

The Bible 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) Creation

What do you think is good in our world?

In the Bible, in the book of Genesis, it says that God made the whole world and He said "It is good." Christians believe that God made the whole world for people to enjoy and look after.

Look at the garden scene. Think about the countryside, the sea, the sky, space and the universe. Make a model of something you like in our world. Perhaps you'd like to think about or say a prayer to say thank you to God for it.

2) The Fall

Is there someone you've upset or has upset you recently?

In the Bible it says that even though God made the world good, people did things wrong. They upset God and each other. Today, we all do things wrong and this upsets people around us and God. Sometimes we need to say sorry for what we have done.

Close your eyes and think about your friends. With a thought or prayer, write the word 'sorry' if you want to apologise or the word 'help' if you want to ask for some help with a friendship.

3) The Cross

How does it feel when you know someone really loves you?

When we hurt each other and God, we can't be friends with Him. But God loves us SO much that He made a way for us to be friends with Him forever. Christians believe that Jesus came to Earth and died on the cross to forgive us for all the wrong things we've done. This was to repair our friendship with God and with other people.

Take a red heart, write your name and draw yourself on it. Tie it to the netting on the cross, remembering how much you are loved. You could pray for someone who you could show love to.

4) The Kingdom

In the Bible it says that when people die they can go to heaven to be with Jesus and that it will be awesome! A castle reminds us about the joyful Kingdom of Heaven and a crown reminds us that Christians see Jesus as the King of Kings, ruler of all.

Stick your jewel onto the crown and remember that Jesus is kind, good, holy and loving. On a post it note, write a prayer for someone that is sick, sad or lonely and stick it on the castle wall. The Bible says that God can give us peace when we trust in Him, even when life is hard. Perhaps you would like to pray for peace.

5) Big Questions

What 'big' questions would you like to ask God? Many people in the Bible asked God 'big' questions...

King David asked God how long he would have to wait for God's help. Mary asked the angel why God had chosen her to be Jesus' mother. Peter asked Jesus how many times he should forgive others.

Good times and bad times can cause us to wonder how or why God lets things happen.

Write one of your questions and stop to pray or reflect on it.