

## Light 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) Unique

Look in the mirror, take your time.

What do you see?

Are there things about yourself that you don't like?

Is there something you're thankful about yourself?

Christians believe that God made everyone, and more importantly, that God loves everyone. No one is perfect, but each person is unique and special.

**Place your finger in the ink pad and make your finger print on the large paper to show how unique you are, just like your fingerprint. Then put your finger print on a smaller card, so that you can take it away with you to be reminded of your uniqueness.**

### 2) Descriptions

Look in the mirror.

What one word would you like people to use to describe you?

**Write your word on a post-it note and stick it onto the mirror.**

### 3) Be Yourself

What do you think of yourself?

What do other people think of you?

What does God think of you?

Lots of people will have an opinion about you; about what you're like and how you act. Very few people will really know who you are deep down, though.

**Take an MP3 player, stand in front of the first mirror, press play and listen to the instructions.**

### 4) Positive vs Negative

Look in the mirror, what do you see?

What are the things you like about yourself?

What are the things you don't like about yourself?

**Take a mega sketcher and a card person. If you thought of some, write down some of the negative thoughts about yourself onto the mega sketcher. Take a moment and then wipe them away.**

Then take your card person and write down some of the positive thoughts about yourself. Take this away with you and when you are finding things hard, remind yourself of what you have written today.

### 5) God's Thoughts

Look in the mirror, what do you think God sees?

In the Bible it says that "God saw everything that He had made, and behold, it was very good," - God thinks you're very good!

**If you would like to, read some of the other Bible verses that talk about what God really thinks of you.**

How does reading the Bible verses make you feel? Write down a reflection or prayer onto one of the pieces of paper and attach it to the paper chain.

### 6) What's in a Name?

"See, I have written your name on the palms of my hands."

Isaiah 49: 16, the Bible.

The Bible says that our names are written on the palms of God's hands. That means that whoever you are, God knows your name and He'll never forget it.

**Write your name on the hand here and look at all the names around it. Think about all that you have that makes you, you. Think about what makes the other names special. You belong here. You are part of this crowd.**

### 7) Emotions

We all experience different emotions about the way we view ourselves. Many Christians believe that God loves people. They believe that God loves people whatever they are feeling.

**Choose three or four faces and/or words from the 'Your Feelings' basket that describe the feelings you have most and stick them on the person outline. Think about times when you feel these emotions. Put them back in the basket.**

**Now stick some of the words from the 'God Says' basket around the person outline. These describe how Christians believe God views you. Can you believe these things about yourself?**

### 8) Aspirations

What are your BIG dreams? What would you like to achieve with your talents and skills? Where would you like to go? What would you like to be better at? What would you like to help change about our world?

Sometimes it can be hard to dream BIG because we feel small or unable to reach our goals or aspirations. But BIG dreams can change the world. We can do amazing things with what we have been given! This might be resources that we have, or our personalities, or our talents.

Many 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 what you aspire to. Spend some time thinking or praying about how you can achieve this, or what you need help with to get there. When you're ready, attach it to the string.**

### 9) Masks

Pick up a mask. If you want to, hold it in front of your face.

Do you talk and act differently around different people?

Do you ever say or do things because you want to be liked, but deep down you know that you're not being yourself?

Do you sometimes wear a mask to fit in, to belong?

Christians believe that we are all unique and special in our own way, and that is the way it's supposed to be. We all have our own talents, abilities, skills and interests. Sometimes we share these with people, other times we might find peace on our own.

**If you would like to, on a paper mask, write or draw something about the way you talk and act when you're not being yourself. Then, on the other side, write or draw something about who you are- the real you- when you're being yourself. Maybe you'd like to think about or pray for courage to be the real you.**

### **10) The Wheelbarrow**

Farmers sometimes use wheelbarrows to move rubbish from one place to another, clearing space on their farms.

We've all got rubbish in our lives, not just 'outside' rubbish like broken things and old clothes, but 'inside' rubbish too...shame, disappointment, failure or hurt. Christians believe that God can help them to clear out all the junk from their hearts by asking for His help and power to do this.

What 'inside' rubbish are you carrying around? What do you need to clear out?

**If you would like to, you can write or draw about your 'inside' rubbish onto a piece of paper, and then screw it up and throw it into the wheelbarrow. Get rid of it.**