

Lord, teach us to pray...

A prayer station cycle by Erica Schemper

Set-up Directions

Set up all stations in one large room. It may be helpful to select a loop of appropriate music to play in the background (hearing is part of the experience...) Alternatively, if you set up in various rooms, pick one or two stations where music is appropriate and play music on a loop in that room.

Give each participant needs a booklet and a Bible. Explain that they'll be going through a series of stations where they'll read a Bible passage, think, pray, and be invited to do some action. They do not have to do the stations in order (with the exception of the "Amen" section.) You can either assign people evenly to the various stations and give them set times to rotate or allow people to pick their stations and rotate as they complete their time in each station.

It will help to think about the aesthetics of each area—use good lighting (bring in lamps, Christmas lights, or use candles); use fabric or tablecloths to make things attractive. Think of each space as an "altar" area. Be creative. Remember that this is meant to be a multi-sensory experience, and sight is the first thing most people will engage.

If possible, provide some comfortable seating (floor pillows are great) so that people can sit for awhile in each space.

To understand how each station works, you'll have to take a look at the guidebook.

Station 1: Our Father in heaven, hallowed be your name

- Materials: large paper; markers; cut-out paper hearts
- Tape large sheets of paper to the wall, set out hearts, tape, and markers

Station 2: your kingdom come, your will be done, on earth as it is in heaven

- Materials: table, chairs, paper and art supplies
- Set up a table with chair. Set out paper and art supplies. Provide some way for participants to post their artwork.

Station 3: Give us this day our daily bread

- Materials: table, tablecloth, markers, sheets of paper, loaf of bread
- Place tablecloth and bread on a table. On each side of bread, put one large sheet of paper, one with the heading "The Basics" and the other with the heading "Extra Blessings".

Station 4: And forgive us our debts as we forgive our debtors

- Materials: Small stones (enough so that there is about 1.5 for each participant); large container for water (probably plastic)

- Fill the large container with water (do what you can to make this as attractive as possible), and put out the pile of stones.
- Note: make sure not to use a water container that will break if a stone is dropped into it (no glass!!!).

Station 5: And lead us not into temptation, but deliver us from evil

- Materials: long rolls of paper; tempera paint; cut-out paper arrows ; markers
- A few days prior, lay out a long piece of paper (10 feet or so) and dip your feet (or the feet of a small child you can pick up and stick in the sink!) in paint. Walk across the paper leaving footprints. (Alternatively, make cutouts of footprints and attach to a paper path...). Set this paper up as a path, and tape down the paper arrows pointing away from the path.

Station 6: For yours is the kingdom, the power, and the glory.

- Materials: paper roll; markers
- Cover a significant section of a wall with paper. On the top right and the left, write “I praise you God, because...” In the middle, from the top to about 2/3 of the way down, write the word “Praise” in large letters, in different colors. On the bottom 3rd of the middle, draw arms reaching up with hands held out toward the words “Praise”.

Final Station: Amen

- No set-up needed—see final pages of guidebook for directions.
- This station should be done after completing all of the stations. You might call the group together at a set time and take them to a new place to do this, allow them to return to their favorite of the prayer stations to complete this, etc. (I plan to give them the final two pages of the guidebook after we’ve all completed our stations.)