

## Journeys prayer & reflection space activities

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...*'. **Do not** pray with individual students or do any kind of corporate group prayer.

### 1) Bubble Journey

Sometimes, worrying about things can stop us on our journey through life. Writing our worries down, or telling someone that we trust, can help us to deal with our worries and feel safe again.

Many Christians believe that God can help them with their worries by listening and by giving them courage to take action or talk with someone. Is there anything that you're worried about?

**If you would like to, you can use the bubbles to 'blow your worries away'. As you do so, pray about or reflect on letting your worries go and moving on. If you feel worried, it's good to talk about your feelings with an adult that you trust.**

### 2) Lifeboat Journey

Many of our journeys are safe and free from worry. Imagine if you had to suddenly leave your home because of danger...how would you feel? Sometimes refugees take huge risks to get to safety, such as travelling in unsafe, overcrowded boats and they can take very little of what they own with them.

Many Christians believe that they should care for those that are sad or in distress, such as refugees who are far from their homes.

**Look at the items in the boat...**

**The pillow represents our warm, comfy homes.**

**The water represents the food and drink we need each day.**

**The photograph represents our families and friends.**

**The pens and paper represent learning and education.**

**If you would like to, you can write a hope or a prayer for those people who have had to leave their homes and lost their precious belongings. When you're ready, attach it to the boat.**

### 3) Courage Journey

What stories do you know that help people to have courage and be brave?

The Bible tells the story of when Jesus' friends were scared that they would sink in their boat during a terrible storm. But Jesus simply spoke and the wind and waves became calm. Christians believe that God has the power to help them and that He can give courage when things are hard.

Is there something that you need courage for?

**If you would like to, write or draw things on the waves that stop you from having courage. On a sail, write or draw people, places or things that help you to have courage and to sail across a storm. Then blue tack this to a straw and add it to the picture. As you do so, think or pray about how you can help other people to have courage too.**

#### 4) World Journey

What places in the world have you been to? How can we be friends with people that live in a different country to us? There are all sorts of ways that we can keep in touch with people today, even if they live on the other side of the world to us!

Sometimes the internet is called a web because it connects people together all over the world. Christians believe that even if they can't make the journey to visit friends or family, or meet people they don't even know, they can pray for them.

**Look at the world map. Think about friends or family that live in another part of the world, or a place that you've heard about in the news. If you would like to, put a piece of blue tack where you live and on the place that you'd like to pray for or think about. As you put a piece of string between the two places, think about or pray for people there. Soon you'll see a web of friendships across the world! You could add your prayer to a post-it note too.**

#### 5) Season Journey

Sometimes our lives can change and we go on a new journey, or on a different journey from what we were expecting. This is like the different seasons we have during the year. In the Autumn, leaves change colour, they fall to the ground and become part of the soil that helps the tree to grow in the Spring.

Often, Christians find comfort in knowing God is always loving and present in their lives, giving them strength, especially during times of change.

What new journeys are you starting? A new school? Friendship? Family? Something you want to make better or do more of?

**If you would like to, write or draw something about what is changing for you onto an Autumn leaf as a prayer or reflection, and add it to the tree.**

#### 6) BeStill

When do you have time to stop, be calm and relax? Do you have a place to go where you feel comfortable and safe?

Sometimes our lives can be so busy with journeys, going from place to place, that we often don't have time to just be still.

Many Christians believe that it is important to take time during their day to be still and speak to God about what is going on in their lives.

**Find a comfy place, take a calm jar and listen to the calm music in the prayer space. Use this as an opportunity to be still, reflect, and if you would like to, pray inside your head. You can also write your prayer or reflection on a post-it note if you wish to.**

#### 7) River Journey

Rivers are constantly moving, as the water travels on a journey to its destination, usually towards an ocean, sea or lake. Our lives can be constantly changing too and sometimes we need to take time to be calm, slow down, appreciate and be thankful for what we already have.

Many Christians believe that it is important to take time during their day to be still and speak to God about what is going on in their lives.

When do you have time to stop, be calm and relax? Find a comfortable place, listen to the calm music and pick up a calm jar.

**Take this time to be still, reflect and, if you would like to, pray inside your head. You can also write or draw your prayer or reflection onto a stepping stone and place it onto the paper river.**

#### 8) Forgiveness Journey

Sometimes things can go wrong in our friendships and families. If we let them, our hurt feelings can grow inside and weigh us down, making us feel sad.

Saying sorry and talking to others can help us to start that journey of forgiveness and to fix our friendships. Christians believe that talking to God can help too.

**As you think about something you've done or something that has hurt you, write or draw this on the magnadoodle. Then take some time to think or pray about how you could change this.**

**When you're ready, rub out your writing or drawing to show that the journey of forgiveness has begun, to help you let go of those hurt feelings.**

### **9) Wise Men Journey**

Did you know that in the Bible version of the Christmas story, the wise men (known as the magi) didn't go to visit Jesus until quite a while after he was born? They travelled many miles, using a star in the sky from God as their guide, to reach their destination.

Christians traditionally celebrate this in January, known as 'Epiphany'.

Is there something that you want to achieve this year? Perhaps you'd like to earn a badge or certificate at school, in sport or music? Maybe you'd like to be better at a school subject? Or you'd like to be more generous or kind?

**Take a star post-it note and write or draw what you would like to achieve this year, as a prayer or reflection. Then stick it onto the night sky when you're ready.**

### **10) Dream Journey**

What are your BIG dreams?

What would you like to achieve?

Where would you like to go?

What would you like to be better at?

Sometimes it can be hard to dream BIG because we feel small or unable to finish the journey to get to our dreams. But BIG dreams can change the world. We can do amazing things! Christians believe that God has asked them to make the world a better place in different ways, with His help.

**If you would like to, take a cloud shape and write on your BIG dream. As you do so, reflect on or pray about how you could achieve this, or what you need to help you get there on your journey. When you're ready, attach it to the big cloud.**

### **11) Labyrinth Journey**

For many years, people have used labyrinths to help them reflect and think or to pray and walk. They tend to lead towards the centre, to a place where people can focus on feeling uplifted, blessed and renewed.

Christians believe that this helps them to bring concerns or worries to God and listen to His wisdom.

**If you would like to, you can walk the labyrinth. Take your time. Try to think about unwinding things that worry you or distractions and focus on the route. If you would like to, you can pray and talk to God in your head. Try not to distract others.**

**You can also take away a finger labyrinth. You could think about the verse in 1 Peter 5 verse 7 'Give all your worries to God, because he cares for you.'**