

This resource has been produced by the St Vincent de Paul Society. The St Vincent de Paul Society (SVP) is a Catholic international volunteer organisation whose members work with anyone in need in their local community – the homeless, the elderly, prisoners, struggling families, people who are sick and lonely. Young people are an important part of the Vincentian family. We are all called to be like Jesus by helping people, becoming their friend and working with others to make a difference. Find out more and view our school resources by visiting **svp.org.uk/youth-svp**

Leaders Guide

Prayer Stations

God did not create one kind of person, one type of work, or one way of being. He created a human family where each of us is called to reflect His love and become a light for others. Many Stories, One Light celebrates the diversity of people, experiences, gifts, and vocations that make up our communities, united by a shared commitment to putting faith into action.

These prayer stations are designed to help create a time of prayer and reflection that is linked to Vincentian spirituality, so that participants 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 participants 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.

"I thank you for the wonder of my being."
Resources needed: A mirror, acrylic pens/markers, instruction sheet, prayer focus materials (cloths etc)

Instructions for set up: Create a prayer focus using cloths or other materials. Place the mirror centrally, with the pens nearby.

Overview of Prayer Station: Participants will be invited to reflect on the unique gifts and qualities God has given them and how they can use these to reflect his light. After a time of reflection, they will be invited to write a positive quality about themselves on the mirror, recognising the goodness and light God has placed within them.

"Carry each other's burdens."
Resources needed: A glass jar, battery operated tea light, different coloured tissue paper, glue, instruction sheet, prayer focus materials (cloths etc)

Instructions for set up: Create a prayer focus using cloths or other materials. Place the tealight inside the jar and switch it on. Tear the tissue paper into strips and arrange these around the jar, with the glue nearby. Display the instruction sheet where it can be easily seen.

Overview of Prayer Station: Participants will be invited to reflect on the stories we cannot always see and how we can stand alongside others through difficult times. After a time of reflection, they will be invited to stick a strip of coloured tissue paper to the outside jar, contributing to a shared display that reminds us that everyone has a story worth understanding and that we can offer hope and support to one another.

"The light shines in the darkness."
Resources needed: A glass jar, battery operated tea light, different coloured tissue paper, glue, instruction sheet, prayer focus materials (cloths etc)

Instructions for set up: Create a prayer focus using cloths or other materials. Arrange the unlit tealights around the focus and display the instruction sheet where it can be easily seen.

Overview of Prayer Station: Participants will be invited to reflect on how Christ's light remains with us during difficult times and how we can bring hope and support to those experiencing darkness in their lives. After a time of reflection, they will be invited to switch on a tealight as a sign of their prayer for others and a reminder that even the smallest acts of love can make a difference.

"Each of you should use whatever gift you have received."
Resources needed: Printed light shapes (overleaf), cut out, pens, instruction sheet and prayer focus materials.

Instructions for set up: Create a prayer focus using cloths or other materials. Place the cut-out light shapes and pens nearby, and display the instruction sheet where it can be easily seen.

Overview of Prayer Station: Participants will be invited to reflect on the unique gifts and qualities God has given them and how they can use these to serve others. After a time of reflection, they will be invited to choose a light shape and write down one thing they can offer to their community.

