

# The Prayer Chain



**Equipment required:** a ball of red Pom-Pom wool  
(add regular knots along length of wool)

*In this exercise, the wool forms the prayer chain. Ask participants to sit in a circle and pass the ball of wool from person to person, unwind the wool as it progresses.*

## Introduction

As you take hold of the wool, notice that:

- The wool is a reminder of the gentle Lamb of God (John 1:36)
- It is red – a reminder of the sacrifice made by the Lamb of God (John 3:16, Acts 8:32, Revelation 5:11, Matthew 10:16)
- It joins us together – and in prayer we are joined with God (John 15:5)

## Personal prayers

Notice that there are bumps on the wool.

- Imagine that each bump you are holding in your hands represents the trouble in your life or the worries in your heart
- Jesus invites us to bring our concerns and needs to God in prayer (Matthew 7:7)
- Take a few minutes to name the challenges and concerns that you are holding
- Pray for them silently or out loud

## Praying for each other

Rotate the chain so that the bumps you were holding are now held by the person next to you.

- Imagine that you are now holding their requests in your hands
- Although you may not know what these bumps represent, God does know them
- We are not alone. We can share one another's burdens (Galatians 6:2)
- Take a moment to pray for the person next to you

## Handing our prayers to God

Work together to form the wool into a cross on the floor.

- When we pray, Jesus is our Mediator (1 Timothy 2:5)
- The cross reminds us that Jesus will lift our burdens and forgive our sins
- Take a moment to ask Jesus to carry your burdens

Read Matthew 11:28-30 aloud:

*"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."*

There is one God. We are his children. We are joined together in one family.  
Amen.