

## Prayer Space Instructions: Primary 2<sup>nd</sup> Prayer Space

During your time within the Prayer and Reflection Space the chances are that you will, at some point, have to explain one or more of the prayer and reflection activities. At each activity, there will be a short instruction card which explains 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 be stationed at a particular prayer and reflection zone. As each group is directed towards you by the Prayer and Reflection Space leader, you will need to welcome them (ask their names) and encourage them to explore the activity. Depending on the age and ability of the students you may need to explain the activity to them again or help them by scribing their response to an activity. We would always encourage the Prayer and Reflection Space volunteers to interact with students as much as they think is necessary. Some students may want to quietly explore the activity 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 the 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) Fizzy Forgiveness

Sometimes we are hurt by people, they may call us names or say or do things that are not nice. When this happens, we have a choice to 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.

**If you would like to, and feel you can, pick up a tablet, think about someone that you would like to forgive, and drop the tablet in the water.**

**As the tablet fizzes and gradually dissolves, think about letting go of the feelings you have towards that person and try to forgive them. (You don't need to ask students what they are sorry for or ask them to explain their thoughts)**

### 2) Thank you Pipe Cleaner People

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

There are lots of people that we meet that have a positive effect on our lives, who help us out, treat us kindly or love us. Christians like to thank God for these special people.

Think about someone that's important to you, it might be your best friend or your teacher, one of your parents or a grandparent, your brother or sister, 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.**

### 3) Please Bubbles

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 or draw something that you are thinking about on a post-it note and stick it onto the bubble tube as a prayer or reflection.**

### 4) Friends and Community Flower

What makes a good friend?

Who supports you and looks after you?

Do you know someone that needs your help?

Friendships and communities, like our school, work best when people look out for and help each other. Christians believe that they are part of God's family, and that He is their friend, always there to listen and to help them.

**If you would like to, on a paper petal, write the first name of a friend or someone in your school and then write or draw a short prayer, thought or wish for them. Then add it to the Friends and Community Flower when you're ready.**

**\*NB You would need to provide the paper for this activity and cut out the petals for this activity, as well as providing a large piece of paper for students to stick their petals to.**