



# Prayer stations

This document contains 12 prayer station ideas, ideal for a 1-hour, corporate time of prayer.

You could hold a prayer event on a weeknight or incorporate it into a church weekend away.

## **Preparing the stations:**

You will need to print each of the A4 prayer station summaries. If possible, laminate them and place each one in a different area of the room.

Most stations require some additional supplies. Refer to the prayer station cards for more details. Feel free to get creative in decorating the stations.

## **Flexible use:**

These ideas are to inspire you – not restrict you! You can add in your own prayer stations or only use a few of the ones provided.

You might also like to use the station activities in your personal prayer time at home.

## **Stations in this pack:**

1. Community chain
2. Map of the world
3. God you are...
4. Encouraging word
5. Healing: Heart, body and mind
6. Creative God
7. How does God see you?
8. Count every blessing
9. When worry ties you in knots
10. Paintbrush prayer
11. Be still
12. Wall of Psalms

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**PRAYER**

*Some of the prayer station ideas below came from Kathryn Shirey. For more resources from Kathryn, visit (<https://www.prayerandpossibilities.com>)*



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# Community chain

Let's pray for our community!

Take five pieces of paper – one in each of the colours provided.

Think of someone to pray for in each of the categories below.  
Write the names of the person you prayed for on the relevant  
strip of paper. Use the glue or stapler to create a paper chain.

Link it up with the chains other people have created.

**Red** – A teacher

**Green** – A neighbour

**Blue** – A pastor/officer

**Orange** – An older person

**Pink** – A child

## **Station supplies:**

Coloured strips of paper (suitable for making a paper chain with),  
pens and staplers or glue.





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# Map of the world

Choose a country on the printed map to pray for.

You could pray for:

- their leaders
- the spread of the gospel in that country
- any challenges they have.

As you pray, colour the country on the map, using coloured pencils.

### **Station supplies:**

Coloured pencils. Large black and white map of the world.





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## God you are...

Choose a rock from the pile provided. Using a Posca/paint pen, write a one-word description or name of God on the rock. (For example, 'faithful', 'loving', 'shelter', 'rock').

Think about where you have seen that quality of God's in your life.

Leave the rocks in a pile for others to see.

### **Station supplies:**

Smooth, oval-shaped rocks (these can be purchased at Bunnings or Officeworks if needed) and Posca-style pens.





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## Encouraging word

Is there someone you know who needs an encouraging word?

Spend some time praying for them, then take a paper or card and write them an encouraging note. Ask God to lead you as you write. You could give it to them or take a photo and text it to them.

After you have done this, pray that the person you send it to would feel strengthened, encouraged and filled with hope.

*“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”  
Hebrews 10:24-25*

### **Station supplies:**

Pens, nice blank cards or lined paper. You may also like to make envelopes available.







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# Healing: Heart, body and mind

*“Then the woman, seeing that she could not go unnoticed, came trembling and fell at his feet. In the presence of all the people, she told why she had touched him and how she had been instantly healed. Then he said to her, “Daughter, your faith has healed you. Go in peace.”- Luke 8:47-48*

Our world needs healing.

In this station, pray for someone or something that needs healing. Write the person or thing you prayed for on a card and stick a band-aid to the card as you pray for healing in Jesus' name.

Think about:

- heads (mental health),
- hearts (souls returning to Jesus), and
- bodies (physical healing).

### **Station supplies:**

Band-aids, small blank square cards, pens.





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## Creative God

Our God is so creative. His work is so detailed and intricate.

Step outside or look out the window and take note of five things you can see or hear that God created.

What are the details of those things? What makes them a miraculous creation? Thank God for them.

### **Station supplies:**

No supplies are required. However, if possible, position this station near a window.





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# How does God see you?

Hold one of the handheld mirrors up to your face.

As you look into the mirror, ask God: “Who do you say I am?” or “How do you see me?” Using the whiteboard marker, write what you sense God saying on the mirror.

Before you write, test what you have heard. Ask: “Does this align with what I know of my loving Father in heaven?”

Spend some moments looking and reflecting.

Once you have finished, erase your words from the mirror, ready for the next person.

## **Station supplies:**

2-3 handheld mirrors and white board markers to write on them with.







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## Count every blessing

God has blessed us so abundantly, but it can be hard to see these blessings when there is hardship around us.

Grab a pen and a stack of post-it notes. Write down as many blessings as you can think of - anything that the Lord has done for you!

When you can't think of anymore, challenge yourself to find one more.

Stick your post-it notes up on the wall. Spend some time thanking God for all he has done for you, praising him for his mighty works.

*"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you." 1 Thessalonians 5:18*

P.S. You can take your post-it notes home at the end of the meeting and display them somewhere where you will see them often. You could get your whole household involved in adding to this wall!

### **Station supplies:**

Post-it notes (preferably a variety of colours) and pens.





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# When worry ties you in knots

Read the verses about worry.

*“Cast all your anxiety on him because he cares for you.” 1 Peter 5:7*

*“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:6-7*

Acknowledge that worry sometimes ties you up in knots.

Then pray, thanking God that we can give our worries to him.

Take a piece of knotted string and untie the knot, as a visual reminder that Jesus can untie our knots of worry.

### **Station supplies:**

For this station, you will need short pieces of string (or similar), each with a knot that can be undone.





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## Paintbrush prayer

This station is not just for those who consider themselves artists!

Let go of trying to make something look beautiful and focus on the process.

Choose a Bible verse to inspire you and/or ask God to speak to you as you paint.

### **Station supplies:**

Washable paint, paper, cloths for wiping up spills, plastic tablecloth, paintbrushes and/or sponges.





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## Be Still

This is a place to be still – a ‘holy’ space. There is no need to talk, no need to do anything. Just ‘be’.

If you find your mind wandering, acknowledge where it has gone and refocus on being with God.

Focus on knowing that he is God.

*Psalm 46:10: “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”*

### **Station supplies:**

Cosy and comfortable place to sit – couch or floor cushions.  
You might like to set up a screen or tent to help remove external distractions.







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## Wall of Psalms

Using the paper provided, write out a Psalm!

Choose a Psalm from the Bible to write out. Reflect on the words as you write.

OR

Try writing a Psalm (or part of a Psalm) in your own words.

OR

Write a fresh Psalm of praise to God.

### **Station supplies:**

Notepads and pens. Blu-tac or pins and a suitable place on the wall for Psalms to be displayed.

