

Fan

'The wind blows wherever it wants. Just as you can hear the wind but can't tell where it comes from or where it is going, so you can't explain how people are born of the Spirit.' John 3:8

Stand in front of the fan.

Close your eyes and feel the breeze on you and where it is blowing.

Let God be in the wind. What is the Spirit saying to you?

Let him caress you, cleanse you, guide you, heal you, refresh you and renew you.

Sand

Stand quietly and ponder the truth. **You** are loved by God. Know this – if there was no-one else in the world, Jesus would still have come and died just for you.

'I have loved you with an everlasting love: therefore with loving-kindness have I drawn you and continued My faithfulness to you'
Jeremiah 31:3

Run your fingers through the sand - can you count the grains?
God's thoughts towards you outnumber them.

Thank him for his love. What is he saying to you? Does he challenge you to reach out to someone in love today?



Guided Prayer Activities



Is life hectic for you at the moment? Have you raced around to get here today? Has life become just a blur of noise and rush? STOP... Stop.

Be still and know that I am God Psalm 46:10

Enjoy this time you have chosen to spend with him today. You are about to begin a journey, a journey towards the light that is God. This is a journey of receiving and then giving. As you journey, reflect on what you see, hear and think. Expect to discover the wonderful and the unimaginable. Open your eyes wide and use your senses. Breathe deeply and relax. Don't rush, just savour the moment. Be aware of others as you travel. Focus on moving towards God.

When you are ready enter the room.

Stand anywhere and be still.
Take some slow deep breaths and relax. Begin to let go of the tensions in your body, feel the pressure and busyness of your life slipping away.

Feel free to go to any of the stations and participate in the activities. They do not have to be done in any order. Please feel free to do as many as you like.



Activities

Stones and bucket

'Give all your worries and cares to God, for he cares about what happens to you.' 1 Peter 5:7

Take a stone from the pile. Imagine that all your concerns and worries are held within that stone. Cup the stone in your hand and acknowledge your concerns and worries. Name them. When you are ready drop the stone in to the bucket. Image them falling into God's lap. How does it feel to release them?

The Cross

With closed eyes, let your hands run over the wood. Feel the roughness. Pick up a nail and imagine what it was like as they were driven into the hands and feet of Jesus - for you!! Thank him.

Hand wipes

Take out a hand wipe and cleanse your hands. As you do, thank God for the cleansing power of the blood of Jesus.

'Knowing that you were not redeemed with perishable things like silver or gold....but with precious blood as of a lamb, unblemished and spotless, the blood of Christ' 1 Peter 1:18-19 (NASB)

Candles

'Jesus spoke to the people once more and said, "I am the light of the world.'" John 8: 12

Take a tea light candle and light it from the main candle. Reflect on how God wants to use you to shine his light to those around you.