

Prayer Stations



The following prayer stations are very simple ways to help young people pray for their life at home and school. They are built around a theme of different parts of the body, and need very little preparation.

Equipment required:

-  Download 'Why do people pray': [YouTube.com/trypraying](https://www.youtube.com/trypraying) and show it on a laptop. Most young people will have their own headsets they can use to listen to it, but provide a few sets just in case.
-  A selection of magazines appropriate to your group and their interests (celebrities, fashion, gossip, football, movies). A Bible.
-  A camera on a tripod, or a leader with a phone ready to video someone talking.
-  Card-making equipment—Sharpies or felt pens, stickers, card, embellishments.
-  Either a pre-printed map of your town, or paper and pens for the young people to draw one.



Where do I go ?

How far do
you walk in a
day?

Draw a map of your
town, showing your
school, the shops,
where you live. Draw
footsteps on the
places you go.

Do not be afraid.
Do not lose hope. I
am the Lord your
God. I will be with
you wherever you
go. (Joshua 1:9)

Have another look at the map you drew. What difference might it make, to know that God is with you wherever you go? If you like, pray: "Father God, come into my life: I welcome you as you walk with me at home, at school, and wherever I go. Amen."



Does God listen to me?

How would you
answer the
question
above?

Listen to the
video clip.
Why do people pray?

Lord, HEAR my
prayer. LISTEN to my
cry for mercy. You
are faithful and
right. Come and help
me. Amen. (Psalm 143:1)

God is ready to hear and listen to you! He hears you anytime, anywhere, and you can tell him anything. Pick up a piece of paper and write a prayer to God in your own words, telling him the things you are thankful for and all the things that worry you.



What distracts me?

How would you
answer the
question
above?

Look at the
magazines.

Who – or what –
catches your eye?

Let us throw off any
sin that holds on to
us so tightly... Let
us keep **LOOKING** to
Jesus.

(Hebrews 12:1-2)

How much time do you spend on Facebook, Twitter, Instagram or Whatsapp? What kind of stuff do you watch on YouTube? Pick up the Bible and pray: "Dear God, help me not to be distracted. Help me to focus on important stuff like school work and you, Jesus."



Be careful what you say!

Do you moan,
criticise, pull
others down,
swear?

Talk to the
camera for 1
minute. Start by
saying, "Thank you
God for..."

Kind words are like
honey. They are
sweet to the spirit
and bring healing to
the body.
(Proverbs 16:24)

Think of a time when someone hurt you by something they said. What did you say back? Pray now: "Father God, I am sorry for speaking back to parents and teachers, and for saying mean things to my friends. Help me to speak kind words! Amen."



How do I help others?

How would you
answer the
question
above?

Make a card
for someone
who needs
cheering up.

HELP one another
and agree with one
another. Live in
peace. And the God
who gives love and
peace will be with
you. (2 Cor. 13:11)

Would others say you were a helpful person? What about the people you live with?! Pray: "God, I am sorry for the times I think just of myself. Help me to look out for others and do what I can to help them. Amen."



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Have another look at the map you drew. What difference might it make, to know that God is with you wherever you go? Pray this prayer: "Father God, come into my life: I welcome you as you walk with me at home, at school, and wherever I go. Amen."