

## Prayer Station Instructions

### Calm the waves

need  
cups  
water

- Fill a cup with water,
- Stir it up with your finger, thinking of situations or people in need of calm and peace.
- As the water settles pray for God's peace on all you have thought of
- Just as Jesus spoke to the waves, your prayers can help bring transformation.



You may wish to focus on this prayer:

Calm me, Lord, as you calmed the storm;  
still me, Lord, keep me from harm.  
Let all the tumult within me cease,  
enfold me, Lord, in your peace.  
(David Adam)



### Your Goliaths

need  
stones

- Hold a stone.
- Feel its weight in your hand.
- What are your personal "Goliaths" - challenges you are facing?
- What worries you?
- Pray for faith and courage to face these obstacles, as David did.
- In the Bible cairns (piles of stones) were formed as reminders of when God had helped people in the past, to give them courage to see how God would help them now.
- make a pile of stones offering your challenges to God

"David said, 'The Lord, who saved me from the paw of the lion and from the paw of the bear, will save me from the hand of this Philistine.'  
(1 Samuel 17.37)

### Stone Skills

need  
cut out stones  
pencils  
paper

- David chose to use his familiar stones and sling as he went to fight in God's name
- God invites us to use our strengths, skills and experiences.
- Draw the outline of stones on some paper and cut them out
- Reflect prayerfully on what are your particular talents, interests or passions
- Write or draw on the stones what these are



- How could these be used for God?
- Is it in church or the community?
- Is it something you're already doing or something to start?
- Put your stones somewhere you will regularly see them to remind you to trust and use God's skills

“But David said to the Philistine, ‘You come to me with sword and spear and javelin; but I come to you in the name of the Lord of hosts, the God of the armies of Israel, whom you have defied. This very day the Lord will deliver you into my hand,’”  
(1 Samuel 17.45-46a)

## **Paper Boat**

### need

Paper

Instructions to make boats

- Get a piece of paper, (if needed a set of instructions to make a paper boat are on the final page)
- Make your boat
- As you make it, reflect on different kinds of journeys. Those you've taken or are on. Journeys others are on
- Once your boat is made hold it and pray for others on journeys,

You may pray for:

### **Actual journeys**

- Holidays
- Migrants searching for safety
- Transportation and food services
- Emergency responders

### **Journey of life,**

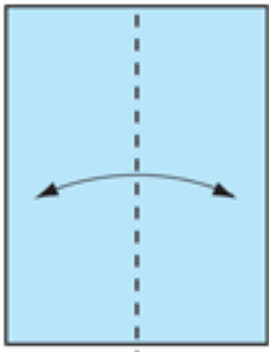
- Children being admitted to communion
- People facing changes
- Those finishing exams

- Place your boat as a reminder to continue to pray for others

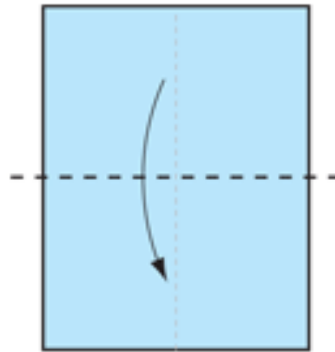
When our lives skim through the water,  
dancing in the waves,  
Jesus, hold your peace in our hearts.

When our lives are tossed in a choppy sea  
and we feel unsure,  
Jesus, hold your peace in our hearts.

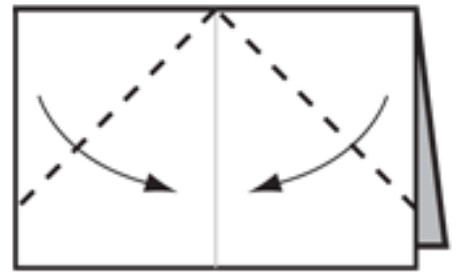




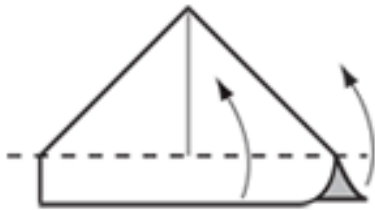
1. FOLD IN HALF



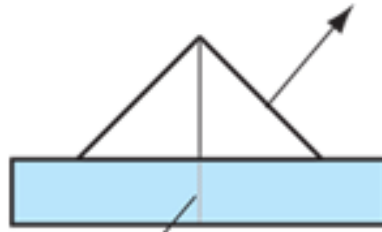
2. FOLD IN HALF AGAIN



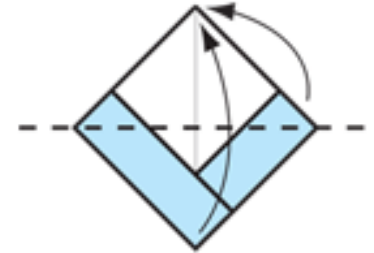
3. FOLD IN CORNERS



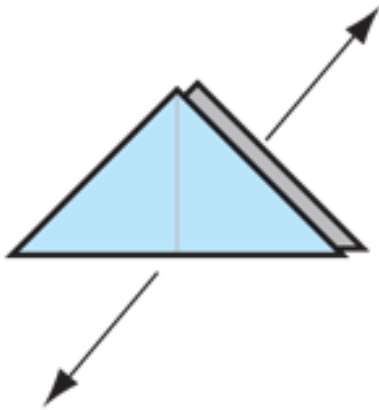
4. FOLD UP EDGES ON BOTH SIDES



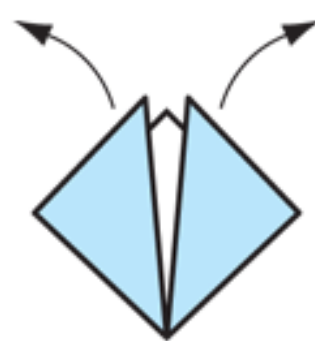
5. PULL THE SIDES OUT AND FLATTEN



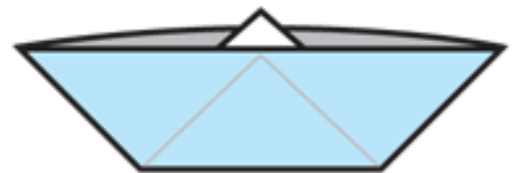
6. FOLD FRONT AND BACK LAYERS UP



7. PULL SIDES APART AND FLATTEN



8. PULL TOP FLAPS OUTWARDS



9. SQUISH THE BOTTOM AND PULL THE SIDES UP

10. TA DAAA!

