

## 100 PRAYER IDEAS

Junior High Ministry, Mariners

<http://www.marinerschurch.org/hailtheawkward/100-prayer-ideas/>, 2015-04-24

### **#1-PRAYERS IN THE SAND**

This is a great way to spell out forgiveness, you get a tray of sand that people can come up to (put it a bit out the way, so other can't see what you write) and then if there's something they want to confess and repent of, they just write it in the sand, and once they've repented of whatever it is, then they rub out what they wrote and it's gone. It's just a very clear way of showing how God wipes the slate clean when we ask for his forgiveness.

### **#2-AT THE FOOT OF THE CROSS**

You can make a cross or put a picture of a cross on a wall, and have a verse for people to think/pray about. A good verse to use is *Luke 9:23: Then he said to them all: If anyone would come after me, he must deny himself and take up his cross daily and follow me.* Then you can put a note below saying something like 'what does this mean to you/in your life?'

### **#3-PRAYING FOR THE WORLD**

You'll need a big picture of the world, maybe a poster or use a projector to show an image, or just use a globe. Also, you'll need some post-it notes, then people can come up and write a prayer for a countries on the post-it and then stick it on the map (in the right place). You could also be more specific and pray for Bible translation projects or for missionaries.

### **#4-PRAYER ROCKS!**

You will need a collection of rocks (enough for everyone in your group and small enough to carry in a pocket) and permanent markers for everyone. Get everyone in your group to take a rock, and with a pen write their name and a prayer request on it. Then put all the rocks in the middle again and pick up someone else's rock. They then have to carry the rock around with them wherever they go, and when they remember the rock, pray for the person on it. When you meet again, exchange rocks with someone else. On the other hand, if your church supports lots of missionary, perhaps you could write a missionary on each rock and then hand them out.

### **#5-NORTH, SOUTH, EAST, WEST**

Pray for the four corners of the world. Get together some prayer requests or issues going on in the world that need pray, and split them into four groups: North, South, East and West. Then when you are with your youth group share the prayer requests for the North, face that way and start praying. Do this for South, East and West.

### **#6-PRAY FOR EACH SCHOOL**

If you have got lots of people in your youth group from different schools a great idea is to get everyone to make a big circle. Then whoever is in charge calls out the name of a school (that someone actually attends) then everyone who goes to that school goes into the middle of the circle, and then everyone still in the circle crowds around those in the middle and prays for them (e.g. that they would have the boldness to talk to the school friends about Jesus). After a short time get everyone to return to the circle and then call out the name of another school. Keep doing this until everyone has been prayed for. Getting everyone to pray out loud and all together is a good idea.

### **#7-PRAYER BALLOONS**

Prayer balloons are great for large groups of people, but can be quite noisy and slightly messy. You will need balloons that have not yet been blown up. Each person in the group gets a thin strip of paper and writes a prayer request on one side and a Bible verse on the other, the verse can be one they like or one they feel God wants them write down. Then each person gets a balloon and puts their piece of paper in it.

The balloons are then blown up and when everybody is done the balloons are then thrown up into the air (preferably indoors so none fly away). Each person then catches a balloon of a different color and pops it. Everyone then has another person's prayer request and a Bible verse to read.

### **# 8-PRAYER POST-IT NOTES**

This is a great prayer activity for any size group and all you need is some Post-it notes, and of course prayers. Each person in the group is given a Post-it note and writes down a prayer request they may have. Once everyone in the group is done, the Post-it notes are then passed on a few times around the group. Everyone can then pray for someone else and stick the Post-it note in the front of his or her Bible if it is an ongoing prayer request. You can then pray for people in your group every time you read your Bible.

### **# 9-PRAYER BALLS**

If you've got some time to prepare, and don't mind investing a small amount of money, then Prayer Balls is a great idea. What you need to do is go to a shop and buy a bunch of plastic balls, like the ones you find in children's Ball Pools, or you could buy some cheap ping pong balls, you should have a least one ball per person praying. Then, using a permanent marker, write a letter on each ball, go through the whole alphabet as many times as needed. When you come together spread all the balls over the floor, and get everyone to pick one up, then ask them to think of a country starting with the letter on their ball, and then spend a few minutes praying for that country. After a while throw the balls around until you get a new letter, and start again.

### **# 10-PRAYER AIRPLANES**

A simple idea to jazz up prayer time. Everyone in the group writes one or two prayer requests onto a piece of A4 paper. Fold the paper into airplanes. When everyone is ready, stand together at one end of the room and fling your paper airplanes down the room. Then, go and pick up somebody else's plane. Unfold it and spend a few minutes praying for the people and situations written on the piece of paper. Prayer requests can be anonymous if the group is not comfortable with sharing requests.

### **# 11-PRAYER CALENDARS**

Many people have a life that's so complex and busy that it is difficult to 'find' time to pray...especially for concerns beyond the immediate. A prayer calendar can be a useful tool for them. These can be included in the church newsletter, and/or handed out. On the prayer calendar, each day is designated for a specific prayer for a ministry, an outreach effort, needs, or people.

### **# 12-CREATE A PRAYER ROOM**

Locate a space in the congregation where a prayer room or prayer chapel can be set up. Let this space become that quiet place where people may gather at any time for prayer. Include prayer resources for people to borrow. Consider placing cards and a basket or a booklet where prayer requests may be recorded.

-

### **# 13-PRAYING THE LORD'S PRAYER**

Use each petition of the Lord's Prayer as the prayer starter for groups to pray. Read the passage and then briefly explain what it is saying, perhaps using Luther's Catechism to help explain it. Then in groups, have your students restate that prayer request in their own words.

### **# 14-PRAYING THE NEWSPAPER**

This is an interesting way to pray for the needs of the community, nation, and world. Open the newspaper and begin praying for the people and concerns identified in the headlines. It is a way to bring focus to our prayers for others. And it invites us to pray for God's presence in the lives of those who are suffering, lost, celebrating, and serving.

### **#15-PRAYING OVER THE SEATS**

Walk up and down the aisles, touching the pews or seats, imaging those who will sit in the pews, praying that the message, the music, and all that will happen in worship that morning will “bear much fruit” in the lives of those who are gathered. Pray that the Holy Spirit who gathers us and who nurtures faith will provide for those who sit in the pews, that they will hear what they need even it is not spoken. Pray that the Spirit will comfort and challenge them. Visualize them moving out from the sanctuary into their homes, offices, and neighborhoods. Pray that the wind of the Spirit will breathe life into them so that they can breathe it out on others.

### **#16-PRAYER JOURNAL**

Instruct your students to keep a journal with two lists: prayer requests and answered prayers. Make this a creative activity by allowing your students to decorate / design their own prayer journals.

### **#17-POST-IT NOTES ON THE BACK**

Have each student write a prayer request on a post it note and then place it on their own back. Once they are done invite students to walk around the room placing their hand on another student’s shoulder and pray for the request on their back. This will create a few different lines around the room that grow and change shape as the front person leaves and another joins the end. This is a really neat picture of the body of Christ praying for each other.

### **#18-NOTES IN A BASKET**

This is one of the simplest ways to pray in groups, yet is very powerful. Have each student write 1 or 2 prayer requests on a small piece of paper and when they are done bring it to the center of the room and place it in a basket (or box, ball cap, or any other container that starts with the letter B). Then the student will grab another prayer request from the basket and find a spot to pray for it. Once they are done the repeat the process until you end it. In order for this to work you’ll need to have 1 or 2 prayer requests in the basket before the first students gets there.

### **#19-A.C.T.S. PRAYER**

Use the ACTS acrostic to have students pray in groups. Adoration: Praise God for who he is. Give him glory for his character and faithfulness. Confession: be transparent before God and confess how you have sinned against God and others. Thanksgiving: Thank God for the small and big things that he has done for you. And Supplication: Present your requests to God, both yours and others that you know of. It would help to explain each of these for a moment before launching them into prayer.

### **#20-THE 4 Gs PRAYER**

This could be done in groups or set up as prayer stations that students move around to on their own and pray through...

#### Gospel

Our #1 desire is that all people would hear the gospel and respond to the gospel. Our youth group will never grow until we grow a passion for seeing our lost friends come to know Jesus! So right now we are going to pray for our lost friends...

- 1) Ask God to bring to your mind 3 friends that need to know Jesus as their savior.
- 2) Pray for their salvation; that they would be open to the gospel and they would understand their need.
- 3) Ask God what he wants you to do about? (Invite them to church, share the gospel, have a spiritual conversation, and maybe just give them some encouragement)

#### Gather

Part of gathering is to worship together, to read scripture together, to pray together, to encourage each other. We are doing all those things this morning.

Take 2 minutes and read Psalm 118. As you read, think about what verse pops out to you, what phrase resonates with you? After a couple minutes I'll open up the microphone and any of you that want to can come up and read that phrase or verse that stuck out to you.

### Grow

Growing is all about becoming more like Christ so that our following of him is not just a Sunday thing or a nighttime prayer thing, but an all-day every day thing. All of the other 3 G's will largely be affected by how you are doing with this one. The more you grow in your spiritual life and following Christ closely, the more you will want to share the gospel, the more dedicated to gathering every week to worship as the church and the more motivated you will be to serve and give your life away for others. So let's talk about what our next step is to grow to be like Christ and let's pray for each other. Get in groups of 4 or 5 and quickly share the one thing that you either need to start doing or stop doing that will help grow with Christ the most in your life. After each person has shared, take a couple minutes and pray together for each person in your circle.

### Give

With a partner pray for the poor and needy, those that are lonely this season or have lost loved ones, for marriages that are breaking apart, for children that are left behind or ignored, for those that can't afford presents this year, or heat in their house, or even warm clothes. And then finally ask God to give you opportunities to help these.

### **#21-REFLECTION**

This prayer station is simply made up of a variety of mirrors. In this example, we just used a set of mirrors you can get at a craft store, but any mirrors will do. Instructions: Stand over the mirrors and look down into them. What do you see? The sky? The tops of trees? Move your position until you see yourself reflected in the mirrors and meditate on what you see. What do you think God sees? Offer a prayer of thanks for who you are or take time to pray for a need you see in your own reflection.

### **#22-BOARD GAMES**

Set out several old game boards and an assortment of letter blocks from old board games like Scrabble. You could also just cut out a bunch of letters that you print out yourself. Reflect on who/what/how God is for you. Offer up a prayer of thanks for God's presence by using the letters to create words on the game board that describe God for you. Consider connecting your words "Scrabble-style" to the words added by others, symbolizing the way in which our different experiences of God come together in community.

### **#23-WATER**

Set out a large bowl full of water. Explain: Water is a source of life. Reflect on the importance of water in your own life. Think about how it might represent God's presence. In pairs, pour water over each other's hands, experiencing the water together and offering a silent prayer for the other person. What memories come to mind as you feel the water? Baptism? Jesus washing the feet of others? Washing your hands before a special meal?

### **#24-THE JOURNEY**

All you need for this prayer station is a large sheet of paper and some markers: "What words, images, or symbols express your journey of faith? Meditate on your journey so far – the ups and downs, twists and turns, the spiritual companions who have walked alongside you, the questions, doubt, and fears, the mountain top experiences, and the challenges of ministry with young people. Use this wall to express your spiritual journey in image, symbol, or word. Take time to consider what others add to the mural. Where do their journeys intersect, parallel, or diverge from your own?"

### **#25-PLAY-DO**

This prayer station requires Play-Do (or similar sculpting clay): “The Lord said to Moses: Thus you shall say to the Israelites: ‘You have seen for yourselves that I spoke with you from heaven. 23You shall not make gods of silver alongside me, nor shall you make for yourselves gods of gold. 24You need make for me only an altar of earth and sacrifice on it your burnt-offerings and your offerings of well-being, your sheep and your oxen; in every place where I cause my name to be remembered I will come to you and bless you. (Exodus 20)

“What are some of the idols in your life – possessions, activities, attitudes and relationships that get in the way of your relationship with God? What worries or challenges in your personal life, work, or ministry seem to loom bigger than your trust in God? Use the Play-Do to create a symbol of those items, and then smash this idol as a sign of your desire to move closer to God’s center.”

### **#26-SAND FORGIVENESS**

This is another prayer station, you will need a large bowl or dish filled with sand: “Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. (Colossians 3: 12-14)

“As we look into our hearts, there are times when we need to be forgiven and God forgives us. There are times when we need to forgive. God gives us the strength to forgive. How will we respond? By a prayer of thanksgiving? By promising never to do it again? By praying for the person we have forgiven? Reflect on this. Is there something you wish to bring to God to ask forgiveness? Write or draw it in the sand. Ask forgiveness. Then pass your hand through the sand, obliterating the words or images as a symbol of receiving God’s forgiveness. Is there something which you should forgive? Write or draw it in the sand. Ask God for the strength to forgive. Smooth the sand. Now, what will be your response be to God’s forgiveness working through you? Write or draw your response in the sand and leave it for the next visitor to see.”

### **#27-SIN SHREDDER**

Set up an area with paper, pens, and a paper shredder. This one is noisy, but the noise can add to the experience:

“Confession is not easy. We are called to confess those things that separate us from God and hurt others. As Christians, we often call those things sin. The Psalmist writes in Psalm 32: “While I kept silence, my body wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up\* as by the heat of summer. Then I acknowledged my sin to you, and I did not hide my iniquity; I said, ‘I will confess my transgressions to the Lord’ and you forgave the guilt of my sin.” Let us confess by writing on paper the broken places, attitudes, and relationships in our lives and in our world. As you write, you are invited into a time reflection. Consider what it might feel like to let go of guilt. Consider how you will work to repair broken relationships and broken systems. As you feel comfortable, you are invited to shred these confessions as an act of release and transformation. As you shred or after you shred these pieces of paper you are invited to pray your own personal prayer or this prayer: Eternal God, we pray that you will change the grief of our guilt into the joy of forgiveness, that we may be delivered from sin and set free to serve Jesus Christ, Amen.”

### **#28-H2O PRAYERS**

Set out a larger glass pitcher of water and a large ceramic or glass bowl:

“Think about how every prayer offered mixes with the prayers of all of God’s people around the world. Prayers do not know the boundaries of time or space and so all become one. In this way, each person’s joys should be the joys of others. And every person’s concerns should be our concerns. Consider a person,

place, or situation you want to lift up in prayer. When you are ready, pour some of the water from the pitcher into the bowl to represent those prayers. Watch as they mix with the water added by others, representing your prayers mixing and becoming one with those of the whole group.”

### **# 29-BURDENS ON THE CROSS**

Tape out a cross shape on the floor with masking tape, use a wooden cross or cut out a large cross out of paper and set out Post-it notes and something to write with: “Matthew 11.28: ‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.’” Are you willing to let God help you rest in this moment? First, consider what burdens you are carrying around – those doubts, fears, obligations, worries, feelings of inadequacy that are weighing down your spirit from experiencing God’s spirit. As a gesture of prayer, asking God for release, write your burdens down on the post-it notes provided. Your prayer might be a word, a name, a symbol. Then, place those burdens inside the cross on the floor before you. As you do, focus on an image of God taking those burdens for you and carrying them for a while, as you seek rest and peace.”

### **# 30-PRAY SCRIPTURE**

In this simple exercise, your students turn a scripture into a prayer. Show them what this looks like and provide them a list of scriptures to choose from.

### **# 31-BE STILL**

The activity for this prayer activity is no activity. Prayer is a conversation, which means we need to listen—not just talk. Have your students sit in silence...doing “nothing”... except listening.

### **# 32-THANKS CLOUD**

Using paper or a journal, make a word cloud or list of all the things in your life or in the world for which you are thankful. Encourage your students not to organize their thoughts, a stream of consciousness is fine. If you are feeling artistic, doodle images of all the things you are thankful for today.

### **# 33-TAKE WHAT YOU NEED**

Create a number of signs similar to the one on the right and post them around the room. Instructs your students to prayer walk and stop by one of the signs and tear off what they are most in need of. You could even have a scripture reference on the back of their slip for them to look up and read on their own as they pray to God.

### **# 34-ROCK CONFESSION**

Assemble a collection of smooth stones and ask participants to choose one and hold it firmly in their hands. Encourage them to consider and confessing a specific sin that they are struggling with. When ready, they should take a non-permanent marker and write a word or phrase on the stone to represent their sin. At this point you could either have them lay their rocks at the foot of a cross or have them wash away their sin from the rock as symbol of God’s forgiveness. As a variation they could write down joys in their life and make a joy pile in the front of the room!

### **# 35-PRAYER BOARDS**

Provide a white board for both prayer requests and answered prayers all the time that students can write on whenever they want and regularly mention it and provide times in your prayer activities for students to write and pray for other’s prayer requests.

### **# 36-PHOTO PRAYERS**

Sometimes students just can’t think what to pray about so this idea uses photos to spur your people to consider the prayer needs in their lives or world. Cut out photos and images from magazines and place them in the center of the group. Invite youth to retrieve an image that connects with them and some need for prayer in their lives. Ask each person to share why the image grabbed their attention and how it

speaks to them about a prayer concern. If you want to spend a few bucks this is an amazing resource from Youth Cartel... <http://theyouthcartel.com/product/every-picture-tells-a-story-2013-edition/>.

### **#37-P.R.A.Y.**

Use the P.R.A.Y. model and have students pray through each of these sections in small groups:

P = Praise: Tell God you love Him and thank Him. Psalm 69:30 I will praise God's name in song and glorify him with thanksgiving.

R = Repent: Confess any sin. Acts 3:19-20 Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.

A = Ask: Ask God to help you and others. 1 John 5:14 This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.

Y = Yield: Pause and listen to God's word. Psalm 130:5 I wait for the LORD, my soul waits, and in his word I put my hope.

### **#38-LOST FRIENDS**

Write down the name of lost friends on a 3x5 card. Write a brief description of how to pray for the needs of each person. Hand out the cards and pray in groups of 2 or 3 over the names. It is also great to keep a separate board somewhere in the room all the time where students can list the first name of their lost friends so the student ministry can always pray for them.

### **#39-ALL TOGETHER PRAYER**

Depending on your church context, this idea might stretch your students. In this style of prayer, everyone prays out loud simultaneously. It is a tangible experience of how He can listen to every prayer given at every moment from a limitless number of people.

### **#40-NAMES OF GOD**

Provide a list of the Hebrew names of God and their meanings for your students. Or you could project them on the screen. Give them a few minutes to consider and pray through each of the names see which ones speak the most to them in their life right now. Then provide a minute or two for them to share with a small group what name is most meaningful right now and why or possibly make a collage of names as people right them on a white board. Here is a great list to get you started... [http://wahiduddin.net/words/99\\_pages/app\\_d\\_hebrew.htm](http://wahiduddin.net/words/99_pages/app_d_hebrew.htm).

### **#42-WHO I AM**

Provide a list of the "I am" truths and promises of who are as children of God. Have the students chose the one that speaks to them the most and share in a group or right them down on a board. Here is a list to get you going... <http://www.prayertoday.org/2004/PDF/Guides/Who-I-Am.PDF>.

### **#43-7 WAYS TO PRAY FOR YOUR LOST FRIENDS**

Lead your students in praying for the lost friends by name in groups or on their own with these great prayer prompts...

Pray they experience a deep conviction of sin in their life. (John 16:8)

Pray that God opens their eyes to the gospel (Matthew 16:17, 2 Corinthians 4:4)

Pray for God to powerfully draw them to Himself. (John 6:44)

Pray for God to remove any barriers to their salvation. (1 Corinthians 10:5)

Pray for their hearts to be good soil, fully receptive. (Matthew 13:8)

Pray for their salvation and true repentance. (2 Corinthians 5:17, Luke 13:3)

Pray that you will a bold witness for Christ as you share the gospel.(Matthew 28:18-20, John 15:8)

#### **#44-ASK, SEEK, KNOCK**

This is a prayer station activity. Set up 3 stations for students to move around to and from as they like... Ask – What do you need to ask of God? What power, resources, tools, help do you need from him to live out your life for him?

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”

Matthew 7:7

“But I know that even now God will give you whatever you ask.” John 11:22

“If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.” James 1:5

“And I will do whatever you ask in my name, so that the Son may bring glory to the Father.” John 14:13

Seek – In what ways do you need to seek Jesus, build your relationship with him or grow to be more like him?

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”

Matthew 7:7

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”

Matthew 6:33

“Seek the LORD while he may be found; call on him while he is near.” Isaiah 55:6

“But if from there you seek the LORD your God, you will find him if you look for him with all your heart and with all your soul.” Deuteronomy 4:29

Knock – What doors might God want you to open in your life or in a ministry? What is God calling you to do and where is God calling you to go?

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”

Matthew 7:7

“Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me.” Revelation 3:20

“Come, follow me,” Jesus said, “and I will make you fishers of men.” Mark 1:17

#### **#45-BLESSINGS PRAYER STATIONS**

This is a prayer station activity. Set up 3 stations for students to move around to and make signs with the following information at each station.

#1-This station simply has large sheet of paper or a white board that says “I am blessed because...” Have students finish the sentence for their life.

#2-Have a bowl of rocks, non-permanent markers, a bowl of water, and some towels for drying. Then signs that say... “But I (Jesus) say to you who hear, love your enemies, do good to those who you hate, bless those who curse you, pray for those who mistreat you.” Luke 6:27 & 28

Think of some of the people you consider your “enemies”. When a name (or “names”) pop into your head, pick up a stone and use one of the markers to print the person’s initials on the stone.

While holding the stone in your hand, say a “prayer of blessing” for the person you wrote down. After the prayer, wash the stone in the water and allow God to wash away the grudge you hold against that person as the water washes the ink off. Dry the stone off and put it back into the pile.

#3-Be a Blessing to Others

Pray that this week you would find ways to be a blessing to your parents, your friends, your teachers, your brothers and sisters, and even a stranger.

“In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.” Matthew 5:16

“Do nothing from rivalry or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.” Philippians 2:3-4

“And as you wish that others would do to you, do so to them.” Luke 6:31

“For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.” Ephesians 2:10

#### **#46-JOURNEY OF THE CROSS PRAYER STATIONS**

This is a prayer station activity. There are 4 stations with signs. Supplies needed are pitchers of water with cups, a purple robe, a large rope, a crown of thorns, paper and pens. The 4 station signs say...

#1-Gethsemane- Pour a cup of water and drink it. As you do, remember that Jesus chose to bear the agony of the cross, he chose to “drink the cup” to save you. Is there a “cup” that God is asking you to drink, something about which you need to pray the prayer of Gethsemane: “not as I will, but as you will.”

#2-Arrest- Pick up the rope and hold it in your hands. Remember that Jesus was bound with a rope like this one to be taken to die on the cross. Is God asking you to do something difficult? Where do you need to say yes to God?

#3-Trial- Look at the purple robe and the crown of thorns used by angry soldiers to wound and humiliate Jesus. What do you want to tell Jesus right now?

#4-Crucifixion- Write down a sin or sins you are struggling with. Fold it and place it at the foot of the cross and thank Jesus for his sacrifice for those sins, for dying in your place. As you pray, think about how your sins were nailed to the cross that day in history. Remember Jesus’ words: “It is finished.” He bore the pain of the cross so you could be forgiven and set free from slavery to your sin.

#### **#47-JOHN 18 PRAYER STATIONS**

This is a prayer station activity. There are 4 stations with signs that correlate to people from John chapter 18.

#1-Peter the back turner- “As Simon Peter stood warming himself, he was asked, “You are not one of his disciples, are you?” He denied it, saying, “I am not.” One of the high priest’s servants, a relative of the man whose ear Peter had cut off, challenged him, “Didn’t I see you with him in the olive grove?” Again Peter denied it, and at that moment a rooster began to crow.”(John 18:25-26)

Pray for forgiveness when you have turned your back on God or ignored Christ  
Ask God for courage to stand up for him even in the face of opposition and ridicule.

#2-Barabbas the freed- “But it is your custom for me to release to you one prisoner at the time of the Passover. Do you want me to release ‘the king of the Jews’?” They shouted back, “No, not him! Give us Barabbas!” Now Barabbas had taken part in a rebellion.” (John 18:39-40)

Have you accepted this freedom that Jesus has provided through his death on the cross?  
Thank God for your salvation.

Ask God for courage to stand up for him even in the face of opposition and ridicule.

#3-Pilate the conformer- ““You are a king, then!” said Pilate. Jesus answered, “You are right in saying I am a king. In fact, for this reason I was born, and for this I came into the world, to testify to the truth. Everyone on the side of truth listens to me.” “What is truth?” Pilate asked. With this he went out again to the Jews and said, “I find no basis for a charge against him. But it is your custom for me to release to you one prisoner at the time of the Passover. Do you want me to release ‘the king of the Jews’?” They shouted back, “No, not him! Give us Barabbas!” Now Barabbas had taken part in a rebellion. Then Pilate took Jesus and had him flogged.” (John 18:37 – 19:1)

When have you conformed to the world even though you knew what you were doing was wrong?  
Pray that God would help you be transformed to be more like Christ instead of conforming to be more like the world.

#4-Annas and Caiaphas the high and mighty- ““I have spoken openly to the world,” Jesus replied. “I always taught in synagogues or at the temple, where all the Jews come together. I said nothing in secret. Why question me? Ask those who heard me. Surely they know what I said.” When Jesus said this, one of the officials nearby struck him in the face. “Is this the way you answer the high priest?” he demanded.” (John 18:20 – 22)

In what ways are you placing your own interests in front of Christ?

Pray that God would help you be humble and servant to others while always making Christ the highest thing in your life.

#### **#48-LORD’S PRAYER STATIONS**

This is a prayer station activity. There are 4 stations with signs that walk your students through the Lord’s Prayer. The signs are put up around your room and students can walk on their own from station to station praying the Lord’s Prayer and learning more about what they are praying...

#1-“Our Father in heaven, hallowed be Your name” – What does this mean? With these words God tenderly invites us to believe that He is our true Father and that we are His true children, so that with all boldness and confidence we may ask Him as dear children ask their dear father. God’s name is certainly holy in itself, but we pray that it may be kept holy among us also. God’s name is kept holy when the Word of God is taught in its truth and purity, and we, as the children of God, also lead holy lives according to it.

Help us to do this, dear Father in heaven! But anyone who teaches or lives contrary to God’s Word profanes the name of God among us. Protect us from this, heavenly Father!

#2-“Your kingdom come, Your will be done on earth as it is in heaven.” – What does this mean? The kingdom of God certainly comes by itself without our prayer, but we pray that it may come to us also. God’s kingdom comes when our heavenly Father gives us His Holy Spirit, so that by His grace we believe His holy Word and lead godly lives here in time and there in eternity. The good and gracious will of God is done even without our prayer, but we pray that it may be done among us also. God’s will is done when He breaks and hinders every evil plan and purpose of the devil, the world, and our sinful nature, which do not want us to hallow God’s name or let His kingdom come; and when He strengthens and keeps us firm in His Word and faith until we die. This is His good and gracious will.

#3-“Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors.” – What does this mean? We pray that God would lead us to realize this and to receive our daily bread with thanksgiving. Daily bread includes everything that has to do with the support and needs of the body, such as food, drink, clothing, house, weather, peace, health, self-control, good friends, and the like. We pray that our Father in heaven would not look at our sins, or deny our prayer because of them. We are neither worthy of the things for which we pray, nor have we deserved them, but we ask that He would give them all to us by grace, for we daily sin much and surely deserve nothing but punishment. So we too will sincerely forgive and gladly do good to those who sin against us.

#4-“And lead us not into temptation, but deliver us from the evil one.” – What does this mean? God tempts no one. We pray that God would guard and keep us so that the devil, the world, and our sinful nature may not deceive us or mislead us into false belief, despair, and other great shame and vice. Although we are attacked by these things, we pray that we may finally overcome them and win the victory. You should be certain that these prayers are pleasing to our Father in heaven, and are heard by Him; for He Himself has commanded us to pray in this way and has promised to hear us.

#### **#49-MY HEART HIS HOME PRAYER STATIONS**

This is a prayer station activity. There are 5 stations with signs that help your student examine their life and how much room they are making for God in every area of their life.

#1-The Study – “Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.” (Philippians 4:8-9)

What do you think God would say if you invited him into your hearts library?

What would God change about the things you’re putting into your heart?

Pray for a pure heart.

#2-The Dining Room – “Do not love this world nor the things it offers you, for when you love the world, you do not have the love of the Father in you. 16 For the world offers only a craving for physical pleasure, a craving for everything we see, and pride in our achievements and possessions. These are not from the Father, but are from this world.” (1 John 2:15-16)

What is on the menu of your heart’s desire?

Why are these things important to you?

When is it hardest for you to choose God over the world?

Pray that you would be hungrier for God than anything else.

#3-The Living Room – “We proclaim to you what we ourselves have actually seen and heard so that you may have fellowship with us. And our fellowship is with the Father and with his Son, Jesus Christ. 4 We are writing these things so that you may fully share our joy.” (1 John 1:3-4)

When have you most cherished your time with Jesus in the living room of your heart?

What distractions typically prevent you from developing your relationship with Jesus?

Decide how you will spend daily time with God and then pray for you to be consistent in it.

#4-The Rec Room – “I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.” (Romans 15:13)

Where do you go, or what do you do for entertainment that you would prefer not to take Christ along?

What changes do you think God would want to make in the rec room of your heart?

Pray for godly friends and to have the courage to say no to entertainment that is displeasing to God.

#5-The Closet – “Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.” (Psalm 139:23-24)

What secrets sins do you have locked up in the closet? Why do you keep them hidden?

What would happen if you began being honest with God about your secret sins?

Confess your sins to God and pray for victory over temptation in your life.

#### **# 50-PRAYER WALK THE CHAPEL**

This was an activity where we explained prayer walking and invited the students to spend a few minutes prayer walking our worship space. You could tweak these to fit your space, but here are the ideas we used...

Chairs: Pray over individual’s chairs and the students that will be sitting in them tonight and on Sunday.

Stage: Pray for the student praise band as they lead us in worship.

Wall: Pray for requests that are on the prayer wall.

Bible: Pray for the clear teaching of God’s word and for students to respond.

Booths: Pray for guests and students that don’t have friends or are on the outside looking in.

#### **# 51-REPENTANCE PRAYER STATIONS**

This is a prayer station activity to help your students examine and understand some big words that can lead us into a repentant heart...

#1- Conviction – “the state of being convinced of error”

Read Isaiah 6:5

Pray that God would bring to mind all the ways we have wronged him and wronged others.

Ask God to convict you of all of your sins.

#2- Confession – “an acknowledgment of guilt by a party accused of an offense”

Read James 5:16

Pray and confess your sins to God and acknowledge that you were wrong.

If needed, confess a sin to someone else.

#3- Repentance – “to turn from sin and dedicate oneself to the amendment of one’s life”

Read Acts 2:36-38

Pray and dedicate yourself to right living.

Ask God for strength to overcome temptation and turn from sins that have trapped you in the past.

#4- Restitution – “an act of restoring or a condition of being restored”

Read Luke 19:2-8

Tell God of your desire to be a new creation in Him.

Ask God to reveal any way you need to restore a relationship with someone else.

#5- Reconciliation – “to restore friendship or harmony in a relationship.”

Read Matthew 5:23-26

Ask God for boldness in being a peacemaker.

Pray that God removes any bitterness and anger you have towards anyone and that forgiveness can take place.

### **#52-SALT AND LIGHT PRAYER STATIONS**

This is a prayer station activity to challenge your students to step and be bold and different for Christ in their world...

#1- Pray – This morning you are encountering what it means to be the salt and the light in the world that God placed you in.

How can you accomplish this?

How does prayer factor into all of this?

Write down 1 or 2 ways that others can pray for you on a card and place it in the basket. Then take a minute and pray over 1 or 2 other requests in the basket.

#2-Salt – “You are the salt of the earth...”

Take some time to think about the salt on the table. What is it good for? How do you use it in your everyday life? Why is salt a good thing?

How can you be salt to the world around you?

Are you salt that is full of flavor? (bringing the flavor of Jesus to everyone you meet)

Or are you salt that has lost its flavor? (not centering your life around Jesus or pointing to him in much of your life)

Pray that you would be effective and life-giving as salt to your friends and to the world.

#3-Light – “You are the light of the world...”

Take some time to think about light. Light is useful for many things. Light drives away the darkness. Could you live in a world without light? What would that look like? As you look at the different lights on the table think about your life. Are you like a lighthouse, or a flashlight with dying batteries? Pray that your light would shine brightly, and not be hidden or die out.

### **#52-SOLDIER, ATHLETE, FARMER PRAYER STATIONS**

This is a prayer station activity to give your students some unique examples of what it looks like to be a disciple of Christ...

#1- The Soldier – “No one serving as a soldier gets entangled in civilian affairs, but rather tries to please his commanding officer.” – 2 Timothy 2:4  
The Christian has a single minded focus of not getting caught up with anything that hinders their purpose of pleasing the Lord at any cost.  
Pray that you would be wholly focused on pleasing the Lord with every decision you make.

#2- The Athlete – “anyone who competes as an athlete does not receive the victor’s crown except by competing according to the rules.” – 2 Timothy 2:5  
The Christian disciplines himself through training and hard work in order to say no to the temptations that are all around.  
Pray that you would build discipline for God, that you would train to be more like him, and that you would always do what is right.

#3-The Farmer – “The hardworking farmer should be the first to receive a share of the crops.” – 2 Timothy 2:6  
The Christian works for God. It takes diligence and perseverance to follow Christ well.  
Pray that you would always be serving others. Pray that you will always be diligent to keep moving forward and doing the tough work of being a Christ follower.

### **#53-SIT, STAND, KNEEL, GO PRAYER STATIONS**

This is a prayer station activity to guide your students into taking the next step in their walk with Christ, whatever that may be...

#1- Sit – “And she had a sister called Mary, who sat at the Lord’s feet and listened to his teaching.” Luke 10:39  
Sit at the foot of the cross and listen in silence to whatever Jesus says to your heart.

#2-Stand – “Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.” Ephesians 6:13  
Stand in the presence of God and simply pray for boldness to stand for him in the world.

#3-Kneel – “Come, let us bow down in worship, let us kneel before the LORD our Maker” Psalm 95:6  
Kneel on the altar and worship the Lord by praising him for his greatness.

#4-Go – “Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit” Matthew 18:19  
Write down names of your friends that need Jesus and pray that you could be the one to share the gospel with them

### **#54-TEACHING, REBUKING, CORRECTING, TRAINING PRAYER STATIONS**

This is a prayer station activity to help your students see God's word in a different light and fall in love with the Bible all over again...

#1-Teaching, instruction in doctrine – Read Philippians 4:4-9. Then read it again and let its instruction and teaching really sink in.

Ask God what he is teaching you through these verses and what he wants you to do now because of them.

Pray that you would allow God to instruct you each day through being in His word and prayer. Ask him for his wisdom.

#2-Rebuking, calling your life into account – Read John 16:7-8. Remember, Jesus said having the Holy Spirit for rebuking and conviction is to our advantage!

Pray and ask God to convict you of any sin in your life. Take a moment to confess those sins to him. These are what you need to cut from your life to follow Christ.

As you confess your sins to God be bold and write them down on the sheet of paper on the table as a symbol of you surrendering them up to God.

#3-Correcting, straightening your actions out – Read John 16:7-8 again. Not only does God want you to be convicted of your sin but he also wants you to be convicted to righteousness!

Ask God to point out any righteousness that is not apparent in your life. Pray for holiness and purity (the Fruit of the Spirit is a good starting point – Gal. 5:22-23). These are the things that God wants you begin doing as you follow Christ.

As God shows you what he desires from you write the things you are hearing from him on the white board.

#4-Training, becoming what I ought to be – “For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.” (Hebrews 12:11)

“A man without self-control is like a city broken into and left without walls.” (Proverbs 25:28)

Discipline is about doing... doing, in order that you may be who God made you to be. It is the bridge that takes you from sin to righteousness.

Pray for discipline and self-control so that you can grow consistently with God each day.

Ask God to help you determine what action steps you need to take to be more disciplined. What distractions and discouragement must you get rid of? Get together with someone near you and share how you have decided to be more disciplined.

### **#55-3 ENVELOPES**

Some groups start out by being rather shy about praying out loud. If you have a prayer board try pinning up three envelopes labeled “Thank you” “Sorry” and “Please” and let your students write their prayers on slips of paper and put them in the appropriate envelope. This could be done as a standalone prayer activity as groups share a few of the requests and pray for them anonymously. Or this could be an all the time thing with a spot on the wall dedicated to the envelopes. Don't forget to check the envelopes from time to time to let everyone share in the joy of the thank you prayers and to find out how the please prayers have been answered.

### **#56-PRAYER PAUSES**

Many people find it helpful when prayers that are led from the front include short pauses for private prayer. Use these ideas to have a guided prayer time for students to spend some intentional time in prayer...

Father God, we thank you for our church/group and we ask that you will help us to grow closer to each other and closer to you.

Let's think of the people sitting on either side of us and ask that God will be especially close to them.

PAUSE

We also remember those people who are not with us today, perhaps through illness or because they are on holiday.

Let's remember them in our own prayers now. PAUSE

Father God, we thank you for the town where we live and we ask that you will help us to spread your love to our friends and neighbors.

Let's think of one or two particular friends and ask that God will help us tell them the Good News.

PAUSE

Father God, we thank you for the time we have spent together and we ask that you will be with us throughout the rest of the day.

Let's think of the things that we are going to do later today and bring them before God now. PAUSE

Lord, thank you that you listen to all our prayers spoken and unspoken. Amen.

### **#57-PAPER PRAYER CHAIN**

Give each member of the group a strip of colored paper and encourage them to write a one-line prayer. Fasten all the strips together to make a paper chain that you can hang across your meeting room. If you have a small group you might want to give each person two or three strips of paper or add to the chain week by week. The prayer paper chain is particularly effective on special occasions like Christmas. To turn this into a stand-alone prayer activity you could take the chain you've created and hold it in a circle and pray for the prayer chain link you are holding, and then rotate that chain around the circle as you stop to pray for each link until it gets back to your request.

### **#58-HANDPRINT PRAYERS**

Give each student a piece of paper and a pen or marker and have them trace their hand on the paper. Inside the paper they will write a way that other students can pray for them personally. After they are done ask them to leave their handprint on the floor. Students will then move around the room place their hand on another student's handprint and praying for them for a 15 or 30 seconds. They move on to another handprint and this continues until you close the prayer time.

### **#59-BALLOON POP CONFESSION**

Have ready a number of inflated balloons and a selection of permanent marker pens.

Invite everyone to name some of the sins that is getting in the way of their relationship with God. It might be a sin that they've never confessed to anyone. Assure them that no one has to see what they write down if they don't want. Write these on the balloons. Then have a few moments of prayer asking God's forgiveness for all the things we do wrong and including the suggestions written on the balloons. Finally pop the balloons and explain that when we say sorry to God, he not only forgives us, but he also forgets the wrong things we have done and gives us the chance to make a fresh start.

### **#60-FOLD A PRAYER**

Give everyone a piece of paper and ask them to write a one-line prayer request at the top of the page. When they have done this they should fold over the paper. Then pass the paper to the left. Each person should now have a different piece of paper on which they can write another one-line prayer and fold it over again. If they wish, they can write the same prayer again. The paper should be passed on several more times until five or six prayers are on the page. Then everyone should stop, unfold and read their paper. Invite everyone to spend a few moments silently offering these prayers to God. If there is time, the prayers can be put in a pile and everyone offered the opportunity to take and read a new set of prayers.

### **#61-PRAYER TREE**

If you can find a good branch this can be a great visual prayer. Give each group member a leaf shape and ask them to write or draw their prayer. It can be personal or they can write or draw something in God's

creation for which they would like to say thank you. Pierce a hole with a hole puncher and hang them on using wool or thread, or with a spot of glue on one end of each leaf, stick the prayers to the branches of the tree. Some of the prayers (leaves) can be read out loud or prayed over silently on their own. "I am the vine, you are the branches. Without me you can do nothing. If you love me and follow my teachings you can ask for anything and it will be given to you. Remain in my love." (John 15)

### **# 61-PRAY THE PSALMS**

Tell your students how helpful it is to use scripture as your prayer. Psalm is especially helpful, making the words of the psalmist my own prayer or request and applying them to my own situation. Provide this list of Psalms that students can turn to or put it on the screen...

When I feel...

Afraid – 3, 91

Alone – 27

Envious – 73

Like giving up – 34, 43

Sad – 13

Weak – 40, 121, 142

Worried – 37

Tempted – 141

Unimportant – 139

Like praising God – 96, 100, 145

When I need...

Comfort – 23

Forgiveness – 32, 51, 103

Guidance – 19, 25

Hope – 13, 27

Peace – 3

Courage – 11, 42

Confidence – 46

Protection – 91, 121

Rest – 23

Wisdom – 16, 111

Have each student pick one chapter and read through it on their own as a prayer to God.

### **# 63-BIBLE PRAYERS**

When we have trouble praying sometimes it is good to pray other people's prayers from the Bible. Have the students choose 1 of the following Biblical prayer (or add to this list) and read it as a prayer silently to God.

Psalm 51 (David seeks forgiveness and restoration)

Jonah 2 (Jonah's prayer)

Matthew 6: 9-13 (The Lord's Prayer)

Luke 1: 46-55 (Mary's prayer)

Luke 1: 68-79 (Zechariah's prayer)

John 17: 9-21 (Jesus prays for the disciples and the church)

Ephesians 1: 3-14 (Paul gives thanks for spiritual riches in Christ)

### **# 64-NEWS PRAYERS**

Using a selection of newspapers ask the group to flick through them and look at the problems that they see. Then ask them to rip the stories out that move them the most and to think which of the fruits of the Spirit could make a difference in this situation? Could more love or humility solve this problem? Then after the ripping has finished ask each student or group to select one of the stories and pray out loud for more of that attitude in that situation... pray for the world.

### **# 65-FRUIT OF THE SPIRIT**

Give each student a piece of paper and a pen. During a time of quiet ask them to read the fruit of the Spirit from Ephesians 5 and to think about which of the fruits of the Spirit they most would like more of? Ask them to write it down and then encourage them to bring their slip of paper, folded up and place it in a fruit bowl in the center of the room as a symbol of their prayer.

### **# 66-TEA LIGHTS**

Place a number of tea lights on a table. You should have at least one per student that will be there. Be sure that the lights are sitting on something that will be ok if it gets wax on it. Place matches and a place to put burned matches on the table along with the instructions. If students don't normally have Bibles you may want to provide them as well.

"Read Matthew 5:13-16 Many people live in darkness, but the Bible calls you to be the light of the world. Think for a moment about your friends who don't know God. Pray for them, that God will open their eyes and hearts to His joy. Pray that he will use you to help them see His light. Then light a candle as a symbol of God bringing light to their lives."

### **# 67-GREATNESS OF GOD**

Sometimes we don't tell others about God because we have a very small idea of who God is. It is like we have God in a little box. That idea of God isn't very inspiring to those around us and it isn't true. Hand out a sheet with the verses below or post them somewhere to be read and have the students take a guided tour of the greatness of God. Read each verse slowly and let the majesty of God wash over you.

As you read imagine you are trying to cram more and more truth into your little God box. Imagine the box straining at the seams until finally, as you read the last verse, the box explodes and God is revealed in all His glory.

Verses:

Deut. 4:24 the Lord your God is a consuming fire

Deut. 4:31 the Lord your God is a merciful God; he will not abandon or destroy you or forget the covenant with your forefathers, which he confirmed to them by oath.

Deut. 7:9 Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commands.

2 Samuel 22:3 my God is my rock, in whom I take refuge, my shield and the horn of my salvation. He is my stronghold, my refuge and my savior

Job 36:22 "God is exalted in his power. Who is a teacher like him?

Psalms 18:2 The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge. He is my shield and the horn of my salvation, my stronghold.

Psalms 46:1-3 God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.

Psalms 47:7 For God is the King of all the earth; sing to him a psalm of praise.

2 Cor. 9:8 And God is able to make all grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work.

1 John 1:5 This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all.

1 John 4:16 And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in him.

Zeph. 3:17 The Lord your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing."

#### **#68-COVER YOUR SCHOOL WITH PRAYER**

Print out pictures of all the school represented in your student ministry and tape them up on a wall or cork board.

Open your Bible and read Ephesians 6:18

It has been said that we don't talk to our friends about God because we don't talk to God about our friends. Too often we forget to pray for our friends and for our schools.

Find a place to be by yourself and use the paper provided to journal a prayer for your school and your friends. When you are finished come back and pin your prayer on top of your school.

As each worshiper prays you will see your school covered in prayers.

(If you don't have a school or if your school isn't pictured then you can still pray for your friends and place your prayer out to the side)

#### **#69-HANDPRINTS IN THE SAND**

Provide some buckets of sand and place them all around the room.

Read Acts 1:8

Right before He went back to live in Heaven, Jesus commanded his followers to take His truth around the world. Your life is affecting the lives of those around you. As you move through your days and weeks you are leaving marks that others can see. You are impacting the people around you for eternity, but are you impacting them for good or for evil? Are you pointing them toward God or away from Him?

Spend a moment making impressions in the sand. As you press the sand notice how you leave your fingerprints. As you move through your life you are leaving your prints on the people around you. As you make impressions in the sand ask God to mold your life into one that points people towards Him.

To continue this act of commitment, choose a class that you have during the day. On the back of this sheet write the names of the people in that class. As you do, pray for each person. Pray that God will help them see the truth about who He is and that He will use you to make an impact in their lives.

#### **#70-WHY?**

Put a large piece of paper on the wall or on a table and provide markers.

Read 1 Peter 3:15

If Christianity is so hard then why is it worth it? Why would anyone choose to follow God? Is it just so they can go to heaven?

On the wall write or draw reasons someone would want to follow God. You can write as many as you want.

#### **#71-CREATE YOUR OWN PSALM**

Nailscars.com has created a pretty good idea with his create your own Psalm sheet that you could pass out or adapt for your students to use...

<http://www.nailscars.com/downloads/create%20your%20own%20psalm.pdf>.

#### **#72-LOVE LETTER TO GOD**

“And so we know and rely on the love God has for us. God is love.” 1 John 4:16a (NIV)

There is nothing quite as amazing as a love letter from someone we love. We read each word carefully searching for hidden meaning. We scrutinize and memorize as we rejoice in every sentence every syllable. In many ways the Bible is God’s love letter to us. It is a record of His work in the world and it is His way of reminding us of His love for us that He proved on the cross.

Take some time and come up with your own love letter to God. Write an original work of art that expresses your love to God. It can be a poem or a paragraph or whatever you feel like saying.

As you write your letter, remember that love is more than just a feeling or writing down some things it also involves your actions.

### **#73-LOVE ART**

Provide some art supplies (paper, things to color or draw with).

Read John 13:34-35, John 15:13-14, Romans 5:8 and then without using a heart as a symbol draw a picture of what love looks like. As you draw, pray a prayer of thanks for God’s love.

### **#74-CROSS WORDS**

On a large sheet of paper draw an outline of a cross and instruct students to write painful words that they feel sometimes in pen or pencil (i.e. Unloved, Unloveable, Unworthy, Ugly, Worthless, Useless, Forgettable, No good, Used, Overlooked, Ignored, Hated, Outcast, Stupid, Guilty, Forgotten, Alone)

After the cross is completely filled with words have the students cover those word with words that represent who we are in Christ in big red sharpies (i.e. Loved, Chosen, Worthy, Beautiful, Valuable, Useful, Important, Holy, Noticed, Loved, Liked, Invited, Picked, Forgiven, Remembered, Family, Child of God, Saint, Changed, Reborn, Renewed, Restored, Loved, Loved, Loved, Respected, Welcome, Transformed)

Explain that the blood of Christ on the cross has covered all of our sins and failures. If we have made him our Lord God no longer sees those things and views us pure and holy.

“This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.” 1 John 4:9-10 (NIV)

Spend some time in prayer after this activity thanking God for making us into a new creation.

### **#75-NEW HEART**

Have at least 2 heart shaped cutouts for every student that will be and a bog or basket ready at a table.

Read Jeremiah 17:14

Take a heart from the stack on the table and find a place to be by yourself.

Think of the times in the past that you have been hurt. What pains are you still holding on to? What are you having trouble letting go? These pains may be things done to you by someone else or by your own mistakes. For each of these hurts tear a piece of your heart. Don’t hide the things that hurt you be honest with yourself as you tear your heart.

Now go back to the table and place the pieces of your heart in the box and get a new heart.

That new heart is the heart that God wants to give you. Real life hurt can’t be healed in one night, but all healing comes from God. It is God’s love for you that restores you and creates in you a new heart.

Take your new heart home as a reminder that God can heal you.

### **#76-NAIL PRAYER**

Build a wooden cross (size depending on size of group). Each person is given one or more post-it-notes or pieces of paper to write prayer, sin, or struggle they are having. Invite each student to nail their paper on the cross.

You can explain how all of our sins were taken to the cross and forgiven. You could also pull out all the nails and throw the sins away as a symbol of our sins being forgiven but leaving behind scars.

#### **#77-COMplete the Sentence Prayer**

Divide into groups and explain that you will start a prayer and then in their groups they will take 1-2 minutes to finish the prayer and make it personal to them. Examples... "Lord, thank you for...(thanking God); "Lord, please help...(praying for others needs); "Lord, I need...(pray for your needs).

#### **#78-GRATITUDE**

Help youth create a gratitude chart with items labeled "food," "shelter," "health," and other things people may take for granted. Give each youth three blue dots and let them take turns placing their dots on the items they are thankful for. Then give them a red dot to place on something less-fortunate children may lack, and say a prayer for that child. Discuss the finished chart with the group to reinforce the concept of praying for others.

#### **#79-LYRICS PRAYER**

Between verses or after a worship song, have someone prepared to pray using the lyrics of the preceding verse or song to focus the prayer. You can also use the lyrics to prompt the rest of the students in prayer.

#### **#80-WORD ASSOCIATION PRAYER**

Choose your Scripture. (Something simple like Ephesians 4:4-6 and Galatians 5:22-23 is best). Before your students arrive, write the verse out in big letters on a large sheet of paper or white board.

Spend some time explaining the concept of word associations (i.e. What's the first thing that comes into your mind when you hear the word clock? Time. Okay, what's the first word that comes into your mind when you hear the word time? Race. And so on.) Tell them that they will be brainstorming word associations from the various words in the Scripture passage by drawing a line from the original word and adding their new word. They can offshoot from any word in the parking lot, not just the original words of Scripture. And they don't have to write Sunday School answers...just the first word that comes into their mind.

Remind them before they begin that this is a form of prayer. (We made our students do this exercise in silence). Then see what happens!

The debriefing is up to you. You could talk about the words the students had written or have the students walk back over their words in silence.

#### **#81-HONEST EMOTIONS PRAYER**

Set out markers, paper, and pictures of individual people in various emotional states, along with the following instructions:

Allow yourself to be real with God.

Look at the pictures on the table. Which ones describe your deepest feelings at the moment?

Write a letter to God telling him your emotions right now. You may throw this letter away or keep it as a reminder to be real with God.

#### **#82-STUDENT COLLAGE**

Print out pictures of all of the students in your group. Make a collage on the wall in the back of the youth room or area. Use them as inspiration to pray for these people whenever you see the photos or create a specific time during the service to pray over individual pictures.

### **# 83-STAR THANKS**

Sometimes we can forget to thank God for all he has done in our lives. If you meet in the evening at a time when the sky is dark go outside and spend some time looking up at the sky, use the time to think of every single blessing (even the small ones) that God has given in your life. It might seem hard at first, but as you think about it, more and more will come to mind. It will be like the stars as you look at them. To start with you'll only see a few, but the more you look, the more your eyes will become accustomed, and you'll find there were far more than you originally thought.

### **# 84-FINGER PRAYERS**

Show your students how to use your hand as a reminder of those we need to pray for.

Thumb-those closest to you, family and close friends;

Pointer-those who lead and guide you, teachers, pastors, police, coaches;

Middle-the tall finger reminds us of those in authority, presidents, mayors, student government officials;

Ring-this weak finger is for those in our life who are ill, disabled, lonely, unhappy;

Pinky-the smallest and last finger is a reminder to pray for ourselves!

Take a few minutes and allow your students to walk through the finger prayers on their own silently with God.

### **# 85-PRAYER POSTURES**

Explore different postures for prayer – holding hands, standing, kneeling, raising hand in the air, lying prostrate on the ground. Explain the significance of each posture and then have the students assume that position while praying silently for a minute. Or simply allow students to choose one of the postures that were talked about and pray in that position.

### **# 86-ABC PRAYERS**

Divide students into groups and have them pray through each letter of the alphabet concerning the attributes of God's nature that begin with that specific letter. For example, using the letter P: We praise you for Your Power. We thank you for Your Patience.

### **# 87-FAITHBOOK**

Use this "Faithbook" image to print out and have your students to fill out as a way to get them to pray for some personal things. This a great way to redeem culture towards Christ with your students!...

[http://farm5.static.flickr.com/4044/4686417388\\_81790b6418\\_b.jpg](http://farm5.static.flickr.com/4044/4686417388_81790b6418_b.jpg).

### **# 88-HOW TO PRAY**

This is an activity to get youth thinking about all the ways that they can pray. They can work in small groups to write down as many ways they can think of that they can pray each day. For example, they can pray standing, walking, kneeling, bowing, singing quietly, before meals, lying down, in bed, with hands together, with outstretched hands, in the morning and at night. After a few minutes have each group pick one way that they thought of and pray in that way. Have a short discussion about what each group came up with.

### **# 88-PRAISE GOD'S NAME IN YOUR NAME**

Take one sheet of notebook paper per person. Turn the paper sideways (landscape style). Fold the paper into as many columns as you have letters in your first name. If your name is Robert fold it into six columns. At the top of each column put the respective letter of your name.

R O B E R T

Form a circle and hand your paper to the person to your right. Have them write down an attribute of God that starts with one of those letters (under that respective letter). They can use any letter of your name. Pass the sheet on to the next person to the right and have them do the same thing with one of the other letters of your name. Keep passing the papers around until each name has at least two or three attributes under each letter.

Spend the rest of the time in praise to God for his attributes using your sheets. You can take the paper home and pin it up in your room to remind you that these attributes of God are connected to you.

### **#89-FAMILY TREE**

Give each student a paper and pen or markers. Invite them to draw and create a family including all their family up to the grandparents. Then take a moment, on their own to pray for each of their family members.

### **#90-HEART MAPS**

Post a large of your city or metro and give each student a heart sticker (or small dot sticker) Have them all put their sticker where their house is on the map and spend a few moments praying for their neighborhood and neighbors.

### **#91-POPSICLE FORGIVENESS**

Pass out a popsicle stick to each of your students along with something to write with. Explain the importance of forgiveness and that when we don't let go of bitterness, grudges, or unforgiveness it holds us in bondage. As you share have the students think of one person that they need to forgive and write their name on the popsicle stick. Once we forgive them for whatever they did we break the bondage and are set free. Have them take a couple of minutes to pray silently on their own and ask God for strength to forgive this person. After a time explain that if they are ready to experience the freedom of forgiveness then you will count down 3,2,1 and then they will all break their popsicle sticks as a symbol of forgiveness.

### **#92-CARRY YOUR FRIENDS**

Use the story of the friends bringing the lame man and lowering him through the roof as a segway that we should be carrying our lost and hurting friends to Jesus who is the only one to save. And we should follow their lead and do it as a team. Have each student write down a name of one lost friend that they have. Then have them trade names with someone in the room. Explain that they are going to help carry each other's friends to Jesus. Have a cross or a white board that they come up and write the name they have down somewhere all in one location and spend some time in prayer for their lost friends.

### **#93-P.R.A.Y. #2**

Here's another acrostic for prayer that is slightly different. This would be a great prayer station activity that could take a while to do...

P – Praise and Thanksgiving

R – Repentance

A – Asking for Others

Y – Yourself

### Praise and thanksgiving

Praise – Worship God for who he is and thanking him for all he has done for us

“Praise Let everything that has breath praise the Lord.”-Psalm 150:6

1. Read the following Scripture and praise God for the things you discover about him in this Scripture: 1 Chronicles 29:10-13
2. The last seven psalms in the Bible (Psalms 144-150) are all psalms of praise to God. Read through Psalm 145 and spend time praising God for the same reasons the psalmist did.

### Thanksgiving

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.

-Psalm 100:4

1. Make a “Things I’m Thankful For” list. On it list as many things as you can think of that you are thankful for. Suggestions to get you started: (Jesus’ love, A home, Education, Family, youth group, Opportunities, Food, Health, God’s forgiveness, Friends, The Bible, etc.)
2. Once your list is completed, talk to God and tell him how thankful you are for each of the things on the list.
3. Spend time in silence listening to God and letting him show you things you have to praise him for and things you have to be thankful for.

### Repentance

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” -1 John 1:9

1. Read Psalm 51. King David wrote this prayer to God after he had been convicted of his sin of adultery. As you read the Psalm, you can almost feel David’s broken heart and understand God’s loving forgiveness.
2. Spend time praying and asking God to show you the things in your life that are not in line with his will for your life. Make a list of the things he shows you.
3. Now go through each item on your list and ask God to forgive you and help you have the desire and strength to overcome them.
4. Spend time in silence listening to God. Let him speak to your heart and tell you how much he loves you and forgives you. As you listen accept his forgiveness and feel his cleansing.

### Asking for others – Interceding or praying for other people and their needs

“Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.” – James 5:16

1. If it’s helpful, you can use this graphic reminder to pray for the things that come to your heart for each of the following groups of people:

When you look at your hand, the closest finger (although it isn’t technically a finger) is our thumb. When you pray, let your thumb remind you to pray for the people who are closest to you.

Your pointer finger should remind you to pray for the people who point the way for you. This could be your pastors, Sunday School Teachers, or others who try to point you in the right direction.

Let the middle finger, the tallest finger, represent those who are over you in leadership positions. These would be the governmental leaders, and your country.

Your ring finger is the weakest finger you have, and it should remind you to pray for those you know who are weak or in need. This could include people you know who are sick, going through family struggles, having financial problems, etc.

Your little finger represents yourself. When you come to the time in your prayers each day when you are praying for people, let the fingers on your hand remind you of all the people you need to pray for.

Now spend some time praying for each of these groups of people. You’ll deal with your personal needs during the next part of prayer meeting.

### Yourselves

"Don't worry about anything; instead, pray about everything; tell God your needs and don't forget to thank him for his answers. If you do this you will experience God's peace, which is far more wonderful than the human mind can understand." -Philippians 4:6-7 (Living Bible)

1. Begin by writing out a Worry List below. It should be a list of everything that you are currently worried about or things that are bugging you. Every concern you have in the world should be listed here:

2. Once you have made your list, read it over and divide the items into two separate categories.

In Category 1 include the items you can do something about. Beside each item in this category, write down what you can do. This first category of worries now becomes a "To -do" list that you can take home and begin to work on. Ask God to give you the strength and wisdom to do the things you know you need to do.

In Category 2 include items you can do nothing about. These things are completely out of your control. This second category of worries now becomes your Personal prayer list. Spend time talking with God about each item on the list. Tell him about your needs and leave them with him.

3. Spend time in silence listening to God. Let him teach you what steps you can take to deal with the items on your To-do list and give you a sense of peace about the items on your Personal prayer list that you can do nothing about.

### **#94-RANDOM OBJECTS**

Choose an object to symbolize poverty, pain, suffering, racism, children, or housing. Use the object to help people focus on their prayers. For example, write prayers about unjust trade laws on monopoly money and encourage people to keep them in their wallets to remind them of their prayers. Or get a long stretch of red ribbon (or string) and holding one end, pass it around to everyone in the group until everyone's connected to this ribbon. As the ribbon gets passed back to the beginning, pray for a halt in the spread of HIV in the city and around the world

### **#95-MAP AND CANDLES**

Get a large map of the city or world (placed on a large table in the middle of a room), a stack of newspapers, and a bag of tea-light candles (a safer alternative are clean pebbles or small dried flowers).

-Have people read quickly through the papers and cut out stories that relate to any of the key issues you're praying about. Once the stories are cut out, place them on tables around the map of the world.

-Have people quietly read through a few of the stories they have not yet read and encourage them to take one candle (or pebble or flower), and pray directly for the situation that has moved them the most.

-Have each person place their candle on the map in the location that relates best to their story. If you can, leave the map in place – or attach the tokens and stories and hang it on a wall for all to see and add to.

### **#96-POCKET ROCKS**

Have a bowl aquarium rocks or any cool looking object small enough to fit in your students' pockets. Talk about what it looks like to "pray continually" and have students come up and each take 1 rock. Tell them to carry it in their pockets for a week and ask them to say a prayer of some sort (prayer of praise, prayer for someone in our group, prayer for their family, etc.) every time they were aware of the rock or felt it in their pocket. We didn't do it for longer than a week, but the idea was simply to get them in the habit of praying throughout the day.

### **#97-MEMORY VERSE**

Use a Bible verse about prayer for a memory verse activity. For example, use Jeremiah 29:13, "You will seek Me and find Me when you seek Me with all your heart." Write the verse of your choice on the board and then say the verse together as a group. Erase one word and have them say the verse correctly with the one word missing. Then erase another word, having the group say it again with both missing words. Continue to erase words until the group can say the entire verse without seeing the words. Once they

have it memorized have them spend 30 seconds praying the verse to God and thanking him for the truth that it speaks to them.

### **#97-SCHOOLS PRAYER**

If there are a few different schools represented in your student ministry have the students group up by the school they attend. With their classmates, guide them to pray for their school. They could pray for their teachers, their principals, their lost friends, and themselves.

### **#98-GRAPES PRAYER**

Read John 15:5-8.

Life is full of many hard, painful truths. One of them is that you toil in vain. All of the work put into grades, all of the overtime put in at the office, and the new sports car you really couldn't afford are all like castles made of sand. They will be washed away by the waves of life.

Standing in the face of that depressing news is Jesus. He says that it is possible to make something that last. Not only something that will last, but it is also good and sweet. Go ahead and eat a grape in front of you, and ask yourself this question: "Have you ever wanted to be a part of something special?"

If the answer is yes, then Jesus once again invites you. He invites you to join Him in an intimate and natural relationship, like that of a vine and a branch. The branch gets all of it's nourishment from the vine, and because of this nourishment fruit is produced.

However, this relationship has a price. You have to be willing to be bound to vine and not separated. This is the cost, the toll for the road Jesus offers.

Eat another grape and as you ponder if you want this type of fruit to bear in your life. Confess your desire to be separate from Jesus and stand on your own will, and ask for the first time or reaffirm your desire to look to Jesus for your direction in life.

Afterwards, ask God for the needs you have because as the verse says "whatever you ask will be listened to and acted upon."

### **#99-BREAD OF LIFE PRAYER**

Read John 6:35-40.

Jesus allows us to do more than just make it, Jesus offers "real life".

Bread is the basis of nearly every civilization, it is the basic food used to sustain life. The only way to sustain an abundant life full of joy, peace and devoid of worry is to follow Jesus. That is what makes him the bread of life.

In his teachings Jesus made this quite clear. If you no longer want to hunger and thirst for more in life.

Take a piece of the bread and chose Jesus. If you are already a Christian, do you still find yourself hungering and thirsting for more? Are you like the one's Jesus addresses above who "Don't really believe me."

Pray that you would hunger after God every day and that you would have always believe.

### **#100-PRAYING FOR EACH OTHER CHAIN**

Have enough colored strips of paper so that each youth can have one. Provide black markers for the students to write their name down on their paper. Explain the importance of praying for each other and creating a visual reminder to do so. As soft music plays one at a time the student can come up and create a circle with their paper to add a chain link to the prayer chain. Once that have stapled or taped theirs on they can slowly walk down the chain and pray for each other person. Once finished this chain with all of their names could hang up somewhere in the youth room as a reminder every week.