

Prayer Stations

(PST004)

Thy Kingdom Come: Simple prayer stations around the Lord's Prayer

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THY KINGDOM COME: SIMPLE PRAYER STATIONS AROUND THE LORD'S PRAYER

Prayer Stations Aim:

To enable people to "pray" the Lord's Prayer in a multi-sensory way using simple prayer stations with an evangelistic focus.

Biblical Reference(s):

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

Outline of Prayer Stations

Station 1:	Our Father in heaven Our Father, who art in heaven
Station 2:	Hallowed be your name Hallowed be thy name
Station 3:	Your kingdom come, your will be done on earth as in heaven Thy kingdom come, thy will be done on earth as it is in heaven
Station 4:	Give us today our daily bread Give us this day our daily bread
Station 5:	Forgive us our sins as we forgive those who sin against us And forgive us our trespasses as we forgive those who trespass against us
Station 6:	Lead us not into temptation but deliver us from evil And 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 For thine is the kingdom, the power and the glory, for ever and ever. Amen

Notes for the Prayer stations:

- These prayer stations work well if you leave plenty of space between each station.
- Five of the seven prayer stations need a small table (approx. 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. This is available in both contemporary and traditional versions at the end of this document. Each leaflet has four pages so can be produced on a double sided, folded A4 sheet. 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 River"¹ (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:

Our Father in heaven

Our Father, who art in heaven



Items Needed:

- A table covered with white material of some kind, for example a white sheet
- Cards with the following words on them:
 - "Our Father in heaven" or "Our Father, who art in heaven"
 - "Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God" (John 1:12)
- Empty photo-frame and a photograph album
- Silver tray or plate or bowl
- Pieces of coloured paper approximately the size of the photo-frame insert
- Coloured pens
- Smiley stickers² for people to take and a card saying, "Please take one"
- You may wish to print out the prayer activities onto card and display them on the table

² You can purchase "Gold Smiley Face Reward Stickers" online from a variety of suppliers including Amazon at

www.amazon.co.uk

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Tips for Station 1 set-up:

- If you can, laminate the A4 cards so that they hold their shape better.
- The Lord's Prayer words can be leant up against a photo-frame and secured with blue-tac

Words in the leaflet for this station:

"Our Father in Heaven"

"Our Father, who art in heaven"

Through faith in Jesus we are welcomed into God's family where we can call God, "Father."

- Be still and think how awesome it is that you can call God, "Father."
- Our Heavenly Father is 100% good, kind and loving, as well as being all-powerful. He knows everything about you and loves you completely. If you would like to, take a smiley sticker and as you wear it, thank your Heavenly Father for His great love for you.
- Thank Him that because of Jesus your picture is in His "photo-album!" Hear Your Heavenly Father whisper to you: *"I will never forget you."*
- Take a moment to look at the empty photo-frame. Think of a couple of people you know who don't yet know the Father's love. Write their names on a piece of paper. Pray for each one that they will come to know God as their Father, then lay your paper on the silver tray.

Station 2:

Hallowed be your name

Hallowed be thy name



Items Needed:

- A chair covered with gold coloured material³ that flows onto the floor in front of it, so that it looks like a throne.
- Cards with the following words on them:
 - "Holy, holy, holy"
 - "Hallowed be your name" or "Hallowed be thy name"
- Immediately in front of the "throne" is a bowl containing large self-adhesive acrylic jewels⁴, a small bowl (for the sticky backs from the jewels) and an A3 card with the word, "Holy" written on it (in outline font).
- Pinned to the fabric of the throne are some words describing God's character eg. powerful, good, love, faithful, just, patient, awesome, compassionate, gracious, righteous etc
- Further back, in front of the "throne" are a few kneelers for people to kneel upon.
- You may wish to print out the prayer activities onto card and display them on the floor

³ I used gold velour fabric which you can purchase on eBay at www.ebay.co.uk

⁴ You can purchase large "Self-Adhesive Acrylic Jewels" in various colours online from a variety of suppliers including Baker Ross at www.bakerross.co.uk, Hobby Craft at www.hobbycraft.co.uk and Amazon at www.amazon.co.uk

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Tips for Station 2 Set-up:

- An upright chair with “arms” works well for a throne
- The outline font for the word “Holy” can be found on Microsoft Word under “Text effects” on the “Font” menu.

Words in the leaflet for this station:

“Hallowed be your name”

“Hallowed be thy name”

Our Heavenly Father’s name is holy and we are to hold it in awe and respect.

- Kneel in front of the throne and look at some of the words that describe our Father’s name. Worship Him, using a couple of these words by saying things like: *“I praise You for You are…….”*
- Pick up one of the “jewels” and as you hold it, ask Him to help you to always honour His precious and holy name, and to never misuse it.
- Now stick your “jewel” onto the “Holy” word, as you pray: *“Father, glorify Your name in my life.”*

Station 3:

**Your kingdom come, Your will be done on earth as in heaven
Thy kingdom come, thy will be done on earth as it is in heaven**



Items Needed:

- A table covered with purple silky fabric⁵ material.
- Cards with the following words on them:
 - "Your Kingdom come, Your will be done on earth as in heaven" or "Thy kingdom come, thy will be done on earth as it is in heaven"
 - "Come and reign"
- A simple crown⁶ made from cardboard or foam.
- A small piece of two toned "claret and blue" organza voile⁷ underneath the crown
- Basket containing glo-sticks⁸ and a small basket containing glo-stick connectors (these come with the glo-sticks)
- Flameless – flickering LED Tea-lights⁹ laid out on the table.
- You may wish to print out the prayer activities onto card and display them on the table.

⁵ You can purchase purple "silky satin fabric 150cm wide" from ebay at www.ebay.co.uk

⁶ You can purchase foam crowns from Baker Ross at www.bakerross.co.uk

⁷ You can purchase claret and blue "two tone satin organza fabric sheer voile 150cm side" from ebay.

⁸ You can purchase glo-sticks from ebay

⁹ You can purchase "Flameless Flickering LED Tea Light Candles" from ebay at www.ebay.co.uk

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Tips for Station 3 Set-up:

- The Lord's Prayer words can be leant up against a photo-frame and secured with blue-tac

Words in the leaflet for this station:

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

"Thy kingdom come, thy will be done on earth as it is in heaven"

God's Kingdom is established wherever people submit to His reign as King and carry out His will on earth, as it is done in heaven.

- Invite your Heavenly Father to "reign over" every part of your life: ie
 - your relationship with Him,
 - your relationships with other people,
 - your ministry, time, money/resources, body..
- Ask your Heavenly Father to use you as His witness wherever you go each day. As you do that, you might like to take a glo-stick, snap it gently and put it around your wrist as a sign that you are prepared to allow the light within you shine out to others.
- Pray for someone you know who isn't yet a Christian that the Father would use you to help them take the next step into His kingdom.

Station 4:

Give us today our daily bread

Give us this day our daily bread



Items Needed:

- A table covered with hessian¹⁰ material, on top of which are some large stones
- Cards with the following words on them:
 - "Give us today our daily bread" or "Give us this day our daily bread"
 - "And my God will meet all your needs according to his glorious riches in Christ Jesus" (Philippians 4:19)
 - "Please take a piece"
 - "Gluten free bread"
- A loaf of bread broken in half laid out on the table on a red serviette.
- A basket, lined with a serviette containing small pieces of bread for people to eat.
- A plate with small pieces of gluten free bread on it.
- You may wish to print out the prayer activities onto card and display them on the table

¹⁰ You can purchase hessian from eBay at www.ebay.co.uk
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Tips for Station 4 Set-up:

- Break the loaf of bread in half immediately before people use the prayer stations to keep the bread fresh. Also cut up the gluten free and the sliced bread into small pieces immediately before people use the prayer stations for the same reason.
- Keep the gluten free bread totally separate from the other bread to avoid any cross-contamination.
- The Lord's Prayer words can be leant up against a photo-frame and secured with blue-tac.

Words in the leaflet for this station:

"Give us today our daily bread"

"Give us this day our daily bread"

As God provided manna in the desert on a daily basis for the Israelites so He has promised to provide for our needs as we bring them to Him.

- Where do you need your Heavenly Father's help today? At home? At school? At college? At work? A difficult relationship? Money? Resources? Ask Him to help you and provide you with what you need.
- Now take a piece of bread and as you eat it, thank Him for His faithfulness to you.
- Pray for someone you know who is struggling in some way, that your Heavenly Father will meet their needs too.
- Ask Him to equip you to share your faith and to fill you afresh with His Holy Spirit.

Station 5:

**Forgive us our sins as we forgive those who sin against us
And forgive us our trespasses as we forgive those who
trespass against us.**



Items Needed:

- A simple cross made from two tree branches lashed together with string / rope and then stuck in a plant pot. You may wish to cover the plant pot with brown material.
- Cards with the following words on them:
 - “Forgive us our sins as we forgive those who sin against us” or “And forgive us our trespasses as we forgive those who trespass against us”
 - “Please place your pipe-cleaner here”
- Rubbish bin to one side of the cross, lined with a black bin liner.
- Pieces of white paper and black pens
- Pipe-cleaners next to the cross
- Silver tray in front of the cross for the pipe-cleaner shapes
- You may wish to print out the prayer activities onto card and display them on the floor

Tips for Station 5 Set-up:

- Cover the floor with some black fabric first then position the cross.
- You might find putting heavy stones in the base of the plant pot help to keep the cross upright.
- The Lord's Prayer words can be leant up against a photo-frame and secured with blue-tac

Words in the leaflet for this station:

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

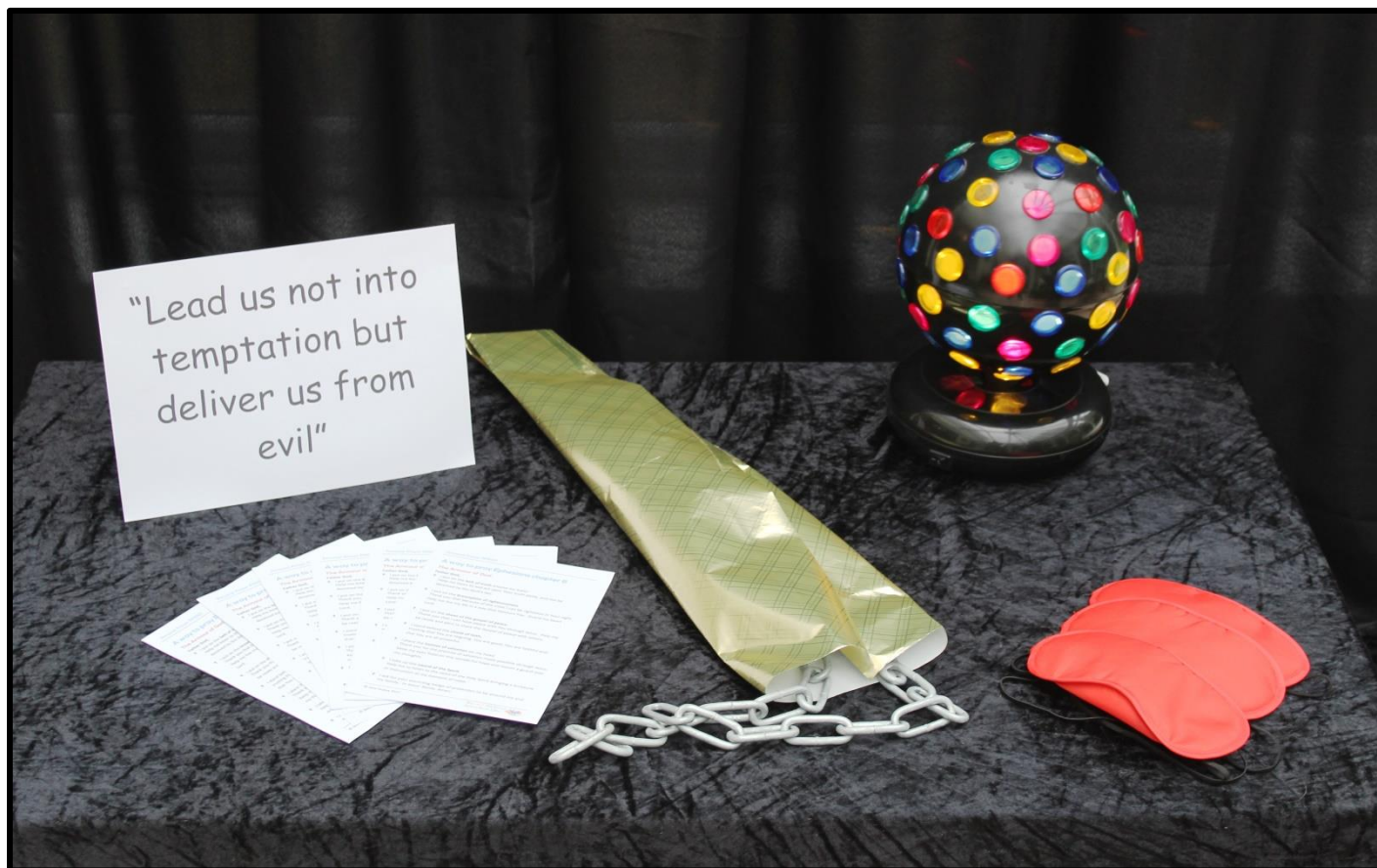
"And forgive us our trespasses as we forgive those who trespass against us"

Our sins, like a bag of rotting rubbish, "smell bad" to God and keep us separated from Him. However, because God loves us, He put our sins on Jesus, who never did anything wrong, so we could be put right with Him (2Corinthians 5:21). Having been shown such incredible mercy, we are to show mercy to others.

- Spend a moment of quiet looking at the cross. Thank Jesus that He was willing to die for you.
- Ask the Holy Spirit to show you any sins that you need to confess to your Heavenly Father. As the Holy Spirit highlights your sins, write them down on a piece of paper.
- When you are ready, pray and ask the Father to forgive you. Now rip up the piece of paper into small pieces and put the pieces into the bin. Hear Him say to you, *"I forgive you."* Thank Him for His love.
- Having been forgiven, Jesus says that we are to forgive those people who have hurt us. That doesn't mean that what they did was OK...it wasn't. It means that you are releasing them to God's judgement so that you can walk free. Ask the Father to show you anyone who has hurt you / sinned against you, and whom you need to forgive.
- For any person that you need to forgive, take a pipe-cleaner and mould it into a letter or a shape that reminds you of that person. Choose to forgive them as you hand them over to your Heavenly Father by symbolically laying your pipe-cleaner down on the tray, at the foot of the cross.

Station 6:

**Lead us not into temptation but deliver us from evil
And lead us not into temptation but deliver us from evil**



Items Needed:

- A table covered in black material¹¹
- Cards with the following words on them:
 - “Lead us not into temptation but deliver us from evil” or “And lead us not into temptation but deliver us from evil”
- Large chain¹² wrapped in gold or other attractive wrapping paper
- Soft padded blindfold travel eye masks¹³ x 3
- “Armour of God” prayers on A5 card
- Rotating “Disco-ball¹⁴” light
- You may wish to print out the prayer activities onto card and display them on the table

¹¹ I used “black velour” fabric which you can purchase at: www.ebay.co.uk

¹² You can purchase a “heavy chain” from most DIY stores

¹³ You can purchase “Soft padded blindfold travel eye masks” on ebay

¹⁴ You can purchase a rotating “disco-ball¹⁴” light on ebay or simply use another flashing light

Tips for Station 6 Set-up:

- The Lord's Prayer words can be leant up against a photo-frame and secured with blue-tac

Words in the leaflet for this station:

"Lead us not into temptation but deliver us from evil"

"And lead us not into temptation but deliver us from evil"

The devil tempts us to walk on his dangerous path. Jesus leads us on the safe path through life.

- One of the ways that the devil tempts us is by holding something that looks fun and exciting in front of our eyes. What we can't see is the chain hidden underneath, ready to bind us up. Look at the lights and ask yourself the question: *"What temptation do I find hard to resist?"*
- Touch the coldness of the chain and ask the Father for His help to keep you away from that temptation and on His safe path.
- One of the ways that the devil stops people "seeing" the truth about Jesus and His love is to spiritually blind them. Pick up a blindfold and wrap it around your eyes so that you are blindfolded. Spend a few moments in the dark feeling what that is like.
- Take off the blindfold and ask the Father to remove any "spiritual blindfolds" from the eyes of your friends so that they can come to know the wonderful truths about Him and respond to His love.
- St Paul tells us that God gives us "spiritual armour" to wear. Pick up an "armour of God" prayer from the table and pray it.

Armour of God Prayer

Father God

I put on the **belt of truth** around my waist. Help me to listen to and act upon 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. Guard my heart Lord.

I put on the **shoes of the gospel of peace**. Thank you that I can have peace with You through Jesus. Help me be ready and alert to share the Gospel of peace with others.

I stand behind the **shield of faith**, trusting that You are reigning, You are good, You are faithful and that You are all powerful.

I place the **helmet of salvation** on my head. Thank you for the promise of salvation made possible through Jesus. Keep my eyes fixed on this wonderful hope and mount a guard over my thoughts.

I take up the **sword of the Spirit**. Help me listen to the voice of the Holy Spirit bringing a Scripture or instruction at my moment of need.

I ask for Your encircling hedge of protection to be around me and my family.

In Jesus' Name, Amen.

Station 7:

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

For thine is the kingdom, the power and the glory, for ever and ever. Amen.



Items Needed:

- A table covered with green material of some kind.
- Cards with the following words on them:
 - “For the kingdom, the power and the glory are yours, now and for ever. Amen” or “For thine is the kingdom, the power and the glory, for ever and ever. Amen.”
 - “Give thanks to the Lord, for he is good; his love endures forever” (Psalm 106:1)
- Large ticking clock
- Pile of card luggage tags (coloured if possible) and pens
- Large beautiful plant or bunch of flowers
- Bowl of “Celebrations”¹⁵ chocolates
- You may wish to print out the prayer activities onto card and display them on the table

¹⁵ You can purchase “Celebrations” chocolates from most supermarkets.
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Tips for Station 7 Set-up:

- The Lord's Prayer words can be leant up against a photo-frame and secured with blue-tac

Words in the leaflet for this station:

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

"For thine is the kingdom, the power and the glory, for ever and ever. Amen"

All things, including each one of us, have been created to bring God glory.

- Look at the flowers. Spend a few moments praising the Father for the glimpses of His glory that He gives you through His creation, through other people and through encounters with Him.
- Listen to the clock ticking. One day Jesus is coming back to reign as King. That day is getting closer! Pick up a luggage tag and ask the Father to show you one good thing that you can do to bless someone else's life. Write it down on the tag.
- Take the tag home with you and remember to act on what you have written!
- Jesus promises that at the end of time he will reward those who have faithfully served Him. Take a "Celebrations" chocolate and enjoy eating it as you think about this truth.

"Thy Kingdom Come"

Guide to Using the Prayer Stations Contemporary Version



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

Our Father in Heaven

Through faith in Jesus we are welcomed into God's family where we can call God, "Father."

- Be still and think how awesome it is that you can call God, "Father."
- Our Heavenly Father is 100% good, kind and loving, as well as being all-powerful. He knows everything about you and loves you completely. If you would like to, take a smiley sticker and as you wear it, thank your Heavenly Father for His great love for you.
- Thank Him that because of Jesus your picture is in His "photo-album!" Hear Your Heavenly Father whisper to you: *"I will never forget you."*
- Take a moment to look at the empty photo-frame. Think of a couple of people you know who don't yet know the Father's love. Write their names on a piece of paper. Pray for each one that they will come to know God as their Father, then lay your paper on the silver tray.

Hallowed be Your Name

Our Heavenly Father's name is holy and we are to hold it in awe and respect.

- Kneel in front of the throne and look at some of the words that describe our Father's name. Worship Him, using a couple of these words by saying things like: *"I praise You for You are....."*
- Pick up one of the "jewels" and as you hold it, ask Him to help you to always honour His precious and holy name, and to never misuse it.
- Now stick your "jewel" onto the "Holy" word, as you pray: *"Father, glorify Your name in my life."*

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

God's Kingdom is established wherever people submit to His reign as King and carry out His will on earth, as it is done in heaven.

- Invite your Heavenly Father to "reign over" every part of your life: ie
 - your relationship with Him,
 - your relationships with other people,
 - your ministry, time, money/resources, body..
- Ask your Heavenly Father to use you as His witness wherever you go each day. As you do that, you might like to take a glo-stick, snap it gently and put it around your wrist as a sign that you are prepared to allow the light within you shine out to others.
- Pray for someone you know who isn't yet a Christian that the Father would use you to help them take the next step into His kingdom.

Give us today our daily bread

As God provided manna in the desert on a daily basis for the Israelites so He has promised to provide for our needs as we bring them to Him.

- Where do you need your Heavenly Father's help today? At home? At school? At college? At work? A difficult relationship? Money? Resources? Ask Him to help you and provide you with what you need.
- Now take a piece of bread and as you eat it, thank Him for His faithfulness to you.
- Pray for someone you know who is struggling in some way, that your Heavenly Father will meet their needs too.
- Ask Him to equip you to share your faith and to fill you afresh with His Holy Spirit.

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

Our sins, like a bag of rotting rubbish, "smell bad" to God and keep us separated from Him. However, because God loves us, He put our sins on Jesus, who never did anything wrong, so we could be put right with Him. (2Corinthians 5:21) Having been shown such incredible mercy, we are to show mercy to others.

- Spend a moment of quiet looking at the cross. Thank Jesus that He was willing to die for you.
- Ask the Holy Spirit to show you any sins that you need to confess to your Heavenly Father. As the Holy Spirit highlights your sins, write them down on a piece of paper.
- When you are ready, pray and ask the Father to forgive you. Now rip up the piece of paper into small pieces and put the pieces into the bin. Hear Him say to you, "*I forgive you.*" Thank Him for His love.
- Having been forgiven, Jesus says that we are to forgive those people who have hurt us. That doesn't mean that what they did was OK...it wasn't. It means that you are releasing them to God's judgement so that you can walk free. Ask the Father to show you anyone who has hurt you / sinned against you, and whom you need to forgive.
- For any person that you need to forgive, take a pipe-cleaner and mould it into a letter or a shape that reminds you of that person. Choose to forgive them as you hand them over to your Heavenly Father by symbolically laying your pipe-cleaner down on the tray, at the foot of the cross.

Lead us not into temptation but deliver us from evil

The devil tempts us to walk on his dangerous path. Jesus leads us on the safe path through life.

- One of the ways that the devil tempts us is by holding something that looks fun and exciting in front of our eyes. What we can't see is the chain hidden underneath, ready to bind us up. Look at the lights and ask yourself the question: *"What temptation do I find hard to resist?"*
- Touch the coldness of the chain and ask the Father for His help to keep you away from that temptation and on His safe path.
- One of the ways that the devil stops people "seeing" the truth about Jesus and His love is to spiritually blind them. Pick up a blindfold and wrap it around your eyes so that you are blindfolded. Spend a few moments in the dark feeling what that is like.
- Take off the blindfold and ask the Father to remove any "spiritual blindfolds" from the eyes of your friends so that they can come to know the wonderful truths about Him and respond to His love.
- St Paul tells us that God gives us "spiritual armour" to wear. Pick up an "armour of God" prayer from the table and pray it.

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

All things, including each one of us, have been created to bring God glory.

- Look at the flowers. Spend a few moments praising the Father for the glimpses of His glory that He gives you through His creation, through other people and through encounters with Him.
- Listen to the clock ticking. One day Jesus is coming back to reign as King. That day is getting closer! Pick up a luggage tag and ask the Father to show you one good thing that you can do to bless someone else's life. Write it down on the tag.
- Take the tag home with you and remember to act on what you have written!
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"Thy Kingdom Come"

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- Look at the flowers. Spend a few moments praising the Father for the glimpses of His glory that He gives you through His creation, through other people and through encounters with Him.
- Listen to the clock ticking. One day Jesus is coming back to reign as King. That day is getting closer! Pick up a luggage tag and ask the Father to show you one good thing that you can do to bless someone else's life. Write it down on the tag.
- Take the tag home with you and remember to act on what you have written!
- Jesus promises that at the end of time he will reward those who have faithfully served Him. Take a "Celebrations" chocolate and enjoy eating it as you think about this truth.