

PRAY STATION



HEY FAMILIES!

"Pray Station" is designed to develop the spiritual habit of **spending time with God**. Each station will take your family deeper into what it means to talk to God. We hope this activity stimulates meaningful conversations about connecting with God and how kids can continue doing so on a regular basis!

Here are some helpful tips for a successful devotional time:

VOTE ON A TIME!

- Get your kids involved by asking them when they would like to do the activity – after dinner one night? On a Saturday afternoon? Decide together so everyone can anticipate this time.

PICK A PLACE!

- Find a large enough space that will allow you to create the 4 stations.

MAKE IT A MEMORY!

- Start a journal to document all the activities, so you can look back on your journey together. Take photos to share with our church @christmemorialchurch.

AND HAVE FUN! Here are a few ways to make this activity more fun and interactive:

BE REAL.

- Get excited, authentic, and honest . . . feel free to laugh, cry, sing, and listen.

CUSTOMIZE IT.

- Are there other things your kids really enjoy doing? Have them do that! For example, instead of making things out of Play-Doh, how about using Legos? Do what works best for the kids you know best.

DON'T TURN THIS INTO AN ASSIGNMENT.

- Try not to prioritize completing the activity over helping kids unpack and connect. Ask questions to engage conversation rather than to collect the correct answers.

STATION 1 "CLOSE YOUR

PRAY STATION



INSTRUCTIONS

One of the first things we usually do when we pray is close our eyes, and we do that so we can focus on God. But sometimes –okay, a LOT of times – we have a ton of things bouncing around in our minds trying to take our attention.

But these stations have some neat opportunities for us to connect with God, so as much as we can, we're going to try and empty our brains of the things that are distracting us so that we can make room to hear from God.

WHAT TO DO

- Take a piece of paper and write down all of the different things that are bouncing around in your brain. What are you thinking about? Are you worried about anything? Is there a song stuck in your head? Is there something else you'd rather be doing? It's okay, you can be honest!
- Read Isaiah 26:3. It says, "You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you" (NLT). It's important to have peace when we pray – that means to not let our minds get overrun with all these thoughts and worries, but to focus on God alone.
- Now, crumple up the paper and shoot a basket with the paper ball – with your eyes closed! (You can keep trying until you get it!) And now you're ready for Station 2.

STATION 2 "FOLD YOUR

PRAY STATION



INSTRUCTIONS

What's another thing we do when we pray? We usually fold our hands together, or interlock our fingers together. One reason for this might be so that we don't fidget around during prayer. But think about it like this – hands are super important. God's hands made you and me. Jesus stretched out his hands on the cross for you and me. So now, we can use our hands to do things for God! Spending time with God can include using our hands to make something for God, or something that reminds us of God.

WHAT TO DO

- Take a piece of paper and start creating. What is something you can make that represents a part of who you are? What special gifts, talents and skills did God put in you? As your fingers work, think about how God must have felt when making you.
- Read Genesis 1:31. It says, "Then God looked over all he had made, and it was very good"(NIV). A part of prayer is remembering who God is and saying thanks for all the good things in your life . . . including yourself! God made you, and you are very good!
- Write the word "good" on your masterpiece you just made. Awesome! Now it's time to move on to Station 3.

STATION 3 "BOW YOUR

PRAY STATION



INSTRUCTIONS

Have you ever wondered why we bow our heads to pray? It's most likely a way to show respect toward God, to show that God is greater than we are. But in the Bible, it says we should also consider other people more important than ourselves (Philippians 2:3). Of course we should pray to God regarding ourselves, but we should pray to God on behalf of others.

WHAT TO DO

- Use a piece of paper to write a letter to a friend. Who in your life has been a good friend to you? What do you appreciate about them? What are some things you know they need?
- As you write your letter, think about how thankful you are for your friend, and about ways you can be a great friend to this person. Put your finished letter in the envelope and send it in the mail later today.
- Read Proverbs 17:17. It says, "A friend loves at all times." It's challenging to be a loving friend ALL the time, isn't it? But Jesus is the one friend who really does love us at all times! And Jesus makes sure God hears us when we pray. Let's head over to Station 4.

STATION 4 "KNEEL DOWN"

PRAY STATION



INSTRUCTIONS

Have you ever prayed on your knees? Kneeling down is also a way to be respectful and humble, but it also says that we are committed to spending time with God – our feet aren't going anywhere!

Think about all of the places your feet have been throughout your life. Talk about all the places they've taken you (e.g., different places in your neighborhood, different types of terrain, or different cities, etc.) In the Bible, stones were used to represent a journey or trip. They reminded people of where they have been and where they are going next.

WHAT TO DO

- Think of a word that you could use to describe your own journey over the past few weeks. Has it been bumpy? Confusing? Hopeful? Exciting? Scary? Write that word on paper.
- Read Proverbs 16:9. It says, "The human mind plans the way, but the Lord directs the steps." This verse tells us that no matter what our journey has been like, and no matter how we plan for the journey ahead, God will be with us and help us go in the right direction when we pray.
- Take your rock write "God" over your word. Keep it with you as a reminder of your own story and the ways God has been with you, and will always be with you.

Reflect



INSTRUCTIONS

Spending time with God can take many forms. We can pray to God in the traditional way – eyes closed, hands folded, head bowed, and kneeling down – and we can pray to God in other ways, like we did today. But when we talk to God, it's important that we focus on God, thank God for all that was done for us, remember to pray for others, and ask for guidance.

There's really no right or wrong way to pray, as long as your goal is to talk to God. Prayer is not a puzzle to be solved. It's a journey we take on the road of getting closer to God.

WHAT TO DO

- In which station did you feel the most connected to God? Why?
- How did going through these stations help you understand how to talk to God?
- Why do you think spending time with God is important?