

Prayer Spaces Pack

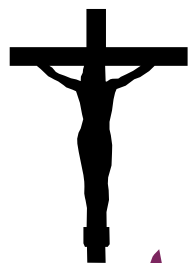




Repentance

Repentance is about changing our mind about sin... it is being sorrowful for the wrong thing(s) we have done and making a deliberate commitment to put those ways behind us. When we repent, we are committing ourselves to getting it right, not beating ourselves up for getting it wrong. Repentance is a positive thing!

Repentance is about making a U-turn on our selfish thoughts and ways and turning back to God. The arrow points us back to Jesus, who said, "I am the Way, the Truth and the Life".



Genuine repentance brings a deep joy and blessing. There is a wonderful relief in our hearts when we repent. It is Jesus who led the way of humility and then joy - the humility of the Cross and the joy that followed the Resurrection.



Think about something in your life that you would like to repent of. You are invite to write it on the whiteboard. Pray to your ever-merciful Father and make your repentance. Wipe the board clean again.





Word from God

In the jar there are lollipop sticks with Bible references written on them.

Name of the Book

To look up a Bible reference, you can use the index at the front to find the first page of the name of the Book. Then look for the chapter (big number) and verse (little number).

Proverbs 3: 5

Chapter -
the Big
Number!

Verse -
the Little
Number!

**You are invited to take a lollipop stick
and look up the verse in one of the Bibles on the table.
You can write down the encouraging and uplifting words
from God on a piece of paper and put them somewhere you
will see it every day, or keep it in your wallet or pocket.**





Life's Big Questions

All of us have big questions about life, about faith, about God etc. Some of them are "head" questions - things we find difficult to understand. Most of them are "heart" questions - that come from our experience of pain and suffering, doubt, disappointment and loss etc.

Throughout the Bible, many people have asked God big questions too.

Is there any "big life question" in your heart or on your mind that you would like to ask now?

Take some time to think about your question and where you think that question is coming from. Then write your question on the post-it note and stick it on the wall.





Letter to Jesus

Sometimes putting our thoughts down on paper can help. Jesus always listens to our prayers; He loves when we are open, honest and real with Him. He loves when we share our difficulties, sorrows, confusion and joys with Him.

If you could say anything to Jesus now, what would you say? If you could just put everything out there, what would you ask Him or tell Him? What would you thank Him for?

Write a letter to Jesus, where you are honest and open with Him about what is going on in your life right now, about the things that make you happy, about the things you need help with or are worried about, about any doubts or struggles with faith that you have.

Take the letter home with you as a reminder of your openness to Jesus and His presence in your life.





Be Still

Life can be so busy we don't have time to just sit still and take a breath. Sometimes it's good to turn off our phone, forget about everything and sit quietly.

The word "holy" simply means "set apart".

For hundreds of years people have discovered that being set apart from people helps them to be more aware of themselves, and also of God.

**This is a place to be still. This is a "holy" space.
There is no need to talk, no need to do anything.
Just "be".**



Fizzy Forgiveness

Sometimes people do and say things to hurt us. Sometimes they don't mean it, but it still hurts.

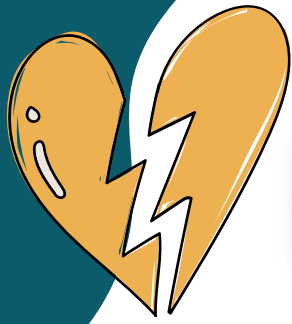
Holding onto hurts isn't good for us. Forgiveness is not saying what someone has done to you is ok; it's about "letting go" of those hurts and allowing our hearts to heal.

*"Love prospers when a fault is forgiven, but dwelling on it separates close friends."
(Proverbs 17:9)*

This activity is to encourage you to recognise and begin to "let go" of the hurtful things that others have said or done to you.

If you want to, pick up a tablet and think about those hurt feelings. When you feel ready, drop it into the water. As you watch the tablet dissolve, imagine forgiving the person who has upset you, and letting go of the hurt.





Broken Friendships

Friends can sometimes argue, that's normal. But when friends say or do mean things and hurt each other, but then don't apologize and sort things out, the friendship can get broken.

Do you know someone whose friendship with someone else has broken?
(Maybe it's you? Maybe it's someone else?)

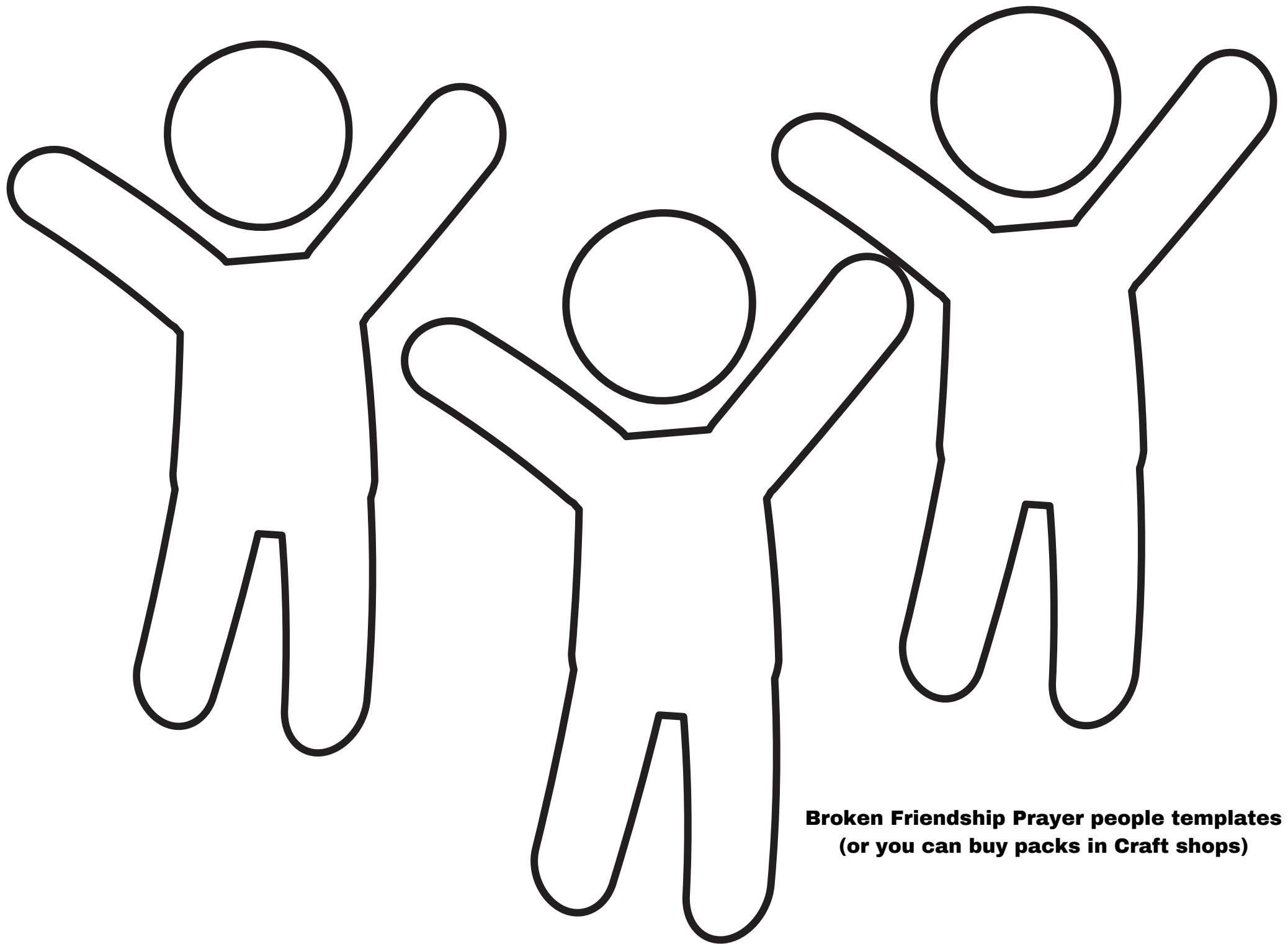
**Write the two people's initials onto one of the prayer people.
Use a peg to attach the paper person onto the string as a
prayer or hope/wish for them to forgive each other and get
back together again.**



Psalm 16:1
Isaiah 42:6
Colossians 2:7
Ezekiel 34:14
Psalm 27:1
Matthew 11:28
Mark 9:23
Psalm 27:14
Jeremiah 29:11
Matthew 6:34
Psalm 34:18
Deuteronomy 31:6
Zephaniah 3:17
Isaiah 40:31
Philippians 4:13
Joshua 1:9
1 Timothy 4:12

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**Broken Friendship Prayer people templates
(or you can buy packs in Craft shops)**



Life's Big Questions

Word from God	Word from God	Word from God
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An illustration of two hands with pink sleeves writing on a white notepad with a red pen. The notepad is placed on a dark teal circular background. To the right, the word 'Goals' is written in a large, white, cursive font.

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