

## **Outside Prayer Stations**

### **Geared for adults**

#### **Week 1: *Our Father who is in heaven, holy is your name.***

When Jesus taught his friends, the disciples, to pray, he told them to call God Father. Father is a metaphor for God and Mother would be just as appropriate. Jesus wants us to see God as our parent and ourselves as a child of God. There's a reason scripture never calls us the adult of God. No matter how old we are, we are always a child of God.

1. Look at some of these pictures of parents with their children. Imagine that God sees you and cares for you the same way these parents see and care for their children.
2. Take a moment to look in the mirror and know that God calls you son or daughter. You are God's child.
3. Each time you see your reflection today, try to see yourself the way God sees you, a vision filled with love and acceptance.

**Supplies:** Mirror with the words "Child of God" written on it. Signs with laminated photos of parents with their children. Station instructions.

**Set-up:** Place a table with the instructions and mirror on the table. Place signs with photos around the table.

#### **Week 2: *Your Kingdom come, Your will be done on earth as it is in heaven.***

In the Lord's prayer, Jesus invites us to pray for God's will to be carried out in the world. God loves all people and wants what's best for us. God desires a compassionate and just community where every person's sacred worth is recognized and honored. There are many places in the world where God's will is not yet being done on earth as it is in heaven.

1. Take a moment to skim this morning's headlines.
2. Consider the places of brokenness in our world, the places where God's will is not being done.
3. On a broken piece of pottery, write a word or phrase that represents what's broken in our world or in your life.
4. Place the pottery back on the table or the ground around it as an act of prayer, asking for God's will to be done in those places.

**Supplies:** table, globe, headlines from each morning, sharpies, broken pottery pieces, station instructions

**Set-up:** Place globe and Station Instructions in the center of the table with the morning headlines around it. Tie sharpies to table. Scatter broken pottery pieces haphazardly around the table and on the ground around it.

**Week 3: Give us this day our daily bread.**

By teaching us to pray for our daily bread, Jesus reminds us that God provides for our needs. When we need something, we are encouraged to ask God for whatever we need. By teaching us to pray for OUR daily bread, Jesus prods us to consider the needs of others and how we can be part of God providing for them.

Take what you need.

(If you see something a friend needs, take one to them!)

**Supplies:** table, station instructions, rocks with one word written on it (love, hope, faith, patience, courage, understanding, peace, passion, purpose, healing, strength, beauty, freedom, job)

**Set-Up:** Place station instruction in center of the table and spread rocks out around it.

**Week 4: Forgive us our sins as we forgive those who sinned against us.**

None of us are perfect. We have all made mistakes. When we ask, God is quick to forgive us. God loves us just as we are and love us enough to forgive us and heal our brokenness.

1. Select a rock.
2. With chalk, write 1 word of something you are sorry for.
3. Pray the Prayer of Forgiveness.
4. After praying, wipe the chalk off of the rock as a reminder that God wipes away our sins.
5. Keep the rock or place back in the basket.

**Supplies:** table, station instructions, rocks painted with chalkboard paint, chalk,

**Set-up:** Place station instructions in center of the table.

**Week 5: Lead us not into temptation but deliver us from evil.**

**Sign 1:**

We all have fears. Sometimes we fear bad things that might happen to us or those we love. Sometimes we fear that we will give into temptation and do something that will hurt ourselves or others. In the Lord's prayer, Jesus teaches us to hand those fears over to God.

**Sign 2:**

Your fears erased here daily. *[In really big print]*

Write your fears or temptations on the sidewalk with chalk. They'll be erased every day. *[In smaller print]*

**Supplies:** table, sign 1, sign 2, sidewalk chalk in a bucket

**Set-up:** place both signs on the table along with the bucket of sidewalk chalk. Write a few things on the sidewalk that people might be afraid of. Remember to erase or wash the sidewalk at the end of every day.

**Week 6: *For yours is the kingdom, and the power, and the glory forever. Amen.***

This part of the prayer reminds us that God is eternal. God and God's kingdom will exist forever.

Labyrinths are a circular pathway that is used as a form of prayer. They are circular to remind us that God has no beginning and no end.

1. Using your index finger, start at the opening of the labyrinth.
2. Slowly trace the path of the labyrinth to the center while silently reciting the Lord's prayer.
3. Slowly trace the path back out while considering how you can live out the Lord's prayer in your own life.

**Supplies:** Table, finger labyrinth, Sign with entire Lord's prayer printed on it, stations instructions

**Set-up:** Place finger labyrinth on table with the station instructions sign and the Lord's prayer print out. *(Note: you could also do this with a walking labyrinth if you have a portable one and a suitable location for using it.)*