your deepest needs?

Ask Jesus to increase your hunger and thirst for him so that you too can pray like the Psalmist, "As the deer pants for streams of water so my soul pants for you, my God." (Psalm 42:1)

Take a piece of bread and as you eat it, thank Jesus that He alone can satisfy the deepest longing in your heart for life in all its fullness.

Station 2:

“I am the Light of the World”



Items Needed:

- A large table and display board covered with black velour fabric⁴
- A piece of yellow silky satin fabric⁵ that flows over the centre of the display board, onto the table and then onto the floor
- An “I am the light of the world”⁶ laminated poster pinned to the display board.
- Cards with the following words on them:
 - “I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.” (John 8:12)
 - “As for you, you were dead in your transgressions and sins, in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient.” (Ephesians 2:1-2)
 - “Don't you know that when you offer yourselves to someone as obedient slaves, you are slaves of the one you obey—whether you are slaves to sin, which leads to death, or to obedience, which leads to righteousness?” (Romans 6:16),
 - Place your prayer request here
 - Place your chain in here
- On the black material on the left hand side of the table is a plastic bucket containing pieces of chain⁷ which are 4-5 links long

⁴ You can purchase “black velour” fabric at: www.ebay.co.uk

⁵ You can purchase “yellow silky satin” fabric at: www.ebay.co.uk

⁶ You can purchase an “I am the light of the world” laminated A2 poster from CPO at: www.cpo.org.uk/

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- On the yellow silky fabric in the centre of the table is a large white candle, yellow glow bracelets⁸ and a round foil platter⁹
- On the black velour fabric on the right hand side of the table is some pieces of black paper (A6 size) with some white and yellow crayons / pens
- On the floor is a small white bin for the pieces of chain
- Draped over the display board are red “sins” paper chains constructed out of red pieces of paper. The chains have written on them different sins. (See Appendix 1 on page 17)

Tips for Station 2 Set-up:

- Cover the table with the black velour fabric first then cover the display board with more black fabric and position it on top of the table.
- Ensure that the candle is far enough away from the yellow silky fabric so that it doesn't catch fire!
- Make sure that the sins written on the red paper chains are turned to face outwards so that they can be seen easily

Words in the leaflet for this station:

“I am the Light of the World”

Jesus said, “I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.” (John 8:12)

In the “light of Jesus” we see reality.

Spend a few moments thanking the Lord for the light He has brought into your life.

Pick up a small piece of chain. As you hold it, ask the Lord to “shine his light” into your soul and reveal any “chains of sin” that are binding you and holding you in slavery. You might like to use the following prayer from Psalm 139:

- “Search me, 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.”
- As the Lord shows you any sins, confess them and as a sign of your repentance, drop your chain in the bucket.
- Receive His forgiveness and his release.

Is there an area of your life where you need the Lord's guidance; where you feel “in the dark” and need his light to show you the next step?

- If so, take a piece of black paper and write a prayer, in white crayon, asking for the Lord's guidance.
- Once you have placed your prayer on the plate, take a glo-bracelet and wear it as you choose to trust the Lord to guide you.

⁷ You can purchase a length of chain from many large DIY stores and then cut it up using wire cutters into segments of 4-5 links

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

⁹ You can purchase disposable “round foil platters” from many supermarkets and also from ebay at www.ebay.co.uk

Station 3:

“I am the Gate”



Items Needed:

- A large display board covered with green cotton fabric on top of which is laid some green voile fabric¹⁰
- A piece of cream fabric and hessian¹¹ laid on the floor in front of the display board.
- A large wooden cross wrapped at the base with a piece of hessian
- An “I am the gate”¹² laminated poster pinned to the display board.
- A small table covered in a piece of green fabric to one side of the cross
- Cards with the following words on them:
 - “I am the gate; whoever enters through me will be saved. They will come in and go out, and find pasture.” (John 10:9)
 - “The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.” (John 10:10)
 - Please take one
 - Life, Love, Peace, Hope, Forgiveness, Healing, Belonging, Joy, Acceptance, Security, Freedom, His Presence.
- Pinned to the display board are some large flower heads¹³. Next to each flower head is one of the words eg life, love etc

¹⁰ You can purchase “green voile fabric” from ebay at www.ebay.co.uk

¹¹ You can purchase hessian from ebay. (www.ebay.co.uk)

¹² You can purchase an “I am the gate” laminated A2 poster from CPO at: www.cpo.org.uk/

¹³ You can purchase large flower heads ie 4” gerbera daisy at www.ebay.co.uk

- On top of the small table to one side of the cross is a wooden bowl containing chocolates
- At the foot of the cross are some cream card hearts¹⁴, a hammer, a bowl containing small tacks and half a dozen black pens

Tips for Station 3 Set-up:

- Cover the carpet with the cream and hessian fabric first then cover the display board with the green cotton fabric and the green voile. Then position the display board
- Finally set up the cross and the small table

Words in the leaflet for this station:

"I am the Gate"

Jesus said: "I am the gate; whoever enters through me will be saved. They will come in and go out, and find pasture." (John 10:9).

Jesus is the only way that we gain access into the Kingdom of God where we can have a restored relationship with our Heavenly Father. Having gained access, Jesus promises to give us "life to the full" (John 10:10)

Spend a few moments looking at the cross and thinking about what it cost Jesus to give you free access into God's kingdom.

- Turn your thoughts into words of praise

Have you put your **total trust** in Jesus' death and resurrection to give you access into God's kingdom or are you looking for another way in? (e.g. trusting your own "good works," trusting in your church attendance, trusting in your "keeping the rules".....)

- As a sign of your total trust in Jesus, pick up a cardboard heart and write on it: *"Jesus, my Saviour, I choose to trust you alone to bring me into God's kingdom."* Sign your name, and then nail the heart to the cross.
- Once you have nailed your cardboard heart to the cross, pray for someone who doesn't know Jesus yet, that they would come to faith in Him too.

Jesus has promised to give those who trust Him life to the full. (John 10:10) That doesn't mean that our lives will be easy, comfortable, or problem-free, but it does mean that we will know real blessings such as peace, joy, hope.....

- Look at the words on the screen. Which one of the Lord's blessings do you need to receive by faith today?
- Pick up one of the chocolates and as you eat it you might like to pray the following: *"Lord you are the gate to everything good in my life. Thank you for all the wonderful blessings you make freely available to me. I now receive by faith your blessing of.....Thank you Jesus. Amen."*

¹⁴ You can purchase "cream card heart cutouts" from ebay at www.ebay.co.uk
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Station 4:

“I am the Good Shepherd”



Items Needed:

- A large table that is three quarters covered with a piece of green fabric and a quarter covered with a different coloured piece of green fabric.
- A display board covered in green silky satin fabric¹⁵
- An “I am the good shepherd”¹⁶ laminated poster pinned to the display board.
- Cards with the following words on them:
 - “I am the good shepherd; I know my sheep and my sheep know me” John 10:14
 - “He calls his own sheep by name” John 10:3
 - “For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.” Romans 8:38-39
 - Press your finger into the cotton wool for the oil
- Under the fabric that covers quarter of the table is placed a couple of small “orange boxes” to create a “valley.” The “valley” is lined with a few large stones
- On top of one of the orange boxes is placed a bowl filled with cotton wool that has been saturated with Virgin olive oil
- A sheep pen created with some wooden blocks and filled with a few wooden sheep¹⁷. One sheep placed near a piece of blue felt (symbolising water) and another sheep in the “valley”

¹⁵ You can purchase “green silky satin fabric” at: www.ebay.co.uk

¹⁶ You can purchase an “I am the good shepherd” laminated A2 poster from CPO at: www.cpo.org.uk/

¹⁷ I used “godly play” sheep, shepherd and wolf at this station and these can all be purchased from St Michael’s Workshop here: <http://www.stmichaelsworkshop.co.uk/index.html>

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- The shepherd is placed inside the sheepfold and the wolf near the “valley”
- A basket containing sheep templates (see Appendix 2 on page 19)
- Different coloured pens eg Sharpies
- Some copies of Psalm 23 printed out onto white card (see Appendix 3 on page 20)

Tips for Station 4 Set-up:

- Cover the table with the two different coloured pieces of green fabric first and create the “valley” with the orange boxes, then cover the display board with the silky satin green fabric and position it on top of the table.
- Ensure that there is enough oil soaked into the cotton wool so that when someone presses their finger onto the cotton wool it is covered with a thin layer of oil.

Words in the leaflet for this station:

“I am the Good Shepherd”

Jesus said: *“I am the good shepherd; I know my sheep and my sheep know me”* (John 10:14)

Jesus loves each one of us, knowing and calling us by name.

Pick up one of the card sheep and write your name on it.

- Thank Jesus that He knows you by name and that He loves you.
- Hear His voice saying to you: *“Don’t be afraid, I have redeemed you. I have called your name. You are mine.”* (Isaiah 43:1)
- When you are ready, put your “sheep” into the safety of the “sheepfold.”

Pick up a Psalm 23 card and spend a little time praying through it; thanking and praising Jesus that as your Shepherd he:

- Feeds you, (v.1-2)
- Restores you, (v.3)
- Guides you, (v.3)
- Reassures you in the difficult times of His constant presence, (v.4)
- Protects you, (v.5)
- Heals you, (v.5)
- Blesses you. (v.6)

A shepherd will rub oil into the wounds of his sheep to bring healing. Bring to the Lord any “wounds” you have of mind, body or spirit and ask Him to bring you healing.

- You might like to rub some oil into the back of one of your hands as you pray.
- You may also like to bring to the Lord someone else who needs his healing and as you pray for them, rub some oil into the back of your other hand.

Station 5:

“I am the Resurrection and the Life”



Items Needed:

- A large table that is covered with a grey removals blanket ¹⁸
- A display board covered in purple silky satin fabric¹⁹ which then flows over the right hand side of the table
- Over the top of the display board is draped some orange two tone organza voile²⁰
- An “I am the resurrection and the life”²¹ laminated poster pinned to the display board.
- Cards with the following words on them:
 - “By his power God raised the Lord from the dead, and he will raise us also.” (1 Corinthians 6:14)
 - “I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. (John 11:25-26a)
 - “But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.” (Ephesians 2:4-5)
- A “tomb” created from chicken wire covered in newspaper soaked in wallpaper paste and once dry painted in grey undercoat. Inside the “tomb” is an empty matchbox painted in grey undercoat with a piece of kitchen paper folded on top of it. Stuck to the outside of the tomb is some dark green “reindeer moss”²²

¹⁸ You can purchase a grey “Furniture Removal transit Blanket” cheaply from ebay at: www.ebay.co.uk

¹⁹ You can purchase “purple silky satin fabric” at: www.ebay.co.uk

²⁰ You can purchase “orange two tone organza voile” at: www.ebay.co.uk

²¹ You can purchase an “I am the resurrection and the life” laminated A2 poster from CPO at: www.cpo.org.uk/

²² You can purchase “reindeer moss” from ebay at: www.ebay.co.uk

- In front of the tomb is a “stone” created from a couple of circles of cardboard stuck together then covered in newspaper soaked in wallpaper paste and once dry painted in grey undercoat.
- A small bowl of water containing some drops of myrrh²³ is placed near the tomb with some white tissues nearby.
- On the either side of the table is positioned a beautiful plant (preferably orange!) and a couple of pots filled with compost. To one side is a bowl containing large sunflower seeds.

Tips for Station 5 Set-up:

- Cover the table with the grey blanket first then cover the display board with purple silky fabric, position in place and allow the purple fabric to drape over the table.
- Prepare the “tomb” well in advance. Mine took a couple of weeks to fully dry and then be painted.
- Keep adding drops of myrrh to the water and then dipping your finger into the mixture to smell it until you can smell the myrrh on your finger strongly.

Words in the leaflet for this station:

“I am the Resurrection and the Life”

When Jesus’ friend Lazarus died, Jesus said to Martha: “I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die.” (John 11:25-26)

Jesus alone has the power over life and death.

The bowl of water contains myrrh. In biblical times, one of the uses of myrrh was for embalming dead bodies.

- Dip your finger into the bowl of myrrh and smell the “aroma of death.” As you do so, praise the Lord for:
 - His victory over death at the cross.
 - The hope of resurrection life that He offers you, rather than the fear of death.

Resurrection life isn’t simply a future hope, but also a present reality for believers.

- Pick up a seed. As you look at it and reflect on the fact that it is “dead,” bring to the Lord any situation in your life that is “dead,” for example a relationship that has gone wrong, a ministry that is unfruitful, a friend who has turned their back on God.
- Ask the Lord to bring his “resurrection life” into that situation as you plant your seed into the compost.

²³ You can purchase “10ml Myrrh Pure Essential Oil” from Amazon at www.amazon.co.uk
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Station 6:

“I am the Way and the Truth and the Life”



Items Needed:

- A large table covered with antique gold velour fabric²⁴
- A display board covered with navy blue fabric. On one side of the display board is draped a piece of nautical fishing net²⁵
- An “I am the Way”²⁶ laminated poster pinned to the display board.
- Cards with the following words on them:
 - “I am the way and the truth and the life” (John 14:6)
 - “As Jesus walked beside the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the lake, for they were fishermen. “Come, follow me,” Jesus said, “and I will send you out to fish for people.” (Mark 1:16-17)
 - “Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me.” (Matthew 16:24)”
- Near the net is a basket containing pieces of pale blue 2mm satin cord thread²⁷ approximately 25cm long.
- A small cross created from a couple of thick tree twigs lashed together and then inserted into quick drying cement to form the solid base.
- “Covenant” prayers on A5 paper (see Appendix 4 on page 21)

²⁴ You can purchase “black velour fabric” at: www.ebay.co.uk

²⁵ You can purchase a piece of “nautical fisherman’s net” from ebay at www.ebay.co.uk

²⁶ You can purchase an “I am the Way” laminated A2 poster from CPO at: www.cpo.org.uk/

²⁷ You can purchase “2mm satin cord thread” at: www.ebay.co.uk

Tips for Station 6 Set-up:

- Cover the table with the gold velour fabric first then cover the display board with the blue fabric and position on top of the table.

Words in the leaflet for this station:

“I am the Way and the Truth and the Life”

Jesus, who has lived, died and been raised to new life, says to us: “I am the way and the truth and the life” (John 14:6)

Jesus called Galilean fishermen to follow Him; to leave the old life of fishing and embrace the new life that Jesus offered them. The fishermen left their nets immediately and followed Him.

- Take a moment of silence to be still and listen to the Lord. Hear him say to you, *“Follow me.....I am the way”*
- Take a piece of twine and as you hold it, ask the Lord to show you any areas of your life where you are holding back from completely following Him. (e.g. in the giving of your resources, in the use of your time, in the area of your relationships, in your workplace etc.)
- Ask the Lord to help you turn away from your old way of doing things so that you can follow His way. When you have done that, tie your twine onto the fishing net as a sign that you are leaving the old ways behind.

Jesus said to His disciples and He says to us: *“Whoever wants to be my disciple must deny themselves and take up their cross and follow me.”* (Matthew 16:24)

- Pick up a copy of John Wesley’s Covenant prayer. Pray as much of the prayer as you are able to.

Station 7:

“I am the Vine”



Items Needed:

- A large table covered with dark brown fabric
- A display board covered with cream silky satin fabric²⁸
- On one side of the display board is draped an artificial red grapevine²⁹
- On the other side of the display board is draped a large dead twig
- An “I am the Vine”³⁰ laminated poster pinned to the display board.
- Cards with the following words on them:
 - “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit” (John 15:5)
 - “You did not choose me, but I chose you and appointed you so that you might go and bear fruit, fruit that will last” (John 15:16)
 - “But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.” (Galatians 5:22)
 - “....apart from me you can do nothing.” (John 15:5)
- Pile of dead twigs on the left hand side of the table
- A few bunches of grapes on an oval foil platter³¹ in the centre of the table
- In front of the grapes are some “Fruit bearing” prayer cards (see Appendix 5 on page 22)
- A couple of round foil platters containing small disposable shot glasses³² filled with water on the right hand side of the table and a jug of water

²⁸ You can purchase “cream silky satin fabric” at: www.ebay.co.uk

²⁹ You can purchase an “artificial red grapevine garland” from ebay at www.ebay.co.uk

³⁰ You can purchase an “I am the Vine” laminated A2 poster from CPO at: www.cpo.org.uk/

³¹ You can purchase disposable oval foil platters from many supermarkets and also from ebay at www.ebay.co.uk

³² You can purchase Disposable Stacking Plastic Shot Glasses (30ml) from Party Plastics at www.partyplastics.co.uk

Tips for Station 7 Set-up:

- Cover the table with the brown fabric first then cover the display board with the cream silky satin fabric and position on top of the table.
- Wash the grapes and fill the glasses with water just before people use the prayer stations

Words in the leaflet for this station:

“I am the Vine”

Jesus says to us: “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.” (John 15:5)

As you look at the vine, ask yourself:

- “In which parts of my life am I living totally dependently upon Jesus?”
- “In which parts of my life am I living independently of Jesus?”

Jesus says that if we are to be fruitful; bearing the sort of fruit that is pleasing to God the Father, then we are to “*remain in him*,” in other words stay completely dependent upon Him.

- Pick up a cup of water and as you drink it, invite Jesus to fill you again with his life-giving and powerful Holy Spirit as you recognise your total dependence upon Him.
- Invite Jesus to come and reign over those parts of your life where you have been living independently of him.

The fruit that brings glory to the Father is the fruit of growing in the character of Jesus and the fruit of obediently serving Jesus.

- Take a grape and as you eat it, thank Jesus that He has called you to bear good fruit.
- Pray through the “fruit-bearing” prayer using the sheet on the table.

Appendix 1 – “Sin” paper chains – Station 2

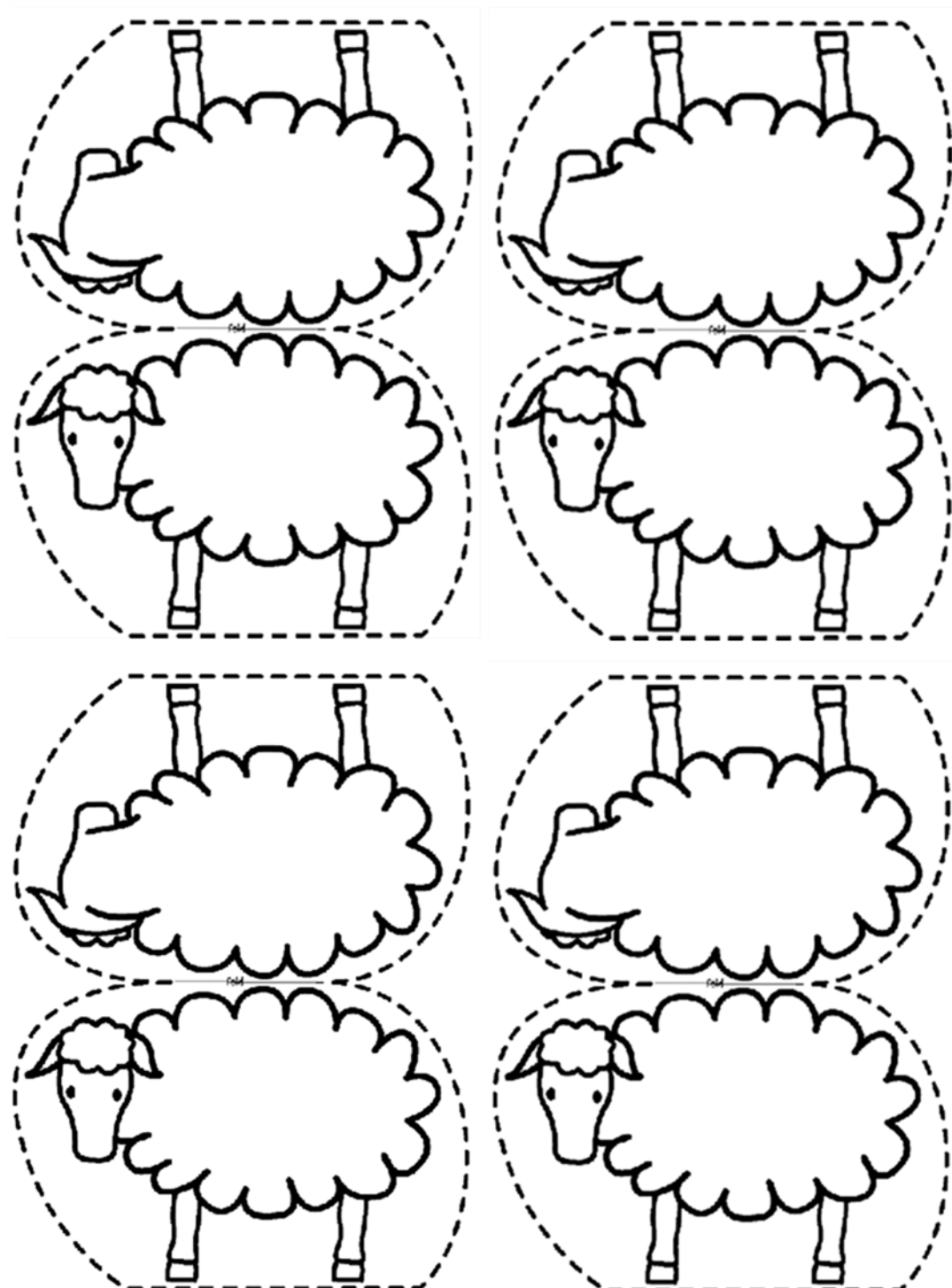
Photocopy the following words onto pieces of A4 red paper, then cut up and make into red paper chains with one “sin” word on each chain. Arial 66 point bold font works well.

Anger
Lust
Gossip
Bad temper
Drunkenness
Impurity
Greed
Idolatry
Laziness
Sexual immorality
Rage
Malice
Slander
Filthy language
Blasphemy
Lying
Stealing
Coveting
Spiteful
Cruel
Controlling
Hatred
Adultery
Arrogance
Grumbling
Back biting
Unbelief
Bitterness
Boasting
Jealousy
Judging others
Complaining
Pride

Deceitful
Envy
Extortion
False witness
Fighting
Flattery
Unforgiveness
Fortune telling
Fraud
Gambling
Divination
Dishonest
Hypocritical
Killing
Malice
Oppressing
Persecuting
Quarrelling
Rebelling
Scornful
Selfish
Sex outside of marriage
Stubborn
Swearing
Ingratitude
Vain
Violent
Witchcraft
Lover of self
Lover of money
Not lover of God
Pornography

Appendix 2 – “Sheep template” – Station 4

Photocopy as many “sheep” as you need onto white card, cut out and fold in the middle so that the “sheep” can stand up on the table.



Appendix 3 – “Psalm 23” – Station 4

Photocopy Psalm 23 onto A5 white card.

Psalm 23



[1] The LORD is my shepherd, I lack nothing.

[2] He makes me lie down in green pastures, he leads me beside quiet waters,

[3] he refreshes my soul. He guides me along the right paths for his name's sake.

[4] Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

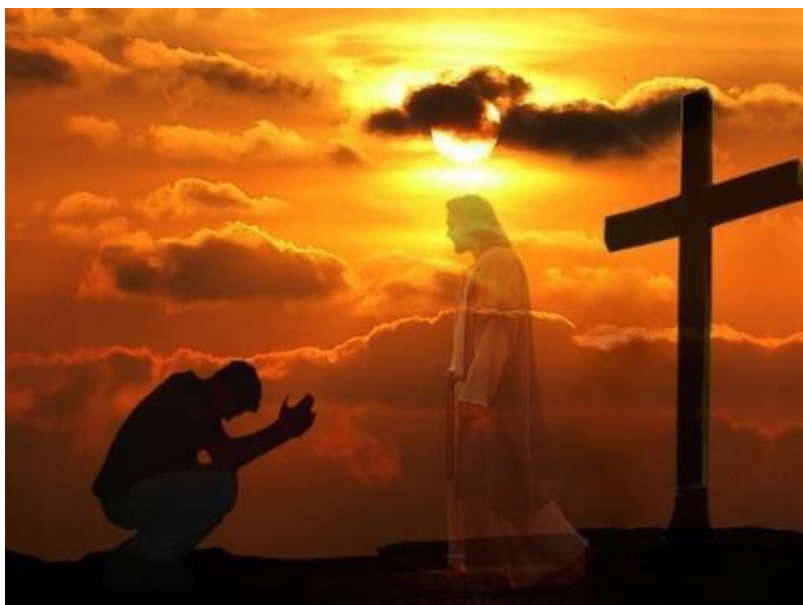
[5] You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

[6] Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

Appendix 4 – “The Covenant Prayer” – Station 6

Photocopy the Covenant Prayer onto A5 white card.

The Covenant Prayer



**I am no longer my own, but yours;
Put me to what you will,
Rank me with whom you will;
Put me to doing,
Put me to suffering;
Let me be employed for you,
Or laid aside for you;
Exalted for you,
Or brought low for you;
Let me be full,
Let me be empty;
Let me have all things,
Let me have nothing;
I freely and wholeheartedly yield all things
to your pleasure and disposal.
Amen.**

John Wesley



Appendix 5 – “Fruit Bearing” Prayer – Station 7

Photocopy the “fruit bearing” prayer onto A5 white card.

Fruit of the Spirit prayer (Galatians 5:22-23)

Love:

Father please grow in me a deep love for You and a selfless love for my family and for those I meet each day.

Joy:

Father please grow in me a joyful spirit so that I can rejoice and give praise at all times.

Peace:

Father please fill me with Your perfect peace that passes understanding and which guards my heart and mind. Grow in me the ability to trust you rather than to worry and fret.

Patience:

Father please grow in me the grace to be patient and to wait on you. Help me to endure hardships calmly and without complaining.

Kindness:

Father please grow in me a generous and compassionate attitude that is always looking to help others.

Goodness:

Father please grow in me integrity and uprightness that I might glorify you.

Faithfulness:

Father please grow in me the grace to be faithful to you and not to doubt your love and turn away. Please also grow in me the grace to be faithful in all my other relationships.

Gentleness:

Father please grow in me a gentle and gracious attitude toward others.

Self-control:

Father please grow in me self-control and discipline. Help me not to be indulgent in any area of my life.



"Jesus' I am statements"

Guide to Using the Prayer Stations



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

1. "I am the Bread of Life" (John 6:35)

Having satisfied the physical hunger of over five thousand people with five loaves of bread and two fishes, Jesus said:

"I am the bread of life. Whoever comes to me will never go hungry and whoever believes in me will never be thirsty." (John 6:35)

Jesus alone offers us deep and real satisfaction.

Think about your current priorities in life. What are the things that are most important to you? Where do you spend most of your time / your money?

- What do your priorities show you about how you are looking to satisfy your deepest needs?

Ask Jesus to increase your hunger and thirst for him so that you too can pray like the Psalmist, *"As the deer pants for streams of water so my soul pants for you, my God."* (Psalm 42:1)

Take a piece of bread and as you eat it, thank Jesus that He alone can satisfy the deepest longing in your heart for life in all its fullness.

2. "I am the Light of the World" (John 8:12)

Jesus said, *"I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."* (John 8:12)

In the "light of Jesus" we see reality.

Spend a few moments thanking the Lord for the light He has brought into your life.

Pick up a small piece of chain. As you hold it, ask the Lord to "shine his light" into your soul and reveal any "chains of sin" that are binding you and holding you in slavery. You might like to use the following prayer from Psalm 139:

- *"Search me, 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."*
- As the Lord shows you any sins, confess them and as a sign of your repentance, drop your chain in the bucket.
- Receive His forgiveness and his release.

Is there an area of your life where you need the Lord's guidance; where you feel "in the dark" and need his light to show you the next step?

- If so, take a piece of black paper and write a prayer, in white crayon, asking for the Lord's guidance.
- Once you have placed your prayer on the plate, take a glo-bracelet and wear it as you choose to trust the Lord to guide you.

3. "I am the Gate" (John 10:9)

Jesus said: *"I am the gate; whoever enters through me will be saved. They will come in and go out, and find pasture."* (John 10:9).

Jesus is the only way that we gain access into the Kingdom of God where we can have a restored relationship with our Heavenly Father. Having gained access, Jesus promises to give us *"life to the full"* (John 10:10)

Spend a few moments looking at the cross and thinking about what it cost Jesus to give you free access into God's kingdom.

- Turn your thoughts into words of praise

Have you put your **total trust** in Jesus' death and resurrection to give you access into God's kingdom or are you looking for another way in? (e.g. trusting your own "good works," trusting in your church attendance, trusting in your "keeping the rules".....)

- As a sign of your total trust in Jesus, pick up a cardboard heart and write on it: *"Jesus, my Saviour, I choose to trust you alone to bring me into God's kingdom."*
Sign your name, and then nail the heart to the cross.
- Once you have nailed your cardboard heart to the cross, pray for someone who doesn't know Jesus yet, that they would come to faith in Him too.

Jesus has promised to give those who trust Him life to the full. (John 10:10) That doesn't mean that our lives will be easy, comfortable, or problem-free, but it does mean that we will know real blessings such as peace, joy, hope.....

- Look at the words on the screen. Which one of the Lord's blessings do you need to receive by faith today?
- Pick up one of the chocolates and as you eat it you might like to pray the following: *"Lord you are the gate to everything good in my life. Thank you for all the wonderful blessings you make freely available to me. I now receive by faith your blessing of.....Thank you Jesus. Amen."*

4. "I am the Good Shepherd" (John 10:14)

Jesus said: *"I am the good shepherd; I know my sheep and my sheep know me"* (John 10:14)

Jesus loves each one of us, knowing and calling us by name.

Pick up one of the card sheep and write your name on it.

- Thank Jesus that He knows you by name and that He loves you.
- Hear His voice saying to you: *"Don't be afraid, I have redeemed you. I have called your name. You are mine."* (Isaiah 43:1)
- When you are ready, put your "sheep" into the safety of the "sheepfold."

Pick up a Psalm 23 card and spend a little time praying through it; thanking and praising Jesus that as your Shepherd he:

- Feeds you, (v.1-2)
- Restores you, (v.3)
- Guides you, (v.3)
- Reassures you in the difficult times of His constant presence, (v.4)
- Protects you, (v.5)
- Heals you, (v.5)
- Blesses you. (v.6)

A shepherd will rub oil into the wounds of his sheep to bring healing. Bring to the Lord any "wounds" you have of mind, body or spirit and ask Him to bring you healing.

- You might like to rub some oil into the back of one of your hands as you pray.
- You may also like to bring to the Lord someone else who needs his healing and as you pray for them, rub some oil into the back of your other hand.

5. "I am the Resurrection and the Life"

(John 11:25)

When Jesus' friend Lazarus died, Jesus said to Martha: *"I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die."* (John 11:25-26)

Jesus alone has the power over life and death.

The bowl of water contains myrrh. In biblical times, one of the uses of myrrh was for embalming dead bodies.

- Dip your finger into the bowl of myrrh and smell the "aroma of death." As you do so, praise the Lord for:
 - His victory over death at the cross.
 - The hope of resurrection life that He offers you, rather than the fear of death.

Resurrection life isn't simply a future hope, but also a present reality for believers.

- Pick up a seed. As you look at it and reflect on the fact that it is "dead," bring to the Lord any situation in your life that is "dead," for example a relationship that has gone wrong, a ministry that is unfruitful, a friend who has turned their back on God.
- Ask the Lord to bring his "resurrection life" into that situation as you plant your seed into the compost.

6. "I am the Way and the Truth and the Life" (John 14:6)

Jesus, who has lived, died and been raised to new life, says to us: "*I am the way and the truth and the life*" (John 14:6)

Jesus called Galilean fishermen to follow Him; to leave the old life of fishing and embrace the new life that Jesus offered them. The fishermen left their nets immediately and followed Him.

- Take a moment of silence to be still and listen to the Lord. Hear him say to you, "*Follow me.....I am the way*"
- Take a piece of twine and as you hold it, ask the Lord to show you any areas of your life where you are holding back from completely following Him. (e.g. in the giving of your resources, in the use of your time, in the area of your relationships, in your workplace etc.)
- Ask the Lord to help you turn away from your old way of doing things so that you can follow His way. When you have done that, tie your twine onto the fishing net as a sign that you are leaving the old ways behind.

Jesus said to His disciples and He says to us: "*Whoever wants to be my disciple must deny themselves and take up their cross and follow me.*" (Matthew 16:24)

- Pick up a copy of John Wesley's Covenant prayer. Pray as much of the prayer as you are able to.

7. "I am the Vine" (John 15:5)

Jesus says to us: *"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."* (John 15:5)

As you look at the vine, ask yourself:

- "In which parts of my life am I living totally dependently upon Jesus?"
- "In which parts of my life am I living independently of Jesus?"

Jesus says that if we are to be fruitful; bearing the sort of fruit that is pleasing to God the Father, then we are to *"remain in him,"* in other words stay completely dependent upon Him.

- Pick up a cup of water and as you drink it, invite Jesus to fill you again with his life-giving and powerful Holy Spirit as you recognise your total dependence upon Him.
- Invite Jesus to come and reign over those parts of your life where you have been living independently of him.

The fruit that brings glory to the Father is the fruit of growing in the character of Jesus and the fruit of obediently serving Jesus.

- Take a grape and as you eat it, thank Jesus that He has called you to bear good fruit.
- Pray through the "fruit-bearing" prayer using the sheet on the table.