



Second Prayer Space Instructions: Secondary School

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 'Christian's believe' or 'As a Christian I believe'. Please do not pray with individual students or do any kind of corporate group prayer.

Sorry Acetates

"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 want to, write a sorry prayer or thought on an acetate and then dip it into the water to wash it clean as an opportunity to move on. When you have finished, peg the clean acetate to the string.
(You don't need to ask students what they are sorry for or to ask them to explain their thoughts)**

Thank you scratch cards

There are lots of 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, peace, happiness, love, hope, kindness...

As a prayer or reflection, express your thankfulness for something important to you by using the scratch card to make a picture.

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?

The bubbles going up the tube in the middle here represent all our prayers going up to God, Christians believe he hears them all.

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

Stop the Traffik

Human trafficking is forcing, tricking or threatening people to work for little or no pay. The person cannot leave, even if they want to.

Read one of the 'Stop the Traffik' stories, each one is true. How does it make you feel?

If you would like to, write a prayer or thought onto one of the paper strips and add your link to the chain.

Big Questions

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

When disasters and bad things happen, we can think 'where was God in that?' Or 'why did God let that happen?'

What are the big questions you would ask God?

Write one onto a piece of ripped up cardboard and take a moment to pray or reflect on it.

Impressions

What kind of impression do you leave on people?

Every day, we have an impact on those around us. It is up to us to choose whether we make a positive or a negative one. Christians believe that having a positive impact helps others to do the same and that God can help them to make those positive choices.

Put the headphones on and press play on the MP3 player. Listen to the track and follow the instructions on the recording as you listen.

Identity

Look at the reflection in the mirror. What do you see? Are you tall or short? What colour is your hair? Do you look pleased or upset? If you have a faith, what do you think God sees when He looks at you?

Read some of the words on the mirrors written about who you are. You are unique, there is no one else like you and that's the way it's supposed to be, it's a good thing.

Take a look at your finger, can you see your fingerprint? Make a fingerprint with the ink on the giant hand, as a symbol that you are special, just like your fingerprint.

Stress Less

Often Christians will talk to God about their worries, to help them release stress and find a way to move forward through their problems. When they read the Bible, they can find encouragements in it, such as 'Cast all your worries onto God because He cares for you.' (1 Peter chapter 5 verse 7)

As the aqua beads run through your fingers, think about what worries you, or makes you feel stressed. Think about letting go of those worries and stresses.

By worrying and stressing less, we can focus on dealing with our problems with a clear head and a calm heart.

Sorry Sand

“I wish I hadn’t... ” “I’m sorry I...” “I didn’t mean to...”

How would you finish these sentences?

All of us have done things we regret, or wish we could change.

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 want to, write the word ‘sorry’ in the sand as you think about something that you want to say sorry for and move on from, then brush it away.

Thank You

There are lots of things in the world that we can be thankful to God for.

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

We can also be thankful for spiritual things like friendship, 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.

Please

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?

The bubbles going up the tube in the middle here represent all our prayers going up to God, Christians believe he hears them all.

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

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 either forgive that person and let go of the hurts or to hold onto the anger and bitterness we may feel.

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

Big Questions

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When disasters and bad things happen, we can think 'where was God in that?' Or 'why did God let that happen?'

What are the big questions you would ask God?

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Our World

Look at the world map and think about the things that are going on around our world.

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

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.

Pipe People

There are lots of people that we come into contact with that have a positive effect on our lives, who help us out or treat us kindly or love us.

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.

Hopes & Dreams

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.

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

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.