



# PRAYER STATIONS

**These prayer stations are designed to help create a time of prayer and reflection that is linked to Vincentian spirituality, so that young people are encouraged to pray and be inspired to use their God-given talents to serve those in need in their community.**

**The resources can be used as suggested or adapted to meet the needs/abilities of the young people and the space available.**

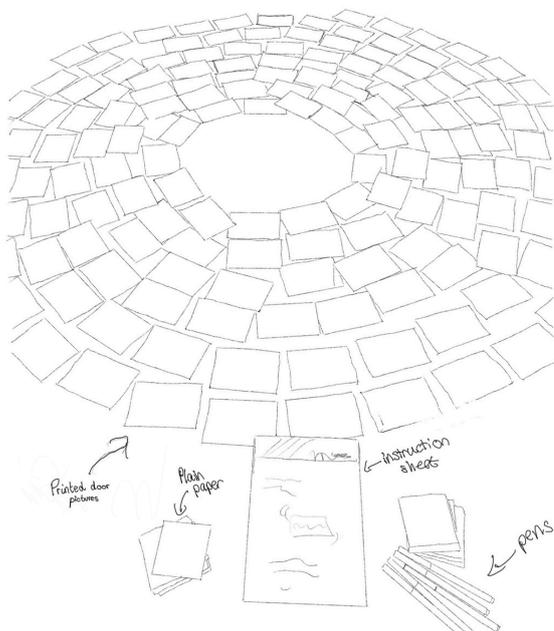
**For each prayer station there is an explanation and instructions for each one. These can be put on the floor and spread around the room to give enough space for more than one person to be at the prayer station at a time. Each one should take approx. 5 mins, but can be adapted according to the time available for the prayer time.**

## Fear Not

**Resources needed:** Paper boats (cut out), coloured pens/pencils/crayons, instruction sheet, blue cloth for display

**Instructions for set up:** Create a storm display using blue cloth or similar. If you have the possibility of sound, have a storm soundtrack playing. Cut out the paper boats and add them to your display with some pens. Print out the group instructions and add them to the display.

**Overview of Prayer Station:** You will be invited to think about what worries or fears stand in the way of your relationship with God and what is stopping you from feeling hopeful. After some time to reflect you are invited to colour in a boat to symbolise your unspoken worries and then add it to the storm.



## Worldwide Embrace

**Resources needed:** Printed doors, pieces of plain paper, pens, instruction sheet.

**Instructions for set up:** Print off the images of different doors and lay them out in a circle (See example picture). Cut some plain paper into quarters. Place the plain paper and the pens to the side and the explanation near by.

**Overview of Prayer Station:** You will be invited to reflect on the different doors and who could be behind them. You can then add a prayer of love behind the door that has particularly stood out to you.



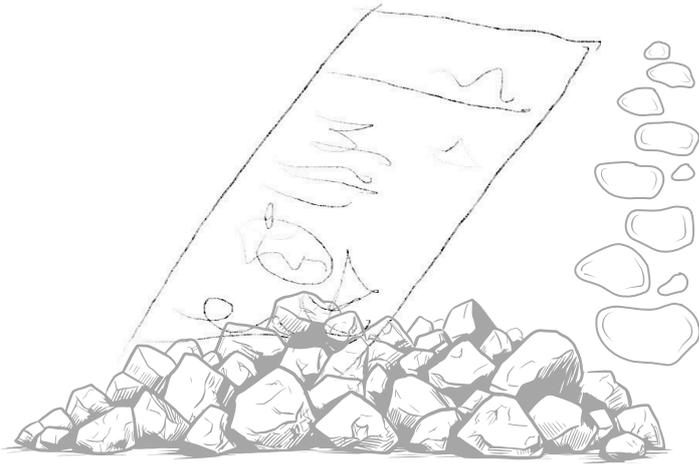
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## Winding Road

**Resources needed:** Rocks, instruction sheet.

**Instructions for set up:** Gather some stones or rocks and place in a pile. Use a few stones to create the display of a path that people can add to. Place the reflection somewhere that is easy to read, as well as a lit candle (where possible)

**Overview of Prayer Station:** You will be invited to think about your journey, through reflecting on the feel of a rock in your hand. You will be then invited to add your rock to the path, symbolising your trust that God knows your next step.

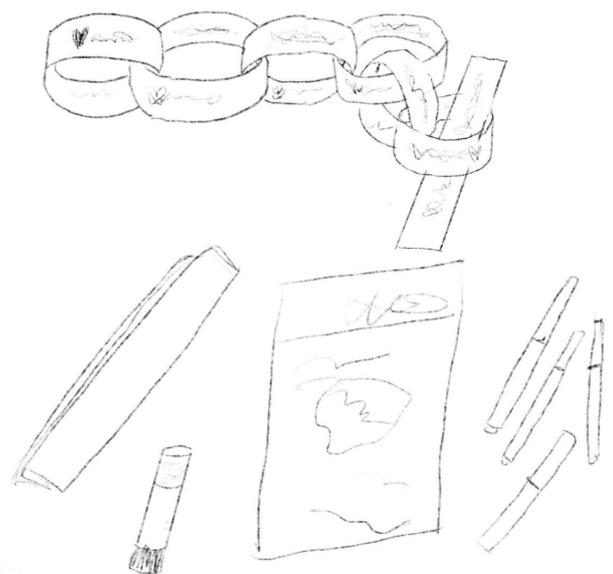


## Chain of Hope

**Resources needed:** Coloured strips of paper, or printed out pages with cutting lines, pens, stapler or glue, instruction sheet.

**Instructions for set up:** Secure some of the strips of paper together to form a paper chain and place this in the centre surrounded by the rest of the strips, the pens and the glue/stapler. Add the instruction sheet to the display.

**Overview of Prayer Station:** You will be invited to write the name of someone you already feel connected with to one side of the paper strip and on the other you will be invited to write a message of encouragement or a prayer of hope for someone or a community that is in need of hope. You will be then invited to add this to the paper chain as a symbol of our connection.





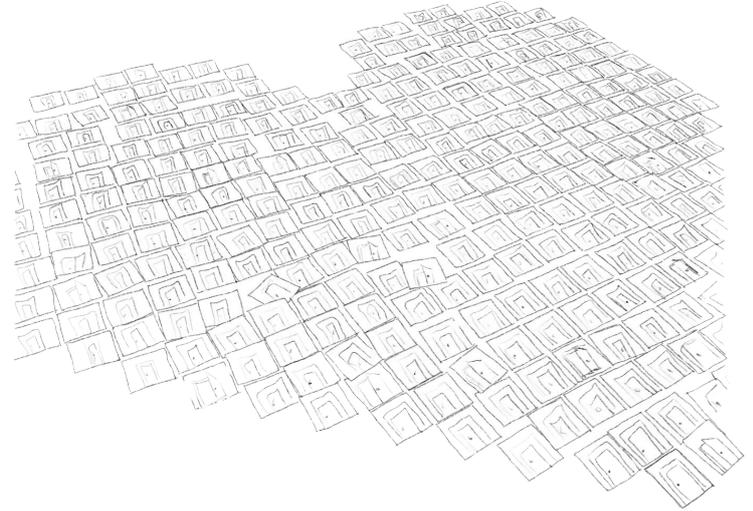
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## Heart of Blessings

**Resources needed:** Printed doors, pens, instruction sheet.

**Instructions for set up:** Print the door outlines double sided (page 19 and 20) and cut them out. Lay out the cut out doors into the shape of a heart and put out the instruction sheet.

**Overview of Prayer Station:** You will be invited to think about the doors that God has opened for you, and the blessings in your life. Decorate one of the doors with these blessings and add it back to the heart display



## A time to pause

**Resources needed:** A candle, a clock, printed pause signs, colouring pencils/pens, instruction sheet.

**Instructions for set up:** Print and cut the pause sign colouring sheets. Create a display with the candle and clock, and place out the colouring sheets and pens/pencils. Ensure the instruction sheet is somewhere easy to read.

**Overview of Prayer Station:** You will be invited to think about how you use your time and will be invited to recognise moments where God has broken into your routine with a special moment of grace or love. You will be invited to colour in a pause sign as a reminder to make time for those surprise moments.

