PRAYER STATIONS

Thy Kingdom Come offers you a way of engaging in prayer stations that adhere to the current COVID safety guidelines. The prayer stations, based around praying for five others, are written ready for you to use either inside a church building or as a prayer trail outside. If inside a church building, we advise that you have a booking system to avoid overcrowding in any one area. Slots of 45 minutes should give time and space.

We are working on the principle that each person using the stations is given everything they need in a paper bag so that no one else uses their materials. You are free to use as many or as few of the stations as suits your situation. All prayer bags should be prepared 48 hours in advance by people who are COVID-free and who have sanitised their hands.

WHAT YOU WILL NEED

Things needed for each prayer bag:

- Print out of the feet – five per pack.
- Five small buttons per bag – (Amazon do a box really cheaply).
- Cut-out flower – one per bag.
- Five smooth pebbles for drawing on with permanent marker.
- Five pieces of Yellow ribbon.
- One vitamin C tablet per bag.
- Skittle sweets – two small packs per bag and a small paper or plastic plate.
- An LED night light.
- Five plant labels with permanent pen.
- Five hearts cut out ready to stick on a graffiti-type wall.
- Five water-soluble paper strips to write names on (Amazon have several types).
- Pieces of twig and some twine to make a holding cross.

For the venue, whether inside or outside -

Laminated printouts of the prayer stations. Please wipe down with antiseptic wipes periodically throughout the prayer time.

- A large cross for people to leave feet at.
- A very large bowl of water or even the use of the font for the petal prayers.
- Access to a tree or large branch if inside, for ribbon prayers.
- Several clear bowls for the tablets to be dropped into.
- If using the Skittle sweet prayers someone needs to be on hand with hot water.
- Access to outside space to plant names.
- Some more clear bowls for the dissolving paper and implements to stir the water with – twigs are more than adequate and can be thrown away after each person has used one.

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PRAYER STATIONS

The following are the COVID guidelines, but should be read alongside any other current Government/Church guidelines

A physical prayer space can be offered within a church where it is open for individual private prayer or public worship. Please read this guidance alongside the general guidance on opening churches and cathedrals to the public and the Government guidance on places of worship for putting this guidance in context.

PRAYER SPACES

Where churches are open for individual private prayer or public worship and wish to have a physical prayer spaces there are some practical points to consider:

- If within a benefice, where would be the most likely place for people to gather and what information is available that highlights where the prayer space is available, both in publicity and signage?
- You will need to consider arrangements for managing the numbers of people who may come in order to maintain physical distancing and face coverings compliance as well as limits on safe maximum occupancy. Mingling at entrances/exits should be discouraged (see below).
- The prayer station should be in an easily accessable part of the church.

MANAGING PEOPLE AND FLOW

One of the most important aspects of offering a prayer station in a way that minimises the public health risk related to COVID-19 is to risk assess the movement of people within the building to aid with physical distancing and prevent potential congestion. This can be part of your overall risk assessment to open for individual prayer for example, details of which are included in our guidance on opening churches and cathedrals to the public. Some points to consider from that guidance are highlighted here:

- Size and layout of the building, including ventilation.
- Total floor space, pinch points, busy areas, entrances and exits; and where possible alternative or one-way systems should be used.
- What other venues are open locally? Should you stagger entry times with other venues to avoid queues or congestion in surrounding areas.
- Travel routes: whether it may be necessary to consider one-way travel routes, including between transport hubs and churches.
- Queue management to reduce congestion and contact.
- All people hand-sanitise as they enter the prayer space.
- At this time masks are still worn.
- Have COVID-safe prepared prayer packs given out as people enter the prayer space; and only they use those materials at each designated station.
- Bags are then taken home with them.
- It may be possible to encourage people to use their own homes for prayer by providing doorstep deliveries of prayer packs, and asking them to send you pictures of their own prayer space. To do this the bags will need to be augmented with the instructions for each activity
- Where there are volunteers to man the prayer stations, they should remain masked and maintain social distancing guidelines

PRAYER STATION 1

Holding On in Prayer

Taking the pieces of wood that you have been given and the twine, quietly make a simple holding cross. As you wind the twine round the wood name your five people to God. Sit or walk while holding that cross and ask the Lord to bring the five people that you have named before him to know his love for them. Keep the cross near you at home and pray using it daily.

COVID SAFE

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PRAYER STATION 2

The Promises of God

Have you been praying for someone or some situation for a long time?

The Skittle sweets have five colours. Each one represents a person you are praying for. Place the Skittles around the inside of the plate so that the colours are varied and each skittle touches the next one. Pour a little hot water into the middle and wait .

As the rainbow of colour appears thank God for his faithfulness to you and repeat your prayers for the people you are praying for.

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PRAYER STATION 3

Welcome Home

THY KINGDOM COME

There is a tradition in America of tying a yellow ribbon on a tree as a sign of welcoming home soldiers who have been serving overseas.

As Christians we pray that people who do not yet know the love of God for themselves will indeed ‘Come Home’ to the Father heart of God.

Bring those you wish to pray for to God; and then simply tie yellow ribbons on the tree for them, as a sign that God will bring them to himself.

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PRAYER STATION 4

Light in the Darkness

THY KINGDOM COME

Read the dream on the separate sheet.

Sit with God and see how your tiny light can make a difference where you are placed, with the people you are in contact with, and with your family. Commit yourself again to carry the Christ light even in what seem the darkest places.

When you have finished, simply light your candle as a sign between you and God.
AMEN.

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PRAYER STATION 4

I was walking with the Lord in my dream. Just wanting to be a child holding onto my father's hand. We came to a cliff edge and as we often did then we were kids, we laid down on our tunnies and looked over the cliff edge into the valley below.

I expected to see the usual thing – green pastures, trees, beauty – but what I actually saw was the darkness of the world. I could see bullying and war and discrimination. I saw poverty and famine, with injustice, and refugees queuing in long lines. I saw knife and gun crime. I saw diseases and the whole gamut of evil in the world.

I sensed that the Lord was telling me that I had to get down into all of that and try and do something about it.

I felt totally overwhelmed and asked how I could even get down the cliff face never mind what I could do about it once I was there in the middle of it all.

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PRAYER STATION 4

Then I noticed some steps cut into the cliff's edge that were so steep I had to be carried down them as they were too big for me to manage. I saw that on each step was carved a word – HOPE, COMPASSION, INTEGRITY, FAITHFULNESS, SINCERITY, LOVE, TRUTH, CONSISTENCY, TENACITY, AND PRAYER.

Having finally arrived in the middle of all tis blackness, I saw that I'd become like a tiny flickering flame that lit up just a minuscule part of my surroundings. Then as I looked up, other people came with their tiny flames. Like mine they were almost insignificant, and yet together we began to light that particular part where we were standing, and it wasn't dark anymore. It was making inroads into the darkness. Gradually those lights lit the lives of people caught in darkness.

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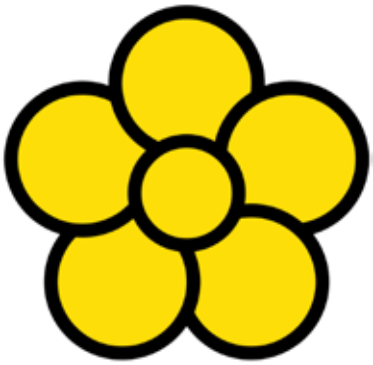
PRAYER STATION 5

Petal Prayers

THY KINGDOM COME

On each of the petals write the name of the people you want to pray for. Some prayers are answered immediately, while others require us to trust God and wait patiently.



Now fold the petals into the centre of the flower and place it in the water. Slowly it will unfold. Wait in prayer for those you have named.

COVID SAFE

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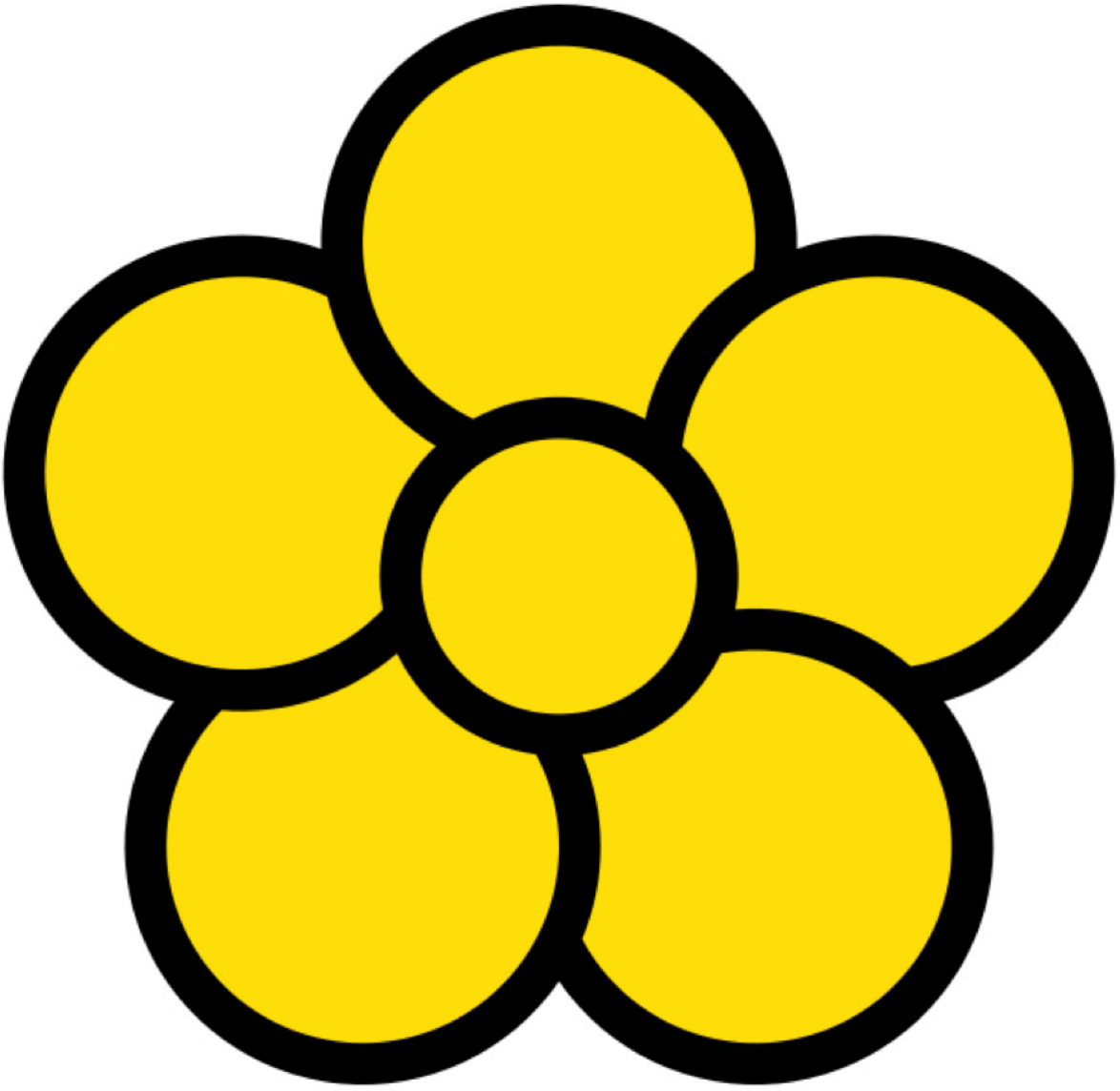
PRAYER STATION 5



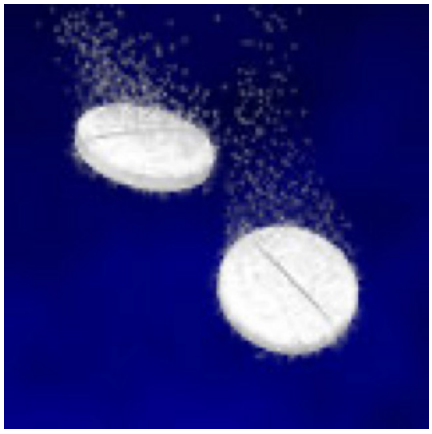
PRAYER STATION 6

Fizz Prayers

—

As you start to pray for one of your friends or family think of what might stop them or block them from following Jesus.

Hold them before God in silence and then drop the tablet you have been given into the water. As it dissolves pray that, in the same way, God will dissolve the barriers or blockages that are currently between them and God. Give thanks.



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PRAYER STATION 7

Button Prayer

THY KINGDOM COME

Hold the five small buttons that you have been given. Look at each one and remember one of the five people that you wish to come to know the love of God for themselves in Christ Jesus.

Pray-Gracious Father, I pray for .....,
that you will bring them so close to you; and then please will you fasten them into your family the church and there let them grow. Amen.

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PRAYER STATION 8

A Planting for the Lord

THY KINGDOM COME

Using the plant labels that you have been given and the permanent pen, write the first names of the five people that you are praying for to come to know the love of God for themselves.

As you pray for each for each one to be rooted in Jesus Christ, place the label firmly into the ground as you say: Amen.

COVID SAFE

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PRAYER STATION 9

Immovable Barriers

THY KINGDOM COME

Some of the people we pray for seem to have immovable barriers in their lives or thinking that prevent them from wanting to encounter the love of God for themselves.

Bring a name to God. Offer to God what you perceive is the barrier in that person. It may be doubt, hurt, world view, or pain. Whatever it is, simply write it on the piece of paper that you have been provided with. Prayerfully drop it into one of the bowls of water and wait.

After a few minutes gently agitate the water, praying that the Holy Spirit will stir into the issue God's deep love and insight.

Watch what happens.

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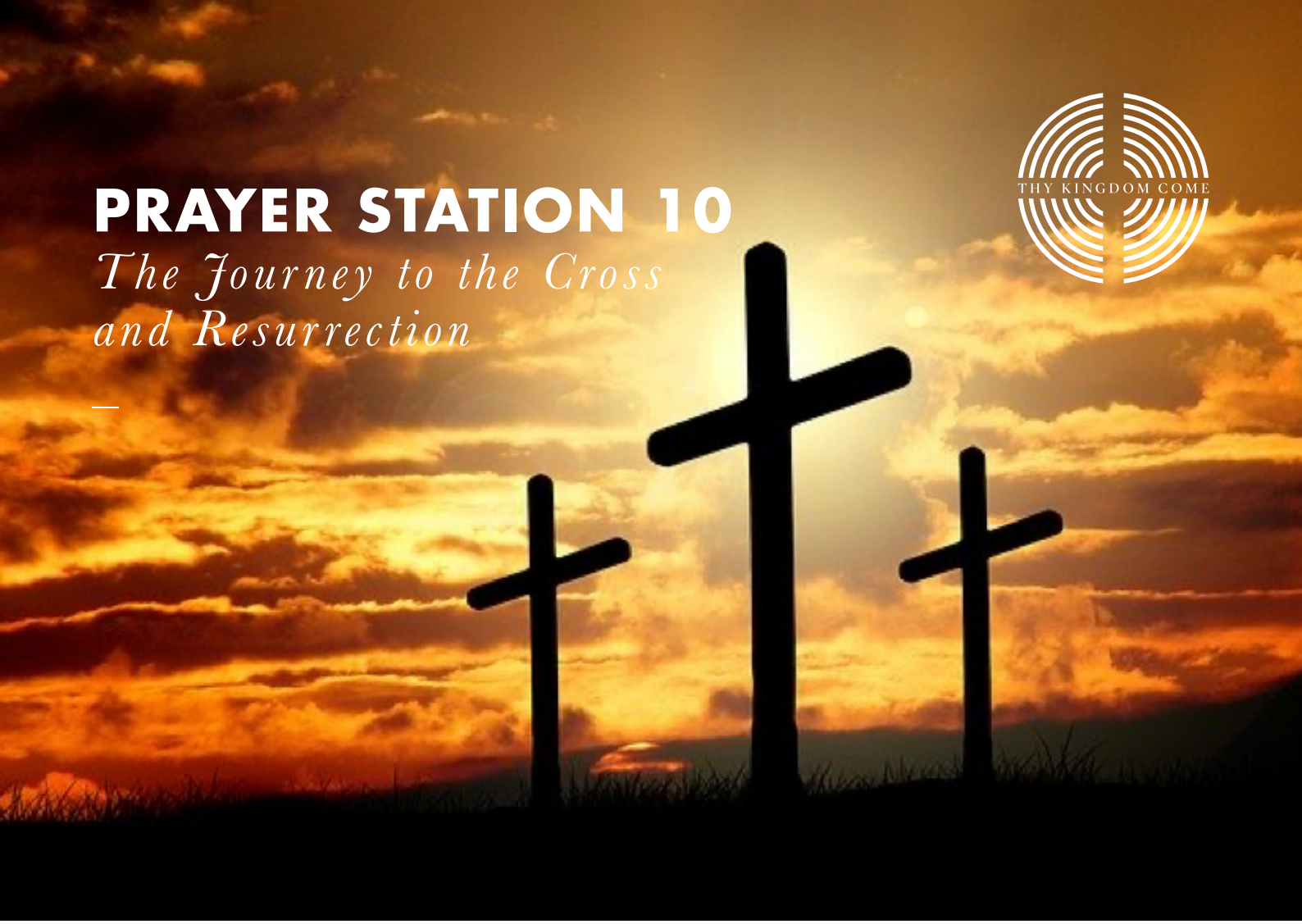

PRAYER STATION 10

The Journey to the Cross and Resurrection

THY KINGDOM COME

<u>The Journey to the Cross and Resurrection Takes Many Steps and Different Twists and Turns.</u>

Read the stories of the shoes.

They are in various places on their journey.

Take a shoe cut out and write the name(s) of the people you wish to know the love of God for themselves. Place the names at the foot of the cross, knowing that God will walk with them on their journey until they recognise Him.

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BLACK SHOE

This shoe has walked the corridors of power: even in the House of Lords. Its wearer has found his Christian walk taking him through Indian slums, African villages, and quaint English villages as the carrier of Good News. The wearer is acquainted with suffering and ridicule, and yet the Christ he serves is always with him.

COVID SAFE

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CHILD'S SHOE

"I bought these shoes far too early, I guess. We were full of anticipation and excitement. Long held dreams were now soon to be fulfilled in the birth of this new baby. When disaster struck and not only was the baby gone, but also any future hope of ever having a child, I felt my world was caving in. Where was God in all this? I had a chance to turn away or somehow try and allow God to walk us out of this valley towards . . . ? We simply do not Know yet, but walk we will."

COVID SAFE

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PRAYER STATION 10

BOOT

This boot has seen 25 years in the Territorial Army as a Chaplain. Serving at camps, walking through muddy fields, standing to attention at Remembrance Services. It travelled to Bosnia for three months, where the atrocities of humanity on the most vulnerable were seen and heard.

Walking with Christ as a Padre does not mean being apart from the muck and pain of life, but standing where Christ does right in the midst of it.

COVID SAFE

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PRAYER STATION 10

SLIPPER

“The years have rolled by, activity now limited. Once they would have called me a ‘stalwart’ of the church, now I simply sit and wait and, yes, pray. Some days, I hear a whisper of God’s Spirit saying that it’s these days of sitting and being with God that are the greatest gift I can bring to his world. I still pray that other will come to know Him as Lord and Saviour.”

COVID SAFE

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FLIP FLOPS

It was what they used to call the Jungle in Calais that this shoe lived in for six months. It belonged to an Ethiopian Christian woman desperate for a new life in Europe. Her family travelled the tortuous miles only to live under blue plastic sheeting embedded in the French mud. The Christians in the camp built a church there in the mud and founded, among the rubbish, a Holy Space of peace. Shoes were always left at the door.

COVID SAFE

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THE SUMMER SHOE

This shoe is now on its way to a charity shop. Its owner has now died. She became a Christian during a personal crisis and dearly wanted others to know the love of God she had found in a simple time of waiting by a sea shore. She gave up a job at the university and was ordained. Three years into her first parish, just as she was ready to take on other churches in mission, she fell ill to an untreatable illness and died within three months. Her last two months were spent making sure her funeral service gave out a clear message in all its aspects that there was one whose name was Jesus who could turn life around for you, and that no one was outside of the love of God.

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THE BALLET SHOE

“This ballet shoe is unworn: a brand new pair, still with its box. When you are a dancer and find yourself in a wheelchair, it takes courage to think that there is a future. During a church service, someone prays and you find against all the odds you can walk again and yes dance. It is not back to life as it was, but the entering into a new adventure. A round of national and international speaking engagements happen and the compulsion to simply share Jesus dances now around my soul.”

COVID SAFE

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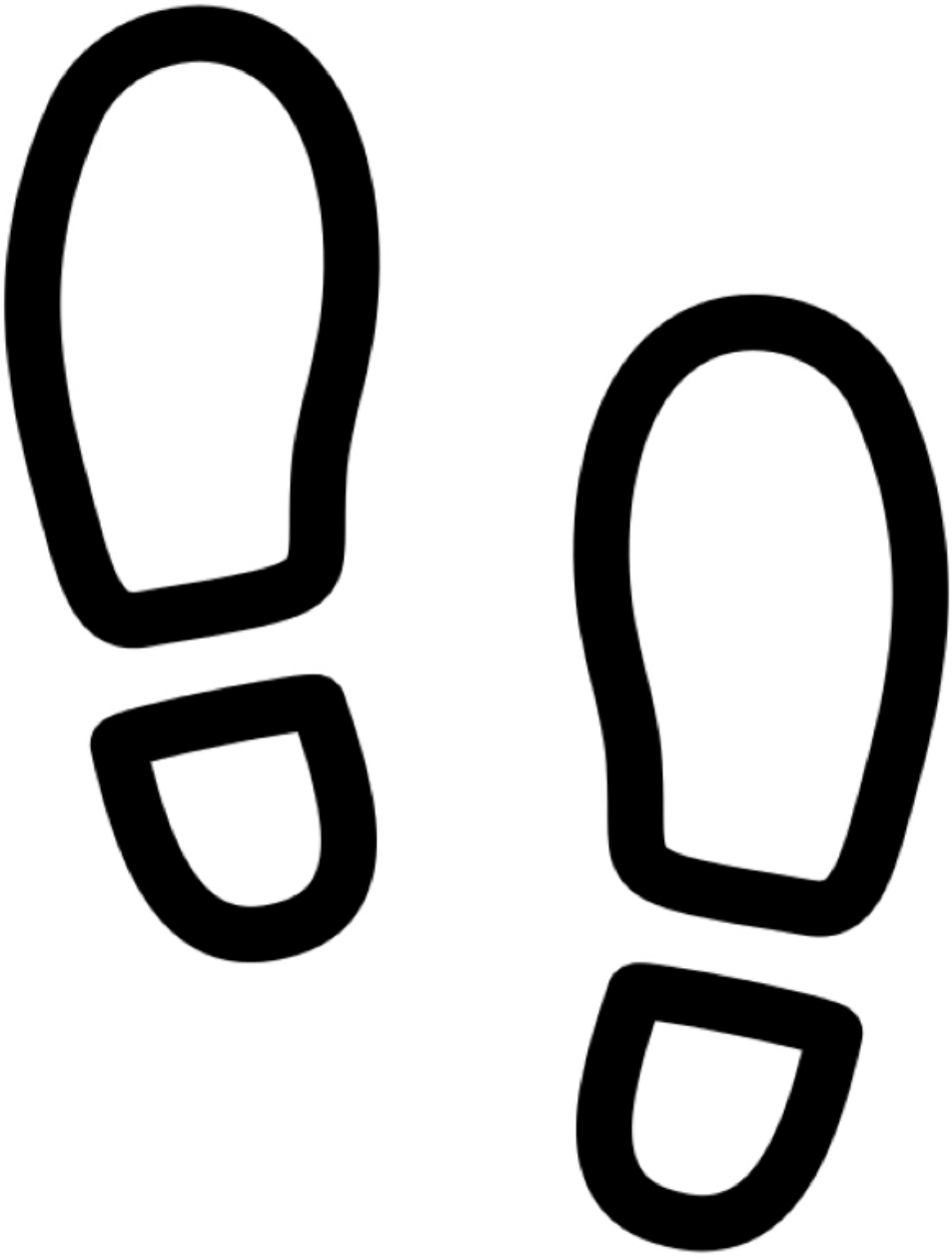
PRAYER STATION 10



PRAYER STATION 11

Built on the Rock That Is Christ

THY KINGDOM COME

Take the five small stones you have been given.

Draw a heart on each one with the initials of the person you are praying for.

Pray:

Gracious Father, I pray for these five people that you will be very close to them. Help them to see your love for them and help them build their lives on the rock that is Christ. Amen.

COVID SAFE

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PRAYER STATION 12

The Heart of God Wall

THY KINGDOM COME

During this pandemic we have seen walls covered with hearts for people who have tragically died because of COVID-19. There are many people known to you whose hearts do not yet know the love of God for themselves.

Using the hearts you have been given, write their initials on a heart as you pray for them. Leave them at this prayer station to be affixed to the wall.

COVID SAFE

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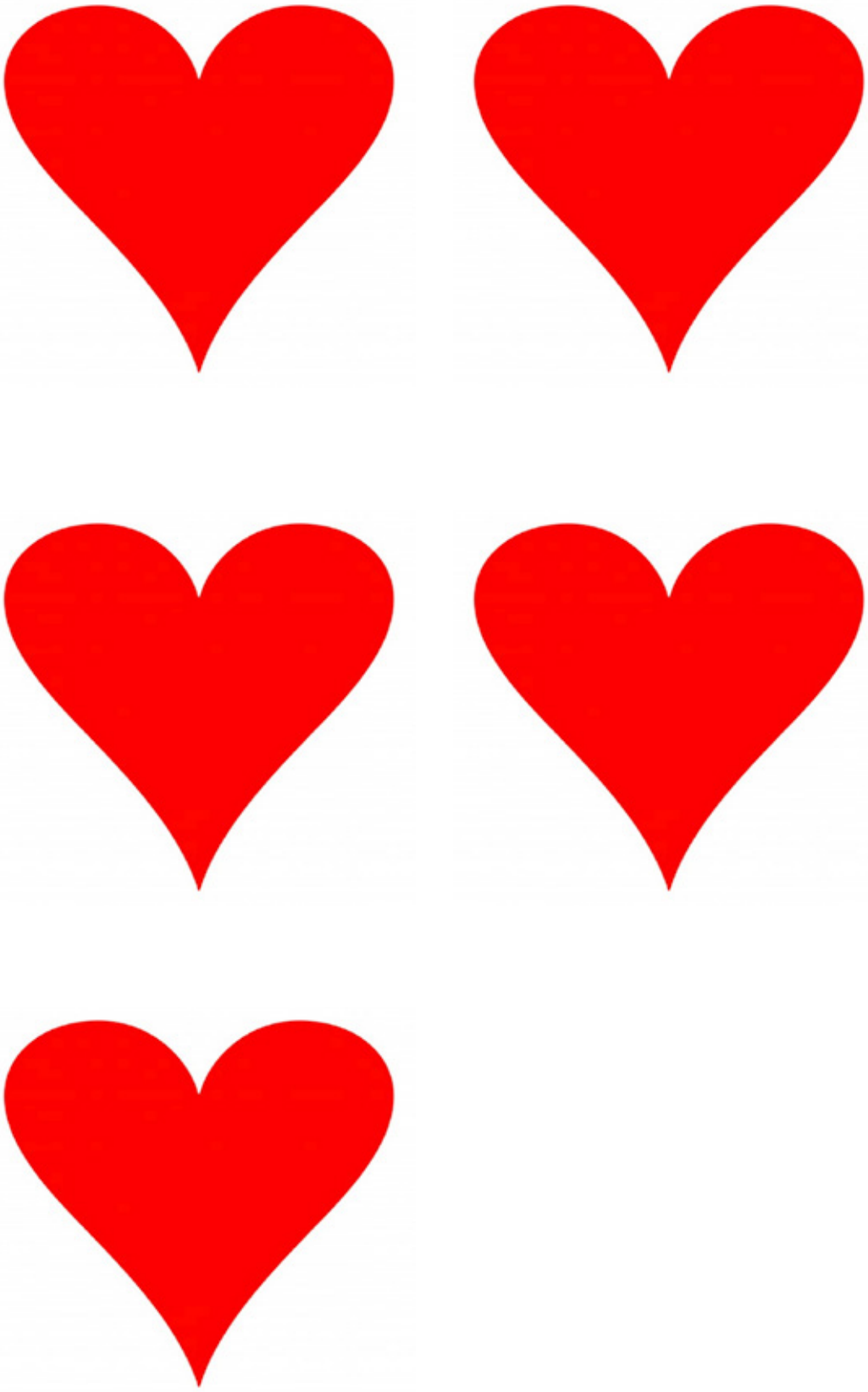
PRAYER STATION 12



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