

Self-Directed Interactive Prayer Stations

Week 7—Feb 19th

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. -1 Thessalonians 5:16-18

Station

Location

*+Walking the Labyrinth	Berean Room
*Wooden Labyrinth	By the Fireplace, Gathering Place
Candle Lighting	Table in front of Sanctuary
Kneeling Bench	Sanctuary, by the Organ
*+Anointing and Special Prayer	Sanctuary, Pews in the back
*Pretzel Prayers	By the kitchenette, Gathering Place
*Coloring Sheets	By the kitchenette, Gathering Place
*5 Finger Prayer	By the kitchenette, Gathering Place
*+Prayer Beads	High Table, Gathering Place
Prayer Journals	High Table, Gathering Place
Flip Prayer Cards	High Table, Gathering Place
*+Joys & Concerns	White board in back of sanctuary
Prayer Shawls	Gathering Place, short tutorial & materials; Prayer shawls are always available in Wesley Room & GP.

The following stations require no materials and may be done anywhere. See the reverse for more information.

Pray on your own	In your seat in the Sanctuary
Breath Prayer	In your seat in the Sanctuary
Repeated Song	In your seat in the Sanctuary
*+Prayer Walking	1-3 blocks around the Church

*Indicates child friendly

*+Indicates child friendly with adult help

A Prayer of Anchoring by Joyce Rupp (excerpt)

I turn to You, Holy One, in this time of turmoil amid the waters of life and I pray:

Anchor my mind in Your unswerving serenity
that lies beneath the wild waves of discontent.
Anchor every heartbeat and breath of mine
In the wide ocean of Your endless compassion.
Anchor ongoing longings for world peace
In the stream of Your eternal harmony.
Anchor a respect for every human being
In the clear waters of Your non-judgment.
Anchor in the depths of Your divine wisdom
My questions and concerns about the future.
Anchor every storm that riles my heart
In the gracious tranquility of Your abiding love.

Breath Prayer: Breath prayers are prayers that are easy to say in one breath and can be repeated to help you become aware of God's presence even in the simple act of breathing. They can be said out loud or silently. You can sit and repeat it for a period of time and/or you can take the prayer with you throughout the day to repeat when the Spirit prompts. Breath prayers are also useful as you fall asleep at night. Here are several examples from scripture: Lord Jesus Christ, have mercy on me, a sinner; Speak, Lord, for your servant is listening; Here I am, Lord; My help comes from the Lord, Maker of Heaven and Earth; When I am afraid, I will trust in You; Not my will, but Yours be done; In Christ alone my soul finds rest.

Prayer Walking: If the weather is nice, walk around a few blocks, making your way back to the church for the closing. As you walk, pray for the people in their homes, for the needs of the community, or for your own concerns. Notice the beauty of creation around you as you walk.

Repeated Song: Choose a short song or one phrase of a song and repeat it as a prayer. A few examples from our hymnals include:

2157 *Come and Fill Our Hearts with your peace. You alone, O Lord, are holy. Come and Fill our Hearts with your peace, Alleluia!*

2159: *Jesus, draw me close, closer, Lord, to you. Let the world around me fade away. Jesus, draw me close, closer, Lord, to you. For I desire to worship and obey.*

3137: *Lord Jesus Christ, your light shines within us. Let not my doubts nor my darkness speak to me. Lord Jesus Christ, your light shines within us. Let my heart always welcome your love.*

454: *Silently now I wait for thee, ready, my God, thy will to see. Open my eyes [ears, heart], illumine me, Spirit divine!*

488: *Jesus, remember me, when you come into your kingdom.*

474: *Take my hand, precious Lord, lead me home.*

393: *Melt me, mold me, fill me, use me. Spirit of the living God, fall afresh on me.*