



YOUTH PRAYER STATIONS

INTRODUCTION

Learning to pray with Jesus is best learned through—you guessed it—praying with Jesus! The practice of prayer in our lives draws us closer to God’s presence and allows us to learn more about prayer as followers of Jesus.

By taking time to journey through the prayer stations outlined in this guide, you are offering the people in your church the opportunity to grow in their relationship with God, discover that time with God is life-giving rather than intimidating, and learn some ways that their imaginations can be engaged in their prayer lives.

These prayer stations invite participants to apply the content and conversations from Michael Lodahl’s book *Praying with Jesus* to engage in prayer in a variety of ways. This weekly guide opens up the chance for people to try different forms and approaches to prayer while being guided by the Lord’s Prayer.

As you get ready to share these prayer stations with your church, here are a few tips to assist in your preparations:

- Consider providing journals for participants, to allow individuals to reflect privately on what they hear from God at different prayer stations while also encouraging the formation of a beneficial spiritual discipline.
- Have music playing in the background to help cover distractions.
- Adapt for larger group sizes by setting up stations to accommodate multiple participants at once.

WEEK 1

OUR FATHER

PRAYER STATION #1: JESUS MODELS PRAYER FOR US

SUPPLIES NEEDED

- A printout of an image of Jesus praying (there are lots of art pieces depicting Jesus in a prayerful posture; choose one that you can print out for display)
- White board
- Blank pieces of paper for participants to write, draw, or journal
- Writing utensils

PURPOSE

To remind participants that we pray because Jesus prayed.

SETUP INSTRUCTIONS

Display the picture of Jesus praying. On the white board, write: JESUS TOOK TIME TO PRAY TO THE HEAVENLY FATHER. Make blank paper and writing utensils available for participants. Print out and display the instruction card on the following page at the prayer station so participants know what to do.

JESUS MODELS PRAYER FOR US

Consider the picture of Jesus in a prayerful posture, depicting the numerous times he withdrew from his family, friends, and disciples to find a place to pray to the Father.

Draw your own picture of Jesus praying to our heavenly Father, or journal some words or phrases that come to mind as you think about Jesus's prayer time.

Pray and ask God to form you to be like Jesus in that you intentionally spend time talking with and listening to God too.

WEEK 1

OUR FATHER

PRAYER STATION #2: THE MANY NAMES OF GOD

SUPPLIES NEEDED

- White board
- Dry erase markers

PURPOSE

To help participants understand God's complex nature and identify which characteristic of God they most need in their lives right now.

SETUP INSTRUCTIONS

Write in a scattered fashion on the white board these several names of God along with their meanings (feel free to add or leave out any, but consider that participants will also be asked to add their own):

Father

Creator

Jehovah Rapha: The Lord Who Heals

El Shaddai: Lord God Almighty

Elohim: Lord/God

El Elyon: The Most High God

Gaol: Redeemer

Jehovah Shammah: The Lord Is There

Yeshua: Savior

Jehovah Tsidkenu: The Lord Our Righteousness

Jehovah Sabaoth: The Lord of Hosts

Jehovah Jireh: The Lord Will Provide

Jehovah Rohi: The Lord Our Shepherd

Print out and display the instruction card on the following page at the prayer station so participants know what to do.

GOD HAS MANY NAMES

Consider the many and various names of God. Despite our human limitations, history has come up with many names to describe the God of the universe.

What names listed here for God do you need to be reminded of? Look at the meanings of the names that are rendered in another language. As you pray, use the markers provided to add to the board a name, image, or description of God that you find beautiful or useful or helpful.

WEEK 1

OUR FATHER

PRAYER STATION #3: ASK, SEEK, KNOCK

SUPPLIES NEEDED

- Dissolvable rice paper (available on Amazon or at craft stores)
- Ink pens or other writing utensils
- Large bowl filled with water
- Wooden spoon for stirring (optional—participants will be encouraged to swirl the water with their fingers, but if they don't want to get their hands wet, they can use the spoon provided)

PURPOSE

To remind participants that, while prayer is not transactional, God does want to give good gifts to God's children, especially the purest and holiest desires of our hearts.

SETUP INSTRUCTIONS

Display the scripture printed on the following page next to the large bowl filled with water. The sheets of rice paper and writing utensils should be stacked neatly to the side.

Print out and display the instruction card on the following page at the prayer station so participants know what to do.

ASK, SEEK, KNOCK

Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. Which of you, if your child asks for bread, will give them a stone? Or if they ask for a fish, will give them a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!
—Matthew 7:7–11

As you pray, read and study these words from the Gospel of Matthew. Think about God not as an ATM but as a loving parent who wants to give good, healthful gifts to God's children.

Take a piece of dissolvable paper from the stack and write a prayer or request to God on it. When you are finished, drop it into the water bowl and stir the water a bit with your finger. As the paper dissolves, remember that you can hand over your burdens to God as well as your hopes and dreams.