



## Prayer Space Themed Activities

### Theme: *Special Places*

*Suggested 'special places' themed prayer space activities*

*Choose 4 activities for Primary School prayer spaces and 7-8 for Secondary School prayer spaces (these can be adapted to suit either)*

**Primary Activities:** *Nature (Set 1 and 2), Awe-some, Park Prayers, Rainbow Promises, People (Set 1 and 2), Wider World and The Cross*

**Secondary Activities:** *The Labyrinth, Seaside and Rivers*

#### **Set 1**

##### **1) Nature**

(could use sunflowers, pine cones, pebbles, shells, leaves, fruit, feathers and smooth/patterned pieces of wood) Sometimes things we see, hear or touch in nature can inspire us to pray or reflect on our lives.

**Choose one natural object to hold calmly. Think about where it came from. Admire all its details: the patterns and colours; how it feels and any sounds you can hear through it. Consider what a gift this piece of nature is and give thanks for it.**

**If you would like to, you can write a prayer or thought on a post-it note and stick it onto the box where the object was. Remember to put the object back for the next group.**

##### **2) The Labyrinth**

A labyrinth is a pathway with a destination which can help us meditate and pray along the journey in our minds.

**Choose a labyrinth, sit quietly and breathe in and out deeply. You can pray or think about something that is troubling you before you begin.**

**Take time to trace your finger along the path, thinking about the movement, all the way to the centre. Once you're there, you can pray or think about steps you can take to help you with your worries. Offer thanks for what you have learned during your 'walk'.**

##### **3) Awe-some**

(stars, mountains, forests etc, could use Planet Earth trailers)

Christians believe that God is king over all creation, keeping it going. There are some amazing sights to see in our world, and even beyond!

**Take your time to have a look at the collection of photos (as a slideshow or as printed photos). Perhaps you would like to write a prayer or thought on a post-it note about how these places make you feel as you look at them, giving thanks for what you notice. You could focus on one specific photo and imagine you're there, with all the sights and sounds you might experience.**

If you could, what would you like to say to or ask God as you stand there?

##### **4) Rivers**

Rivers are constantly moving, as the water travels on a journey to the destination. Our lives can be constantly changing and sometimes we need to take time to be calm and appreciate what we have, to be content.

Are you content? Do you have peace?

**Listen to the calm music and have a look at the words from Psalm 23 v1-3, written by a content/peacefully happy shepherd. Think about what you can do or who you can ask to help you be content with your life. If you would like, you can write or draw a prayer or thought about this on the river paper.**

*Psalm 23 v1-3*

*'The Lord is my shepherd; I shall not want.*

*He makes me lie down in green pastures.*

*He leads me beside still waters.*

*He restores my soul.*

*He leads me in paths of righteousness*

*For his name's sake.'*

### **5) Park Prayers**

What's your favourite thing to do at the park?

A park can be a great place to spend time with our friends, to play games or sit quietly under a tree and talk. Showing kindness to our friends and praying for them shows that we care. Christians believe that God wants to help our friendships.

**If you would like to, draw something you can pray for one person in one space on the ladder picture, to help you think about or pray for people that are special to you.**

### **6) Seaside**

The sound and sight of water moving and the feel of the sand at the seaside can help us to be calm and refresh our minds.

**Listen to the sounds of the sea (through the shells or with an mp3 player). You can draw a picture in the sand tray of something that's troubling you, or something you would like to praise God for giving it to you. Or you could create a pattern or use the movement of the sand. You might like to have a read of the poem 'Footprints in the Sand' to help you with your ideas for thoughts or prayers.**

#### ***Footprints in the Sand***

*One night I dreamed a dream*

*As I was walking along the beach with my Lord.*

*Across the dark sky flashed scenes from my life.*

*For each scene, I noticed two sets of footprints in the sand,*

*One belonging to me and one to my Lord.*

*After the last scene of my life flashed before me,*

*I looked back at the footprints in the sand.*

*I noticed that at many times along the path of my life,*

*Especially at the very lowest and saddest times,*

*There was only one set of footprints.*

*This really troubled me, so I asked the Lord about it.*

*"Lord, you said once I decided to follow you,*

*You'd walk with me all the way.*

*But I noticed that during the saddest and most troublesome times of my life,*

*There was only one set of footprints.*

*I don't understand why, when I needed You the most, You would leave me."*

*He whispered, "My precious child, I love you and will never leave you.*

*Never, ever, during your trials and testings.*

*When you saw only one set of footprints,*

*It was then that I carried you."*

*(Author Unknown)*

### **7) Rainbow Promises**

Where have you seen a rainbow?

In the Bible, the rainbow can be seen as a symbol of God's peace and love. It is also a promise that He will look after His people. This causes Christians to praise God and thank Him for the blessings that they have in their lives.

**Place the prism onto the white paper, facing the large flat side towards you. Shine the torch onto the prism and adjust the angle of both until you can see a rainbow!**

**Consider what you're thankful for. You can write a promise to change something or start something new and write it on a rainbow.**

### **8) People**

Christians often gather in a church to meet together to sing, pray and listen to God, as well as to talk and to encourage one another. But did you know that the church isn't really about a building? It's the people! That's why Christians believe that you can pray anywhere, any time, and God will still listen.

Draw somewhere special you like to go to help you pray, think or talk with special people in your life. Place it in a card window frame (Baker Ross p117 in catalogue) to remind you of this. If you would like to, you could say a prayer to say thank you for those special people and places in your life.

## **Set 2**

### **1) Nature**

(shells, watery music, fountain, rainbow, pebbles in water tray, black sky & 'stars')

What are you thankful for in nature?

Water is often calming and helps us to think. A rainbow may remind us of God's promises, or simply hope after sadness. The stars in the sky at night fill us with awe and wonder.

**As you hold a pebble, think of something you are glad about. Then write a thank you prayer or thought on a post-it note and add it to the rainbow, giving it more colour. You can pray about or reflect on your thank you.**

### **2) Wider World**

(collage of homeless/refugees/floods/earthquakes on large card)

What makes you feel safe?

Many people have no safe place to go to. It might be because of flood, or war, an earthquake or something else.

**Think about some people that you've heard about, perhaps on the news, and what it must be like for them.**

**Help others in the group to break down the construction, then build it up again carefully. As you do so, think about people's need for a safe place to call their own. You could ask God to help them.**

### **3) The Cross**

(cross, drape, sorry prayer, lamp)

Christians believe that the cross is a very special place, where Jesus showed his love for everyone. Here, Christians believe that he died so that we could be forgiven for the things that make God sad.

At times, we all do things we regret, such as arguing, or being unkind, or thinking of ourselves instead of others.

**Think about things you've done that you feel sorry about. Then write a sorry prayer or thought on a post-it note and stick it to the cross. Sit quietly, think about being forgiven and making a new start.**

#### **4) People**

(string, pipe cleaners)

Sometimes the most special place is with a special person, who makes you feel safe and happy. Other people also have their own needs and sometimes it is our turn to care for them.

**Think about someone who is in need. This could be someone in your family, a neighbour or a friend.**

**Make a pipe cleaner person to remind you of them. Hang it up on the string and think of a 'please' prayer or thought, asking God to help that person.**