



PRAYER STATIONS

These prayer stations are designed to help create a time of prayer and reflection that is linked to Vincentian spirituality, so that children are encouraged to pray and be inspired to use their God-given talents to serve those in need in their community.

The resources can be used as suggested or adapted to meet the needs/abilities of the children and the space available.

For each prayer station there is an explanation and instructions. These can be put on the floor and spread around the room to give enough space for more than one person to be at the prayer station at a time. Alternatively, you might like to use them separately within Mini Vinnies meetings.

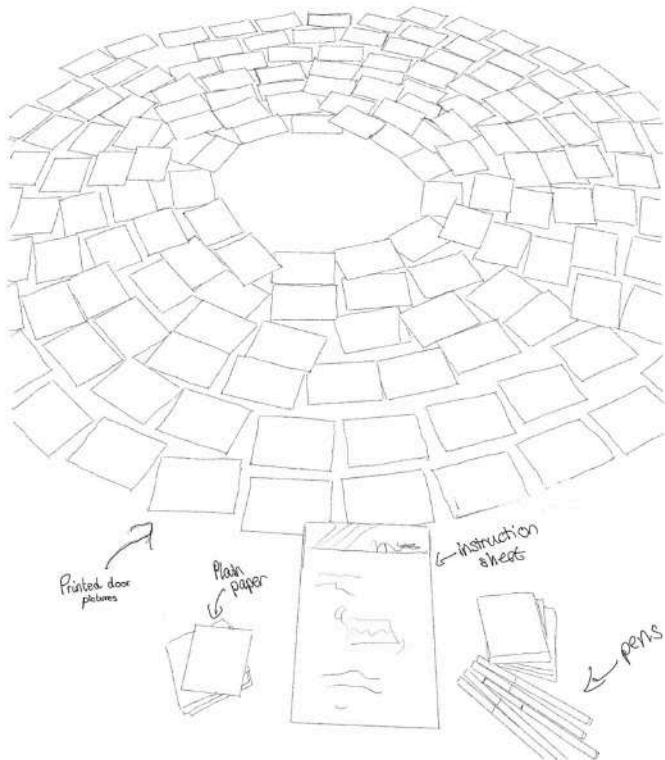
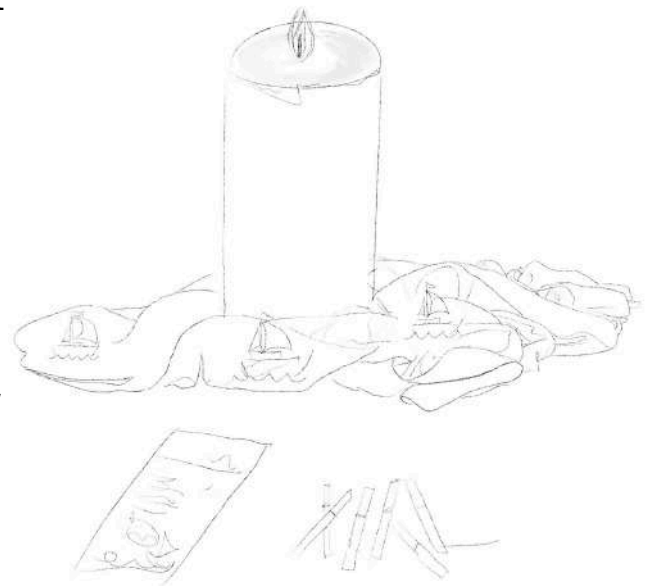
Each one should take approx. 5 minutes, but can be adapted according to the time available for the prayer time.

Fear Not

Resources needed: Paper boats (templates provided to cut out and give each child), coloured pens/pencils/crayons, instruction sheet, blue cloth for display and a copy of Matthew 14: 22-33 to set the context for this prayer station.

Instructions for set up: Create a storm display using blue cloth or similar. If you have the possibility of sound, have a storm soundtrack playing. Cut out the paper boats and add them to your display with some pens. Print out the group instructions and add them to the display.

Overview of Prayer Station: Invite the children to think about the worries they might have at the moment and how these worries might be stopping them to see that God is there to help them through the difficult times. After some time to reflect, invite them to colour in a boat to symbolise these worries and then add it to the storm. Their prayer for God's peace can be in the silence of their hearts.



Worldwide Embrace

Resources needed: Printed doors (choose from the 42 we've provided), pieces of plain paper, pens, instruction sheet.

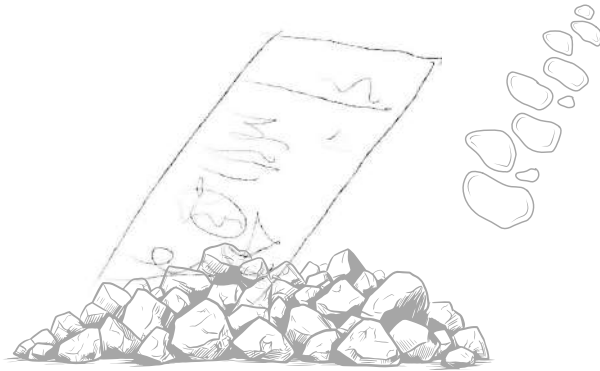
Instructions for set up: Print off the images of different doors and lay them out in a circle (See example picture). Cut some plain paper into quarters. Place the plain paper and the pens to the side and the explanation nearby.

Overview of Prayer Station: Invite the children to reflect on the different doors and who could be behind them. They can then add a prayer of love behind the door that has particularly stood out to you.

For example: They identify the doorway in which a homeless person may sleep, so they might write a prayer for those experiencing homelessness.



PRAYER STATIONS



Winding Road

Resources needed: Rocks, instruction sheet.

Instructions for set up: Gather some stones or rocks and place in a pile. Use a few stones to create the display of a path that people can add to. Place the reflection somewhere that is easy to read, as well as a lit candle (where possible).

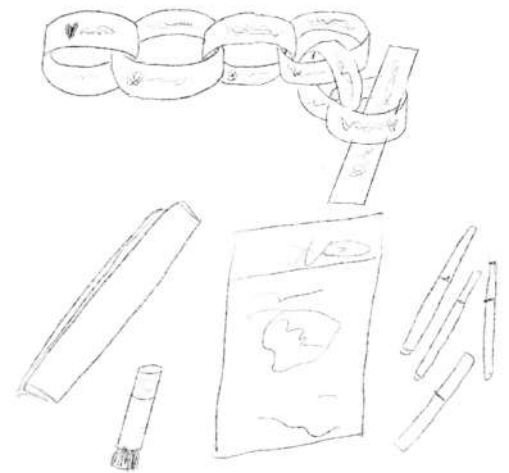
Overview of Prayer Station: Invite the children to think about their journey, through reflecting on the feel of a rock in their hand. Invite them to add their rock to the path, symbolising their trust that God knows their next step.

Chain of Hope

Resources needed: Coloured strips of paper, or printed out pages with cutting lines, pens, stapler or glue, instruction sheet.

Instructions for set up: Secure some of the strips of paper together to form a paper chain and place this in the centre, surrounded by the rest of the strips, the pens and the glue/stapler. Add the instruction sheet to the display.

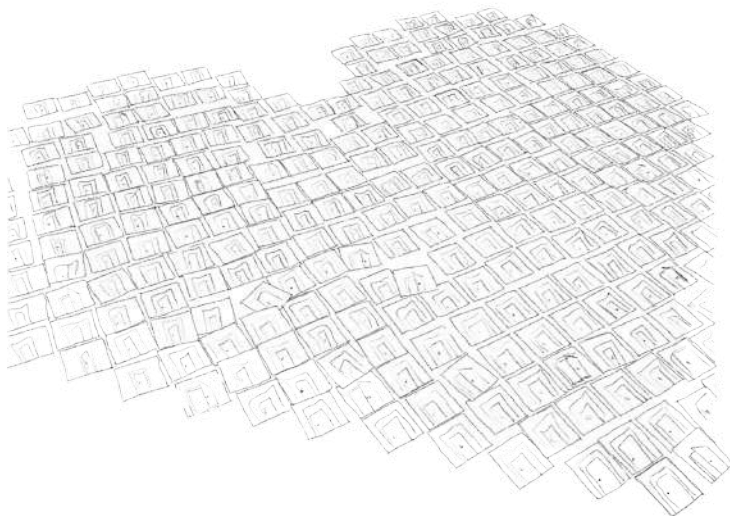
Overview of Prayer Station: Invite the children to write on one side of the strip of paper the name of someone they know well who brings them hope, and on the other side, write a message of hope for someone, or a community, that is in need of hope. They can then add this link to the paper chain as a symbol of how we are all connected.



For example:

My best friend, Jo

Lonely people in our parish



Heart of Blessings

Resources needed: Printed door outlines cut out (into squares), pens, instruction sheet.

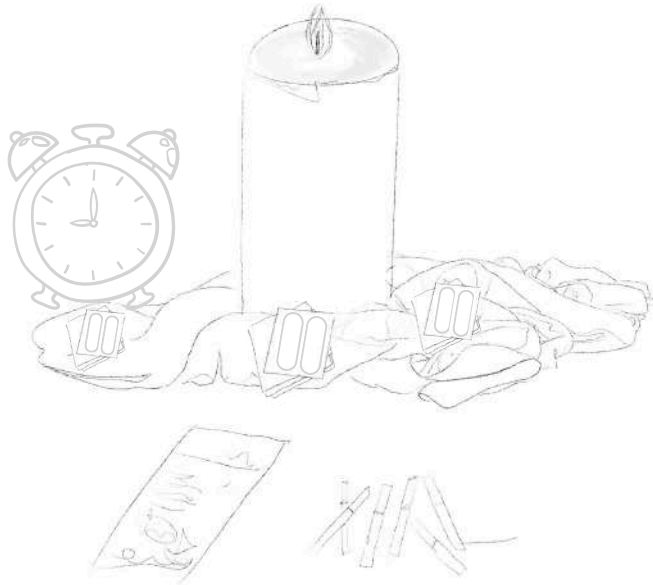
Instructions for set up: Lay out the cut out doors into the shape of a heart and put out the instruction sheet.

Overview of Prayer Station: Invite the children to think about the doors that God has opened for them, and the blessings in their life. Decorate one of the doors with these blessings and add it back to the heart display.

For example: My family, my friends, my home, my pets.



PRAYER STATIONS



A time to pause

Resources needed: A candle, a clock, printed pause signs, colouring pencils/pens, instruction sheet.

Instructions for set up: Print and cut the pause sign colouring sheets. Create a display with the candle and clock, and place out the colouring sheets and pens/pencils. Ensure the instruction sheet is somewhere easy to read.

Overview of Prayer Station: Invite the children to think about how they use their time. They will soon reflect on moments where God has broken into their routine with a special moment of grace or love. Invite them to colour in a "Pause" sign as a reminder to make time for those surprise moments. They may even like to write these special moments on the "Pause" sign.

For example: The time I spend with my family reading stories.

