

Below are detailed a number of prayer stations that can be laid out in a prayer labyrinth. These stations are based on the words of the Lord's Prayer, helping all ages to dwell on and linger over the words of the prayer as they use them to connect to God.

'Our Father in heaven, hallowed be your name'

An invitation to connect with God as the perfect father

You will need: a family portrait or a picture of a father and child.

- At this station, invite participants to sit before the portrait and consider what it means to them for God to be the perfect Father. The Lord's Prayer invites us to speak directly to God as Father, and we are invited to be a part of His family.

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

An opportunity to reflect on what it means to acknowledge God as king

You will need: a throne; a crown; an inflatable globe.

- Set up the throne with the crown and globe positioned on the seat. Invite participants to pray this line, acknowledging that God is king over the whole world, and asking him to be at work in the world, perhaps in particular situations known to the participant.

'Give us today our daily bread'

An opportunity to thank God for his provision

You will need: a table laid with a table cloth; a chair; bread, bread sticks, biscuits or crackers.

- Invite participants to sit at the table and to eat the bread or biscuits. As they do so, encourage them to think about the things that God has provided for them, and to thank him for the things he has given them.

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

An invitation to accept God's forgiveness

You will need: small pieces of paper; pens; a large bin.

- Provide a space where participants can write their own 'sorry' prayers to God on a small piece of paper, before crumpling it in their hand and throwing it in the bin provided, to symbolise God getting rid of our sin when he forgives us.

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

An opportunity to reflect on God's leading us through life

You will need: arrows drawn or marked on the ground.

- Invite participants to slowly walk through this part of the labyrinth, following the arrows and thinking about what it means to allow God to order our steps, leading us along the pathways we should follow, rather than those that are easy or most appealing.

'For the kingdom, the power and the glory are yours, now and forever, Amen.'

An invitation to accept Jesus as king

You will need: a throne; a crown.

- Invite participants to symbolically take the crown and put it briefly on their own heads, before removing it and laying it on the throne, acknowledging these words in the prayer and Jesus' place as king in their own lives.

