

Prayer Space Instructions: Secondary School 1st Prayer Space

During your time within the Prayer Space the chances are that you will, at some point, have to explain one or more of the prayer activities. Within the Prayer Space at each activity there will be short instructions cards which explain the purpose of the activity. The text for these instruction cards has been included below so that you will have an idea of the different activities before you arrive. Please do not feel that you have to learn these, though!

During each session, you will need to 'float' around the room, helping students as they need help. Don't be afraid to approach students and ask them how they are finding an activity, what activity they have found most interesting and why etc. If you see a student who seems to not be engaging, perhaps suggest an activity that seems to be free for them to go to, or ask them is there an activity they have not done yet? Encourage them to explore the activities, but never force them to do any of them. If they wish to just wander that is fine, if they want to just sit and be still that is fine too. Some students may want to quietly explore the activities by themselves, whilst others may be happy to just chat with you for the whole time, it is important that they are made to feel welcome in doing either. When talking with students please use the language 'Many Christians believe' or 'As a Christian I believe'. Please do not pray with individual students or do any kind of corporate group prayer.

1) Sorry- Sand

"I wish I hadn't..." "I'm sorry I..." "I didn't mean to..." "If only I hadn't..." How would you finish these sentences?

All of us have done things we regret, or wish we could change. Sometimes that feeling of guilt or sadness can weigh us down. Maybe you feel like you want a fresh start?

Christians believe that when they say sorry to God, he forgives them and gives them a fresh start.

If you would like to, write a sorry prayer or thought in the sand and then wipe it away as an opportunity to move on. (You don't need to ask students what they are sorry for or to ask them to explain their thoughts)

2) Thank you- Post-it Notes

What are you thankful for?

There are lots of wonderful things in the world that we can be thankful for. Christians like to say thank you to God for these things.

We can be thankful for physical things like cars, food, homes, water, games consoles, clothes, holidays...

We can also be thankful for moral or spiritual things like friendship, people, peace, happiness, love, hope, kindness...

As a prayer or reflection, express your thankfulness for something important to you by writing or drawing it onto a post-it note.

3) Please- Bubble Tube

What is on your mind?

Do you have worries about the future?

Is there anything you need?

Are there things you want to see changed?

Christians believe that God cares about all their worries and needs and that He hears all their prayers. The bubbles going up the tube in the middle here represent all our prayers and thoughts.

If you would like to, write something that you are thinking about on a post-it note and stick it onto the bubble tube as a prayer or reflection.

4) Our World- Map

Look at the world map and think about the things that are going on around our world. Christians believe that it is important to care for our world and the people in it.

Think about any family or friends you may know in another part of the world.

Think about different situations happening around the world that you've heard about, maybe on the news, where people need help.

If you would like to, write a prayer or thought for someone you know or about something that is happening in the world onto a post-it note and stick it onto the map.

5) Big Questions- Cardboard

Discussion about faith and religion has always prompted people to ask 'big questions'.

When disasters and bad things happen in our world, we can think 'Where was God in that?', or 'Why did God let that happen?'

Christians believe that God wants to hear our questions, whether they are coming from a sad, angry or hopeful place. What are the big questions you would ask God?

If you would like to, write one onto a piece of ripped up cardboard and take a moment to pray or reflect on it. Then when you're ready, peg it onto the string.

6) Pipe Cleaner People

There are lots of people that we come into contact with that have a positive effect on our lives. They might be people we know well, or people we find out about and look up to because of what they have achieved.

Christians like to thank God for these special people and the impact that they have on us.

Who are you thankful for? Why are they important to you?

Think about someone that's important to you. It might be your best friend or your teacher, someone in your family or someone completely different!

Perhaps you'd like to spend some time thinking about or praying for that person. As you do, make them out of pipe cleaners as an outward expression of your thoughts and prayers.

7) Forgiveness Stones

Sometimes we are hurt by people, they may call us names or say or do things that are unkind.

When this happens we have a choice to either forgive that person and let go of the hurts or to hold onto the anger and bitterness we may feel.

Christians believe that because God forgives them, it helps them to forgive other people, allowing them to let go of the heavy feelings and feel lighter inside.

Put on the headphones and turn on the MP3 player. Listen to the track and respond in a way that you are comfortable with.

8) Hopes and Dreams- Acetates

Everyone has hopes and dreams – things they would like to have, or to be, things they would like to do, or places they would like to go. Some hopes and dreams are small and could happen today; others are huge and may take a whole lifetime to reach. Some hopes and dreams feel impossible.

Christians often share their hopes and dreams with God. They might ask Him to help them find a way forward or to keep going when they're finding it hard.

What do you hope for? Maybe it's a something that feels quite small, or maybe it's something that feels really big.

If you would like to, write down your hopes and dreams onto a piece of acetate, perhaps as a prayer asking God to help you achieve them, or simply as a reminder to yourself, and then hang them up.

OR Write down your hopes and dreams onto a post-it note and stick them on the relevant section of the wall- you may have a hope for all three of these areas.