

The Trinity 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) Father's Love

Christians believe that God is our Father and that He loves us and cares for us.

When we're troubled, He can help us.
When we're worried, He can comfort us.
When we're scared, He can reassure us.

Christians believe that God looks after us. Perhaps there's something on your mind? Something you're troubled, worried or scared about?

If you would like to, write down a prayer or a thought about something you would like help with onto a post-it note and stick it onto the bubble tube.

OR

God the Father

See what great love the Father has lavished on us that we should be called children of God! And that is what we are! 1 John 3:1

Christians believe that God is a good, good father who loves them whatever the circumstances and whatever they've done.

As you listen to the song: 'Good Good Father' (or similar) you can lie down and get comfy with the blankets and cushions. If you want to you can reflect on the words of the song as you feel the warmth of the blanket wrapped around you like His love.

2) Jesus's Love

Christians believe that God loves us so much that He sent His own Son, Jesus, to earth to die on the cross.

When Christians do stuff wrong, they say sorry to God and believe that God will help them to do better next time. They also believe that because God has forgiven them, this helps them to forgive others and to accept apologies too.

All of us have things we regret, or wish we could change and have a fresh start with no mistakes.

If you would like to, write the word 'sorry' on the magnadoodle and think about one of those things. When you're ready, wipe it away and think or pray about being forgiven and saying thank you for this fresh start.

OR

Christ the Son

For God so loved the world that He gave His one and only son, that whoever believes in Him shall not perish but have eternal life. John 3:16

Christians believe that God loves us so much that He sent his son to earth to be among us and to die for us, as a sacrifice. They believe that Jesus was given as a gift – He was precious to God and difficult to give up, but He was given because God loves us.

What gifts do we value that aren't tangible? (e.g. love, kindness, sensitivity, giving time, acts of service, patience, courage, perseverance, forgiveness, thankfulness, encouragement ...) How can we share more of these gifts with others, like Jesus showed us by His example?

If you would like to, write down a prayer or a thought about which gifts you'd like to share more with those around you, onto the heart shaped post it. As you stick it onto the large heart, you could say a prayer to ask for help if you'd like to.

3) Holy Spirit

When do you need courage?

Christians believe that God showed His love by sending the Holy Spirit after Jesus went back to heaven. In the Bible, the Holy Spirit is called the 'comforter' or the 'helper'.

They also believe that the Holy Spirit can help in everything they do by filling them with God's power, and that the Holy Spirit can comfort us when things make us sad.

Take this moment to relax. If you would like to, pick up one of the pots. As you do, think about something that you need courage to do; it could be something new or something you want to change.

As you slowly fill your pot with coloured rice, think about or pray for courage to start something new. Perhaps you might like to ask the Holy Spirit for His help.

OR

The Holy Spirit

Jesus said: I will ask the Father, and He will give you another Helper who will stay with you forever. John 14: 16 (GNB)

Christians believe that the Holy Spirit helps us and can give us comfort when we need it. He can help us let go of worries and help us in difficult situations. Christians believe that the Holy Spirit can speak to our consciousness.

What do you, or people close to you, need comfort for at the moment?

Is there anything that you are finding difficult that you would like help with?

Or is there something bothering you that you could like to let go of?

Write or draw it on a post it note and stick it onto the bubble tube as a prayer or reflection. If you'd like to you can ask the Holy Spirit to comfort you, help you or enable you to let go of anything bothering you.

4) God for Us

When do you stop, relax and reflect?

Life can be busy! Sometimes we're busy worrying about ourselves, people we know or our world. On a good day, we might be so filled with happiness that we forget to say thank you!

Christians believe that the Holy Spirit can be their guide when praying for themselves, for people they love and for the whole world, even when they don't know what to say.

Have a look at the newspaper strips. Use the paper strips to draw or write a prayer or thought for yourself, for someone you know or for something happening in the world. When you're ready, attach your paper to the chain.

5) God for Community

What communities do you belong to?

The Trinity- Father, Son and Spirit- Three in One- is a picture of a community, a friendship. Christians believe that they are connected to the trinity and this means they will never be alone. It also helps them to know how to use what they have so that they can help others, both near and far.

Think about the relationships, communities and friendships you are in; people you get on with and people that you don't really know or like. Choose a piece of ribbon to represent yourself and your talents. Weave it into the wreath, with the other ribbons. As you do so, pray or think about ways that you can help your community with your talents.

6) God for the World

Have you ever thought about why the internet is described as a web?

Since it was invented, the internet has made it so much easier to communicate with people, whether they live near you or on the other side of the world!

Christians believe that because they are linked to the Trinity, their lives are opened up to a web of friendships around the world, even to people that they might never meet!

Look at the map. Think about family or friends that live in another part of the world, or something that you've heard about in the news recently.

If you would like to, put a piece of blutack where you live. Add another piece to somewhere that you would like to pray for. As you place the string between the two places, think about or pray for people in those places. Soon you will see a web of relationships across the globe!

7) God is Love

Christians believe that God is love, that this is where love comes from. Real love needs a relationship, for sharing and helping. Christians see this in the never-ending friendship between God the Father, God the Son and God the Holy Spirit.

Christians also believe that when Jesus was on Earth, his friends and enemies rejected him. Jesus loved them equally, choosing to forgive, even when it meant he was hurt.

Think about what love means to you. How and when can you show love?

Decorate a piece of string with pens. As you use different colours for different people, think about how you could show love to people around you. Then tie a knot in the string and follow the circle with your finger, to remind you that real love is never-ending.

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Think about what love means to you. How and when can you show love?

Think about people around you; this could be people at home, at school or in your local community. Choose a pipe cleaner and make a model of them to remind you to show love to that person. Or you could make a model of someone that has shown love to you as a thank you thought or prayer.

8) 3 in 1: Mystery

Beyond all question, the mystery of godliness is great. 1 Timothy 2:16

Mystery about God is OK!

It's a mystery that he can hear all our prayers at once, but Christians believe that he does!

It's a mystery that God is three – Father, Son and Holy Spirit – but also one God, and that's OK too!

As you touch the plasma balls you can think about the mystery of God as 3 in 1.

9) 3 in 1: Unity

May the grace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all. 2 Corinthians 13:14

Christians believe that although there are 3 persons in the Trinity: Father, Son and Holy Spirit, they are all one God. Like a 3-legged stool you can sit on, you need all 3 legs to support you.

Look at the 3-piece interlocking puzzles and see if you can work out how to make them into one. As you do this, you can think of the 3 amazing parts of the one God if you'd like.

10) The Trinity

Who or what is important to you?

Christians believe that all three persons in the Trinity are equally loving, powerful and valued. They are thankful for...
...the Father's creation and never-ending love
...Jesus giving his life for them on the cross so that they could be friends with God again ...how the Holy Spirit comforts, guides and empowers them.

Use the picture to help you consider three things or people that are important to you. Select a different pen for each of them and move over the shape. Get into a rhythm and notice the shapes this creates. Start from different points of the shape. Notice the differences and similarities that you create with your pen. Change the pace and direction. As you do, be thankful for different relationships that you have in your life.

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...Jesus, the Son, giving his life for them on the cross so that they could be friends with God again
...how the Holy Spirit comforts, guides and empowers them.

Think about some people, places or things that are important to you. If you would like to, write down a prayer or thought of thanks onto a post-it note and stick it onto the bubble tube.