

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.