



GATHER
PRAYER
STATIONS

Welcome to Gather Prayer Stations.

To complete the following stations, you will need:

- Rope, bathrobe tie, etc; something that can be easily tied and untied
 - Journal, duo-tang, binder etc
- Printed off copy month or week prayer calendar
 - If desired printed off copies of prayer pages

The stations can be completed all at once, or if you wish to work through them at a slower pace feel free to pause the video and return to it as your time allows.

Station 1:
Breath Prayers:

Choose one or two lines to mediate on and breath through them. Example: Inhale slowly, filling your lungs with air. Pray: Lord Jesus, Son of God. Exhale slowly pray: Have mercy on me a sinner. Choose from the samples below, or use your own to practice Breath Prayers

Taken from: <https://sarahbessey.substack.com/p/breath-prayers-for-anxious-times>

Start with ten good breaths in and out to allow you mind and soul to quiet then begin with the words that are most meaningful or steadying to your soul

(From Matthew 11:28-30)

*Inhale: **Humble and gentle One,** Exhale: **you are rest for my soul.***

(From John 15)

*Inhale: **True Vine and Gardener,** Exhale: **I abide in You.***

(From Romans 8:38-39)

*Inhale: **Nothing can separate me,** Exhale: **from the love of God.***

(From Psalm 46:10)

*Inhale: **Be still** Exhale: **and know you are God.***

(From Matt. 6:10)

*Inhale: **On earth** Exhale: **as it is in heaven.***

(From 2 Cor. 12:9)

*Inhale: **Your grace** Exhale: **is enough for me.***

(From 1 John)

*Inhale: **There is no fear** Exhale: **in your Love.***

(From Psalm 23)

*Inhale: **I will not be afraid** Exhale: **for You are with me.***

(From Psalm 46:1)

*Inhale: **You are our refuge** Exhale: **and our strength.***

(From Psalm 74:16)

*Inhale: **Both day and night** Exhale: **belong to You.***

(From Psalm 91:1)

Inhale: I find rest Exhale: in Your shelter.

(From Psalm 103: 4-5)

Inhale: You surround me with love Exhale: and tender mercies.

Inhale: You fill my life Exhale: with good things.

(From Philippians 4:7)

Inhale: Peace of Christ, Exhale: guard my heart and mind.

**Station 2:
Knots Of Worry**

Materials:

Rope, bathrobe tie, etc (anything that can easily be untied)

Grab a piece of rope, bathrobe string, shoelace etc. Start thinking of the things that are worrying you right now. Tie a knot in the string for every worry. Once you get to the end of your string or your worries, start to undo the knots praying them into God's hands. You can do this individually or as a family.

**Station 3:
Praying For Those Who Lead**

Who's In Charge?

Federal Government:

Prime Minister: Justin Trudeau

Deputy Prime Minister: Chrystia Freeland

Provincial:

Premier: Scott Moe

Chief Medical Health Officer: Dr. Dr. Saqib Shahab

City:

Mayor: Sandra Masters

City Council: Cheryl Stadnichuk, Bob Hawkins, Andrew Stevens, Lori Bresciani, John Findura, Daniel LeBlanc, Terina Shaw, Shanon Zachidniak, Jason Mancinelli, Landon Mohl.

Church:

Staff: Pastor Mike Engbers (Lead Pastor)

Pastor Ben Kramer (Associate Pastor of Discipleship)

Kristen Cowman (Children's Ministry Director)

Morgan Crane (Youth Interim)

Gabe Clifford (Youth Interim)

Yoriko Bezanson (Administrator)

Elders: James Clifford (Chair)

Jared Wiens (Vice-chair)

Merilyn Bien

Emily Chase

Beth Hintz

Sample Prayers:

Guidance Prayer:

Lord, there are so many decisions that our leaders have to make daily. These decisions Father God, can make or break our nation/province/city/church. Lord help our Prime Minister/Premier/Mayor/Church leadership to make decisions that will benefit all of us. Prevent them from making selfish decisions that will ruin the peace and growth of the nation. In Jesus' Amen.

For Wise Leaders:

Father God, good leaders come from you. Lord this nation/province/city/church needs leaders with discerning hearts and wise minds. We come to you today asking you to give us wise leaders that will lead this nation in the right direction. Remove wrong people that are corrupt and living against your word from influential positions. Let our leaders be people who honour your Holy

Name for it is only from you that they will receive true wisdom. It is in the mighty name of Jesus that we believe and pray. Amen.

Wisdom:

Heavenly Father, we pray for our nation/province/city/church and its leaders. Give them wisdom that they will be able to do things beyond their understanding. Help them to choose the right path when they make decisions on behalf of nation/province/city/church. Give the leadership grace and courage to make sound decisions that align with your will for this nation/province/city/church. In Jesus name we pray, Amen.

Station 4: What is Lament?

Ask: Have you ever heard the word lament? Where did you hear the word? Do you know what the word means?

Say: To lament is to express our grief or sorrow. It is sharing with God the deep emotions we feel, that we find so difficult to name or express.

There may have been many moments these past few years that may have given you some very big feelings. Feelings that you didn't understand or know how to express. Jesus invites us to lament those feelings. To bring our feelings of overwhelm, sadness, grief and struggle to Him.

We can lament anything that is going on in our lives, perhaps it's the loss of someone you loved, a missed opportunity, a lost job, a friend that moved away, or maybe you missed playing sports or going to birthday parties. These types of things occur because our world is broken and as result sin happens.

When we Lament, we sit before God and let him know what we are feeling, we bring it to the feet of Jesus and allow Him to sit with us in our pain and grief. Lamenting does not make the hurt go away, or the sadness any less, it does not right the wrong, rather it allows us to sit with Jesus in our grief and sadness, looking to Him for comfort.

So, how do we lament? Psalm 13 gives us a good template for expressing our lament:

1. ***Be honest about your pain. (vs. 1-2)***

Be ruthlessly honest. God already sees whatever you feel, so there is no sense in trying to hide it. Even if your feelings are not ideal, they are real, and the best way for your emotions to be shaped by God is through prayer.

Example: God I feel _____(emotion)because _____(reason).

2. ***Ask God for help. (vs. 3-4)***

Ask God to alleviate your hardship. To bring peace to pain, relief to struggle, provision for need, justice to injustice.

Example: What do you want God to do? (see friends, go to a birthday party, help me to focus on the good times I had with _____, etc.)

3. ***Remember God's past faithfulness. (vs. 5-6)***

Lament does not leave us in despair but leads us to meditate on God's provision in the past. As we recall God's past faithfulness, it helps us trust him in the present affliction.

Example: Help them remember the good memories associated with the lament and then thank God for them.

Template taken from:

<https://www.exploringthedeepend.com/blog/2020/5/9/1ne06tieshj8vze5eu1kbveocrgci9>

Station 5:
Create a Prayer Calendar:

Materials:

Calendar or day planner

Pencil

Choose between the week-long prayer calendar or the month-long one (located below) and fill it with various people/places/events, etc that you can pray for. You can create one as a family or individually. You can also just grab a calendar/daybook you already use and add the people/places/events to the spaces.

Sun Mon Tues Wed Thur Fri Sat

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NOTES

Station 6
Prayer For Our City

Our city needs prayer. Spend some time together praying for the various needs in our city. If you have time right now, head out into the community and walk around praying for the people who live there and the business and establishments you pass.

Ways to Pray for our city:

- That the Gospel would be boldly and unashamedly proclaimed in our local churches.
- That our churches would be places for the broken, unwanted and hurting. That Christ will be offered as the only remedy for the very thing we cannot do, make ourselves better or to save ourselves.
- For the police, ambulance drives, nurses and other emergency crews in our city
- Pray God's will over the city, that our leadership will seek Him in decisions.
- That He would open up opportunities for you to be present and intentional with the gospel in your neighbourhood. Pray for your neighbours by name. (If you don't know their names, it might be time to get to know them.)
- That the darkest parts of our city will be overcome with the Light
- That God will open your eyes to the needs of those around you. How can you love your community right now?
- That the Lord would increase your burden for our city. That our love and growth in the Gospel would produce a desire to see others saved and grow in their love and understanding of who God is, what He has done and what He is doing.

Station 7:

Take a Prayer, leave a prayer:

Need prayer? Click the [link](#) to simply join our online prayer space. Grab a sticky note and leave it on the board. Then pick someone else's sticky note and prayer for them.

Station 8:
Praying scriptures

Turn scripture passages into prayers. Choose some verses and pray them back to God. You may wish to write them out.

Examples:

Isaiah 60:1

Cause each of Your children to shine brightly in this dark land, Lord. Let each light take its place on a lampstand and draw others to You. May those without Christ see our good works and glorify You. We pray that many will come to know You and confess You as Lord.

Proverbs 14:34

Righteousness exalts a nation Lord. Not flagrant personalities and foul speech. Not the boastful pride of man or “progressive” lifestyles or quick talking politicians who present themselves as the solution for the world. Righteousness, Lord, righteousness is what we need. Oh Lord, let your righteousness rain down on us and spring up from within every home and community in our land.

2 Samuel 22:29-30

Lord you are the Light, a lamp that turns my darkness into light. In you, I can fight those against me; I can do the very things that scare me. In you Lord, I find my courage and strength to face the challenges before me. Remind me of your presence Lord, fill me with your light, that I will longer fear the areas of darkness as your light guides me. Fill me with courage, and strength as I trust in you. Amen.

Stumped? Choose from one of the following passages:

Matthew 11:28-30

2 Samuel 22:1-3

Proverbs 3:5-6

1 Peter 1:3-8

Psalms 32:7-8

Phil 4:6-7

Station 9:
Create your own Prayer Journal

Materials:

Journal or the journal pages below

Decorative accents such as paper, stickers, glue, markers, etc.

Duo-tang/binder

You can either turn an existing journal into a record of prayer by including the date you prayer for the item, what you prayed for and then a space for the date the prayer was answered and how, or you can choose from a variety of templates (located below) and create your own version out of a duo-tang /binder and sheets, This is also a great place to include the prayer calendar you created in Station 5.

[Prayer Journal Template 1](#)

[Prayer Journal Template 2](#)

[Prayer Journal Template 3](#)