

The Lord's Prayer 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) Plasma Ball

1. *Our Father who is in heaven, hallowed be Your name*

Christians believe that God is hallowed, that He is holy, that He is amazing!

What do you think God is like?

Touch the plasma ball. Explore it. How does it make you think of God? Write down your thoughts onto a post-it note.

2) Pipe People

2. *Your kingdom come, Your will be done, on Earth as in heaven*

Christians like to pray that the world would become a better place for us all to live. Look at the world map and think about all of the people you know.

Either chose one person you would like to think about or pray for and make them out of a pipe cleaner.

Or you could make yourself out of a pipe cleaner and think about how you could make the world a better place for your family and friends.

3) Scratch cards

3. *Give us today our daily bread*

Think about all of the things that you have, all of the things you experience, all of the things you enjoy; there is so much that we can be thankful for!

Think about something that you are thankful for and, as a prayer or a thought, scratch out a picture or your words of thanks.

4) Fizzy Forgiveness

4. *And forgive us our sins, as we forgive those who sin against us*

Sometimes we feel bad when we do things that we need to say sorry for. Sometimes we feel bad when other people do stuff to us that we can forgive them for.

Think of a situation that you would like to think about saying sorry or being forgiving.

Take a vitamin C tablet and put it in the water, as you watch it dissolve, think about your bad feelings towards the situation disappearing.

5) **Bubble Tube**

5. *Lead us not into temptation but deliver us from evil*

Sometimes we need help to deal with stuff that is going on, things that might worry us, or be on our minds a lot.

If there is something you would like to ask God to help you with, you can write down your thoughts or prayers onto a post-it note or on the paper underneath the bubble tube.