

Join the Prayer Movement

It's time to pray

Discover the Power
of A Prayer Room

**Take Up The
Challenge**

@247prayerireland

WHY PRAY

It's what we are made for.

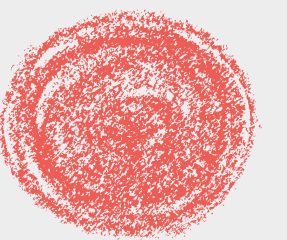


Pete Greig says, 'prayer comes from the Latin 'precarius'. We pray because life is precarious. We pray because life is marvelous. We pray because we find ourselves lost for many things... to be human is to pray'.

We are made for, a walking, talking, living, breathing relationship with our creator - God. Prayer relates us again and again to the one who made us, hears us and wants to talk back to us.

Jesus - God in flesh, taught us what it was and is to pray. He was a man of prayer, before doing anything amazingly profound and miraculous **He prayed**. And then even in the midst of the miraculous **He took time out to pray**. When faced with suffering unto death what did He do? **He prayed**! And then after His resurrection what do we see? His disciples rise to the call to be like Him and **they 'pray constantly'** and here we see the Church born! Prayer is not for a select few or the ones we think 'know how' prayer is as George Buttrick calls, 'the pulse of life' And so to live - **we pray**.

**'We pray
because
life is
precarious.
We pray
because
life is
marvelous.'**



THE VISION IS

JESUS

24-7 Prayer Ireland is part of a global movement of prayer, mission, and justice—seeking to revive the Church and rewire culture through non-stop, day and night prayer. What started as a simple poem on a prayer room wall became a rallying cry, calling people everywhere to a life of prayer.

Our Mission

We exist to see Ireland transformed by equipping and inspiring individuals, churches, and communities to build cultures of prayer that lead to action—impacting towns, cities, and beyond.

Where It All Began... And Where It's Going

It all started with a small group of students praying—just one room, one moment, one cry for God to move.

What happened next? A move of prayer that has never ceased since 1999. A global movement. Over 100 nations. Millions of lives touched. Putting 24-7 presence-centered, mission-minded prayer back at the heart of communities all over the world! And we're just getting started.

What if this generation prayed like that again?

What if young people across Ireland picked up the call to pray—in schools, on campuses, in churches, in homes—and saw revival break out again?

This is your invitation.
Pray like never before. Now is the time.

BUT HERE'S THE QUESTION



WHAT'S HAPPENING IN IRELAND

Right now, something powerful is stirring

The invitation at the heart of prayer is to go deeper. To step into a life of humility, hunger, and holiness.

A generation is rising up in prayer. From small groups of two or three to gatherings of hundreds, people are coming together to seek God. This feels like a holy moment. The question is—will you step in?

Will you join us in seeking Him, in believing for revival with your friends, on your campus, in our cities, and across this nation?

We challenge you—PRAY like never before!
Now is the time.

**We're seeing a generation RISING up
IN PRAYER**

THE PRAYER ROOM

Why Pray This Way?

The Power of Place in Prayer

A prayer room is a space where people come to encounter God. It might run for 24 hours, a few days, or a whole week. Whether open for anyone or covered through sign-up slots, it's a place where God meets people—and lives are changed. There is power in the prayer room!

Daniel Grothe puts it "The Christian life is practiced in particular places with particular people." We're shaped by the people we do life with, but also by the places where we spend time with God.

In the chaos, busyness and uncertainty of life - what if instead of distracting ourselves or moving on to avoid the discomfort we learned to stay in His presence, even in the uncertainty?

Places of Prayer Matter

The first gift God ever gave humanity was a place—Eden. When we create spaces for prayer, we are inviting people back to that original design—back to walking and talking with God.

There is something significant about having a place where we can stop, be still, and encounter Him.

In Irish spiritual heritage, we find the idea of "thin places"—spaces where the gap between heaven and earth feels almost invisible, where God's presence is deeply felt.

Prayer spaces become powerful because they are filled, hour after hour, with people seeking God. They become havens of peace, set apart from the noise of the world.

**"One day
Jesus was
praying in a
certain
place."
(Luke 11:1)**

Why Pray This Way



Using Our Bodies in Prayer

A place requires us to inhabit it. But how we show up in that space matters too.

Prayer was never meant to be just words—it was meant to be embodied.

Our bodies are designed for connection with God - He wants to meet us in our whole being—not just in our thoughts but in our movement, our breath, our creativity.

Think about it...

How God might meet us in our physical position, our senses, even down to our breath.

Breath prayers allow us to engage with God not just in our minds but in our bodies, reminding us that His presence is as close as our very breath.

When we engage in creativity, storytelling, or metaphor, our brain shifts from logic mode into connecting more deeply with our emotions, how we are really doing!

The Power of Place & Embodying Prayer

Prayer spaces create an environment where we step out of our distractions and step into encountering God fully—body, soul, and spirit.

Prayer stations and activities are designed to help us pray in different ways—moving us **Upward** (toward God), **Inward** (into personal transformation), and **Outward** (toward others).

We get to play, create, move, and engage with a creative God.

When we embody our prayers, we don't just say them—we experience them. We move from head to heart connection. And in that space, He meets us.

**When we
embody our
prayers, we
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experience
them.**

The Bible is full of this whole body, engaging our senses approach—Jesus touched people, told stories, built fires, and engaged all of who He was when He prayed, ministered, and performed miracles.

HOW TO

When it comes to how to pray it is pretty limitless!

Jesus makes it simple - He teaches His disciples the 'How To'. In the Lord's Prayer. He crafts a prayer that shifts our focus upward, inward and outward. In one prayer we Pause, Rejoice, Ask and Yield. Concepts that can be described as worship, contemplation, petition and intercession.

Let's break it down for the 'how to' of night and day prayer.
We'll look at the practical, the prayerful part and the purposeful

How to Run a Prayer Space -

So we get it:

We're made for this.

It's time to pray.

Place matters. Presence changes everything.

Prayer isn't just spoken—it's lived, breathed, embodied.

So how do we make it happen? To run a prayer room/ space it requires us to build it. Like any building project it doesn't all happen in one go, it happens in stages. So let's start with the foundations.

BUILD THE FOUNDATIONS

The BluePrint

Practical

Three Things

- People
- Place
- Plan

Prayerful

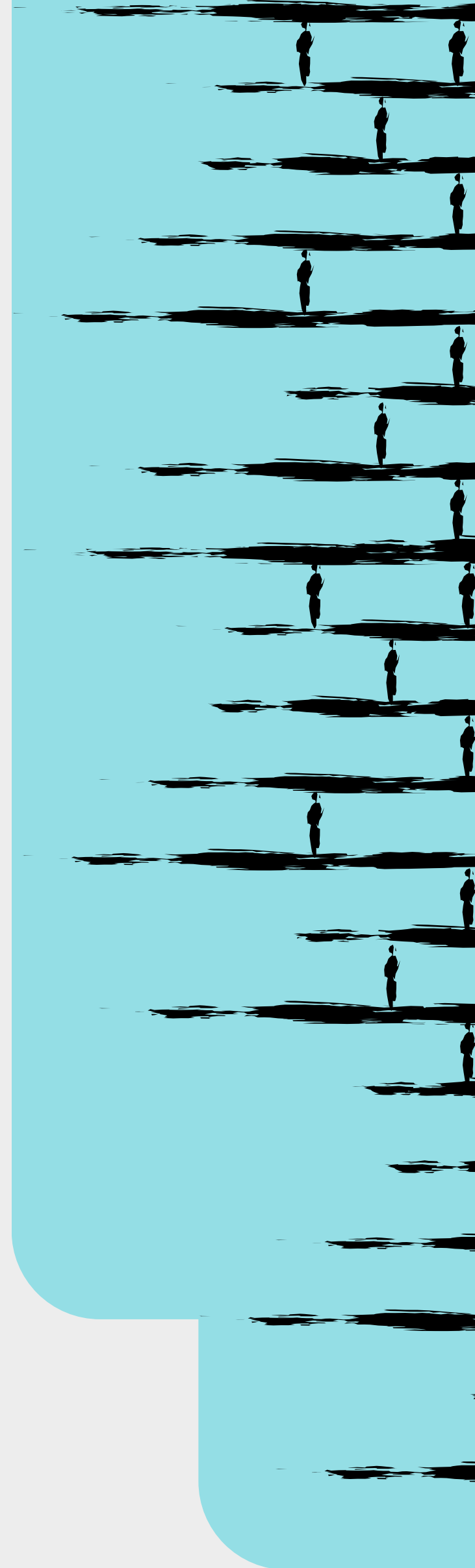
Three Moves

- Upward
- Inward
- Outward

Purposeful

Three Ways

- Stories
- Sharing
- Sending



THE DETAIL

Practical | Three Things

- People

Who are the people who are passionate about prayer - rally them together, and start making it happen!

Don't do it alone - build a team of leaders, creatives and prayers!

Your team can be as big as you like - the more people carrying the vision, the better but it only takes a couple to make it happen!

Who are the people you are going to invite to pray - who will use the space and fill hours of prayer. This will help when it comes to focus how you are going to pray.

- Place

Where are you going to pray?

You can run non-stop prayer anywhere. We've seen prayer rooms in cupboards, campuses, churches and caravans! You want a space large enough for small groups to gather, but not so big that one person feels lost.

Some top tips on your space:

FAMILIAR - ideally somewhere your community knows well.

COMFORT - Access to toilets and drinking water.

SAFE - your prayer room should be secure, and safe to travel to and from at night if you are choosing to pray then.

- Plan

Plan a date, decide how long to pray, and start gathering your crew. Planning ahead helps (three months is ideal), but you can go for it sooner too!

Ask yourself why—are you seeking God's presence? Praying for change in your school, uni, community, or nation? Responding to injustice? Your why fuels the vision and gets others on board and can also dictate when you plan to pray.

Once you've set your dates, register your prayer room with 24-7 Prayer to be part of the global movement. Our online calendar makes it easy to manage sign-ups and keep the prayer going.

**Practical
Three Things**
- People
- Place
- Plan

REGISTER NOW!

THE DETAIL..

Prayerful | Three Moves

Every prayer room is different, but at the heart of each one are three core movements of prayer:

- **Upward - Toward God**

"Our Father in heaven, hallowed be Your name."

Prayer begins by looking up, fixing our attention on who God is—His love, His goodness, His presence. Whether through worship, gratitude, or simply being still, this is about realigning our hearts with Him. Once we have the perspective of whom we are praying to, it changes how we pray.

- **Inward - Into Personal Transformation**

"Give us this day our daily bread and forgive us our sins..."

Prayer is about letting God work in us, encountering God personally, being reminded of who we are in Christ and allowing Him to renew and transform us.

This is where we get real—surrendering our thoughts, emotions, struggles, and sin before Him. It's a space for confession, repentance, and forgiveness—both receiving it and offering it to others.

- **Outward - Towards Others**

"Your kingdom come, your will be done, on earth as it is in Heaven."

From this place of encounter, our prayers turn outward. We pray for others, for our communities, for justice, and for the world. We intercede boldly, asking for God's Kingdom to come on earth as it is in heaven and we step into the calling to be partners with God, standing in the gap between heaven and earth. This way of praying has the power to rewrite the story.

These 3 moves then help us frame and choose the activities/prayer stations for the space. We will give you some examples in the Get Started section.

**Practical
Three Things**
- People
- Place
- Plan

REGISTER NOW!

THE DETAIL...

Purposeful | Three Ways

- Stories

Capture the Stories, Share the Impact

Stories have power - They remind us of what God has done and inspire others to pray. Capture the stories of what God has done and celebrate what's happening in your prayer room!

Some ideas - have someone to take photos, videos, ask people about their experiences with God. What did they feel? What did He say?

- Sharing

We've seen it over and over—one story can spark a whole community to pray. So capture the moments, share them with us (with permission, of course)!, and let's keep the story of prayer going!

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- Sending

Take Prayer Beyond the Room

Prayer isn't meant to stay in one place—it's meant to move you. Carry God's presence into your town, city, or campus. Pray for blessing, hope, and transformation right where you are.

Get creative! Whether it's justice-driven action or personal intercession, let love for your community lead the way. Prayer moves us to act—so step out and bring God's Kingdom to earth.

- Join Others in Praying

Across Ireland groups of young people are gathering to pray together. Why not gather young people in your area to pray or join in what's already happening

Look out for Signal Fires Youth Prayer Nights and Remnant movement of young adults gathering to worship and pray.

Find out how to partner with 24-7 Prayer Ireland to bring Signal Fires to your community.

Curious about what this looks like in action? Check out [incarnated prayer](#) and see how prayer can be lived out in your community!

**Purposeful
Three Ways**
- Stories
- Sharing
- Sending

REGISTER NOW!

BUILD UP

Time to take it to the next level.

Now you have the foundations you are ready to ‘build up’ your space and get creating. Here is where an empty room comes alive! This is the chance for your team to get creative, make it personal, for your context, for your people and **PRAY!**

So let’s build up!

We want to equip you to **JUST DO IT!** Next up we have some questions and checkpoints to help you figure out your unique ‘How To’ for your prayer room.

First Floor

- Know how you’re praying: What are you praying about, what was your why?
- What is the theme or your heart for the room? (This can help refine your activities and focus your prayers)
- What do you want people to engage with in this space? (This is the core concept that the room has to serve.)
- Pick your activities (See all the options in the Pick + Mix Prayer Activities Section, or Create Your Own)

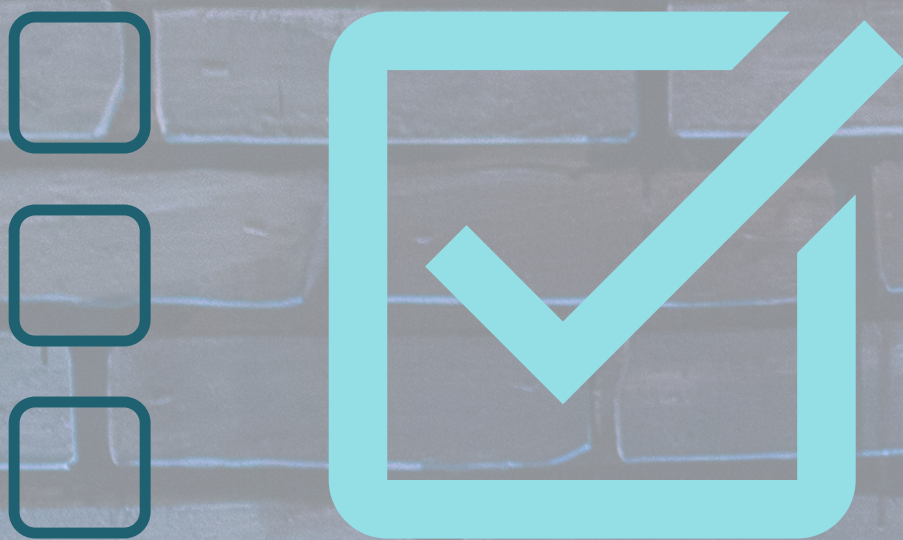
Second Floor

- What space do you have to work with and how would you best arrange that?
- How would this look? Envision it! Be Creative!
- How can the room be set up to help encourage the theme or just be a place of peace?
- With your room layout in mind and your activities chosen - what’s your shopping list?
- What do you need to gather? (You’ll be surprised how much you can gather or ask your church community to lend.)
- Preparation - Gather what you’ve got for the activities, print your printouts/ get the word out.
- Pray - pray in the space, pray over the space, and pray for all who enter into it.

Make it Your Own

Now time to set up! Keep in mind the following!

- Engage the senses just as we talked about...don’t overwhelm them either! How can you engage the sense of smell, sight, taste, sound and touch.
- Light it up - lighting in a space really helps create an atmosphere. We are great believers in the resources of fairy lights, lamps and LED candles!
- Get the music going - have a set list, link up to a speaker and again build an atmosphere that encourages people to feel at home.
- Walk through the space and engage with it... try it out and leave your examples behind you... this in itself helps guide others in how to engage with the space.



Pick + Mix

Prayer Activities

11 Creative Prayer Activities From 24-7 Prayer Ireland

Including

UPWARD

This is God
Get Perspective
Be Still & Behold
God in The Story

INWARD

Who am I?
Hope Rope
Repent + Forgive
Jesus at the Center

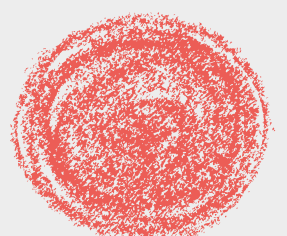
OUTWARD

Kingdom Come
Raw & Real: Praying Through Pain
Breakthrough
Justice

We've designed prayer stations especially for you, that will help you engage in prayer. These incorporate the three moves that we laid out - Upward - Inward - Outward.

The idea; that you get to choose what to pull together into your space and you have options to change it up and host multiple prayer spaces each with different stations over time.

And then when you've tried and tested it, you can even start to plan, write and create your own! Our dream is that eventually together we will be creating prayer stations that become a library for others getting started, encouraging them on the journey of night and day prayer!



Go to page 27-44 for printable versions of prayer station instructions to use in your prayer room..

This is God

The Truth of Who God Is

For the organiser

You will need:

- A huge sheet of paper or roll of wallpaper/ lining paper
- A way of sticking or pinning this to the wall.
- Pens/ coloured markers or paint.
- Bibles
- Copies of the scripture references printed out.

How to set it up:

Get a huge sheet of paper/ roll of wallpaper and create a 'graffiti wall' if possible by fixing the paper to a wall. If this can't be done try taping it to the floor and make a big square/ rectangle that will be an obvious focal point in the space.

Paint or mark in HUGE writing GOD.

Feel free to subtitle it with 'who He is'.

Set up pots of thick markers or if paint the supplies required for this. You will want a few of these for more than one person to be at this station at any given time.

Using the scripture references provided have these printed out so individuals can access them easily and read through them personally.

You may want to start the 'graffiti' off with some of these statements of who God is on the wall/ paper, this encourages others and helps instruct them in what they are to do by example.

For the prayer station

**REFERENCED
THROUGHOUT THE BIBLE
(SEE LIST IN PRINTABLES)**

BIBLE

Instructions:

Declaring Who God Is

Who is He?

You might have an idea of who God is already, you may know Him personally and be on the journey of getting to know Him more. Though sometimes we can forget who He is, what the Bible says about Him, or based on our circumstances and the world around us we can begin to believe lies about who He is that don't line up with the truth of His WORD.

Take time now to think about God (The Father, The Son and Holy Spirit)

Who is He?

Who do you know Him to be for you?

Who does He say He is that does not change?

Read the Bible references that state who He is.

What ones stand out to you that you need to be reminded of?

Now add these to the 'graffiti wall' let this be your prayer - you declaring that 'This is who you are God! And I am choosing to believe it!'

AMEN!

Go to page 27-29 for printable versions of prayer station instructions to use in your prayer room..

Perspective

Thankfulness & Worship

For the organiser

You will need:

- 2 containers
- Paper hearts - 2 types, regular heart shape and broken heart shape
- Pens
- A way to display -
 - a. Pin board & pins
 - b. Rail with string & pegs or paper clips
 - c. Wall or board & blue-tac
- Any decor item you wish to add i.e candles, plants, lights, hearts

How to set it up:

Prepare the 2 types of hearts printed, cut and place them in the 2 bowls alongside some pens.

Set up your display area, you can choose from one of our options or come up with your own.

Just be sure to have all the pieces people will require for hanging, sticking, or displaying their heart and that they are clearly seen at the station.

Now you can decorate this space more with plants, fabric or candles. Like we said, make it your own.

For the prayer station

Philippians 4 v 4

1 Thessalonians 5 v 18

Psalms 107 v 1

Philippians 4 v 8

BIBLE

Instructions:

God sees and knows our circumstances and cares for us. Despite our circumstances however, we are told to give thanks!

At times celebration and thankfulness can be a practice and a discipline we have to choose to do, at times it is easy and at others it is very difficult.

How can you give thanks to God for who He is and all He has done?

Think about the cross and Jesus dying for you. Think of the blessings of God you have to enjoy.

How can you thank God, even when you feel unthankful?

How does it feel to look up in worship in the midst of your circumstance?

Depending on your situation choose which heart you would like to use, write an honest prayer of thanks to God and display it with the others.

Go to page 30 for printable versions of prayer station instructions to use in your prayer room..

Be Still & Behold

Listen to Him Speak

For the organiser

You will need:

- Comfortable chair/sofa
- Blankets
- Pillows
- Bibles
- Pens/ colours / highlighters
- Paper
- A guided prayer ???
- Sensory items i.e calm jar or sand timer
- Any decor item you wish to add i.e candles, plants, lights

How to set it up:

Simply set this space up as a cosy area of the room, it is intended to be a space for quiet and intimate place to Be Still with God therefore it might be best in the corner of the room to give privacy and avoid distraction.

Set up some sofas and chairs with blankets and pillows.

Good but soft lighting is key here.

Set up a small table with paper and a selection of stationary for people to write, journal, draw however they feel led.

Leave some bibles in this area too, and print out the guided prayer to display for people to read.

You then might want to decorate this space more with plants, symbolic pictures or candles. Like we said, make it your own.

For the prayer station

Psalm 46 v 10

John 10 v 27

1 Corinthians 14 v 3

BIBLE

Instructions:

Prayer is a two-way conversation between us and God. Often we do all of the talking but now we also want to take time to listen to what God wants to say to us as well as simply being in his presence. Throughout scripture we see God speak to His people in various ways; through the bible, promptings of His Spirit, dreams & visions, prophetic words.

Take time to be still and listen to God. Open the bible and let Him speak. God is always speaking to us, we just have to make space to listen. Ask Him to give you ears to hear His voice.

Use these moments to Be Still and present in God's presence. "Words become less necessary as prayer becomes no longer something I'm doing but something I'm being in the presence of God" Pete Greig - How to pray
We can use short words or phrases like 'Jesus' or 'Holy Spirit Come' as we breathe in and out to help bring our focus back to Him.

Go to page 31 for printable versions of prayer station instructions to use in your prayer room..

God in the Story

The Art of Remembering

For the organiser

You will need:

- A sturdy surface – table or floor
- A few large stone/rocks
- Small stones (enough for 1 each)
- Markers
- Any decor item you wish to add i.e candles, plants, lights,

How to set it up:

Make sure you have a sturdy surface to carry the weight of stones. If you are worried at all then the floor is best. Place the large stones in a pile as a base.

Put the small stones in a basket or container beside the large ones, and set out markers.

This station will 'grow' as people come to pray and add their stone to the pile so make sure there is some space around the base you have created.

You then might want to decorate this space more with plants or candles. Like we said, make it your own.

For the prayer station

1 Samuel 7 v 12

John 5 v 17

Deuteronomy 31:6

BIBLE

Instructions:

After God gave the Israelites victory in battle, Samuel raised up a stone and called it Ebenezer. In Hebrew the word Ebenezer means "stone of help." This raised stone was a reminder to the Israelites of what the Lord had done for them. This week we want to raise our own Ebenezers—our own stones of remembrance—that will enable us to see God's hand in our past and will give us assurance and faith that He will provide for us in the future.

Take some time to reflect on your life. Where have you seen God in your story? Invite him to continue meeting you in your story as the God who never leaves and is always faithful.

Take a stone and write a statement on it to make this your declaration, and raise it up with the others. In these moments, allow God's faithfulness in your past to give you confidence and hope for the future ahead of you.

Go to page 32 for printable versions of prayer station instructions to use in your prayer room..

Who am I?

What God Says About Me

For the organiser

You will need:

- A mirror or multiple mirrors
- White board markers
- Sticky labels
- Pens/ felt tips
- A small bin
- Seating to go in front of the mirror/ mirrors or floor cushions depending on how you set up the area.

How to set it up:

Part One:

Set up a table or desk with rolls/ sheets of blank sticky labels on it alongside pots of pens/ felt tips.

Write some examples on the labels of names we often call ourselves/ lies we believe eg: 'Failure, ugly, unseen..'

Part Two:

Beside the sticky label station on the same table if there is space or using another table with a chair set up a mirror, this could almost resemble a dressing table (feel free to get creative) if using a big wall mirror you can set this station up with floor cushions to sit on in front of it.

On the mirror write with white board markers the 'I am' names that God says we are. (See Bible List in Printables)

Set a bin or way of disposing of the sticky labels beside the mirror.

Individuals will pray through the labels they stick to themselves and unstick them, disposing of them as they choose to believe the truth that will be the names written on the mirror.

For the prayer station

2 Corinthians 5 v 17

BIBLE

Instructions:

WHO ARE YOU?

WHAT DEFINES YOU?

Often we get given labels in life, ones that stick! Sadly often the ones that stick can be ones that hurt, ones that are negative and that we then identify with and think, 'this is who I am.' But the truth - is they are lies, and just as the enemy deceived Eve in the Garden at the very beginning of the Bible, he still tries to deceive us daily. Deceiving us to believe lies about ourselves and even God.

And he can be clever, he can turn up the volume on what others say about us and get that to stick. Or he can feed us lies that actually sound like our own internal voice, for instance, 'I'm rubbish, I'm unlovable, I'm worthless...'

This makes them almost convincing!

But the good news is we have a reference to what is REAL and TRUE and that's found in the Bible and what God says about us!

What He says about us whether it 'feels' true or not.

You see, sometimes our feelings are not true and we need to speak truth to them rather than letting feelings dictate what is true to us.

So what are the labels, who do you say you are, what's stuck?

Write on the sticky labels the names, the things you have believed about yourself. Sit in this space inviting God to simply bring them to mind. Go with what comes to mind and write it

Who am I?

What God Says About Me

PART TWO

Instructions:

As you stick these labels to yourself - acknowledge how these have made you feel. Talk to God about it. He is present.

Now move to the mirror.

As you sit in front of the mirror, notice what is written on the mirror. The TRUTH! This is who God says you are.

Now remove your labels one at a time. A really simple prayer to pray is. 'God I confess I have believed the lie that I am.... But now I am choosing to remove it and as I do I surrender to you how this has also made me feel....(name it) I now choose to believe the truth that I am...(fill in the blank with a TRUTH from the mirror or the list of scriptures provided.)

Repeat with each label and know that you are who God says you are!

TRUTH!

I am accepted...

God's child
Befriended
Justified
Complete
I belong
Chosen
Forgiven
Redeemed
Loved

I am secure...

Free
Assured
Established
Anointed
Sealed
Hidden
Confident
Good
Empowered
Confident
Safe

I am significant...

Chosen
Worth it
Wanted
A work of art
Valued
Reconciled
Equipped
Strong

KEY WORDS FROM THE BIBLE, I AM....

Go to page 33-35 for printable versions of prayer station instructions to use in your prayer room..

Hope Rope

Peace in Anxiety

For the organiser

You will need:

- Ropes tied in knots
- Beanbags or cushions
- Any decor item you wish to add i.e candles, plants, lights

How to set it up:

Take different lengths of rope and tie individual knots in each rope.

Lay the ropes out on the floor in a jumbled up mess.

Place beanbags or cushions to sit on the floor around the ropes.

Now you can decorate and make this your own you might want to add lights, candles or plants.

For the prayer station

John 14 v 27

Romans 15 v 13

BIBLE

Instructions:

We all have worries and fears, anxiety will often settle in our minds and can feel overwhelming. We can feel like we are tied up in knots, just like the ropes you can see.

Pick up a rope, as you hold it in your hand feel the different knots tied along it.

What are you worried about right now?
What is making you anxious?

Now read the words from Jesus in John 14v27 "Peace I leave with you..."

There is a peace available to us that we can not fully understand but that we so desperately need.

Begin to untie the knots as you think about each of your worries and imagine the worries being untied, reminding yourself of the truth of these verses. Pray and ask God for his peace in the middle of your anxiety and also for his hope and joy!

Go to page 36 for printable versions of prayer station instructions to use in your prayer room..

Repent + Forgive

Surrendering and Receiving

For the organiser

You will need:

- Trays
- Sand
- (Or a sand pit in place of the above)
- Stones
- Markers

How to set it up:

Set up trays with sand in them or if you have a sand pit use that. Make space for people to sit or kneel at the sand.

Pile stones around the sand trays or pit that can be lifted easily.

Have a pot or marker pens at this station.

Instructions:

Jesus came to save us from the grip of sin and to restore our union with God. All we have to do is come, surrender and repent of our striving to be the boss of our lives and invite Him in to rule and reign in us. To have His place on the throne of our hearts. In doing this we get invited into the most secure, significant and love filled relationship with the Father, Son and Holy Spirit.

For the prayer station

John 8 v 1 - 11

BIBLE

As when we surrender in repentance, He is faithful in forgiving us. Once the relationship with God is restored, our rescue is secured.

However it is easy to drift into sin habits, bad attitudes and place other things on the throne of our hearts. So as we walk out our relationship with God, as we grow as His disciples we want to keep coming back to a place of surrender.

Living humble, holy and hungry for Him lives. In John 8 we see how Jesus responds to sin, not ignoring it, but knowing it and in love calling the us out of it.

Have a read of the story... Take a moment to let Him search you and know you - the good, bad and ugly parts. Imagine yourself in the story. What do you think you would be feeling condemned about? What do you need to bring into the open with God for Him to meet you in and lead you out of? What would be written in the sand? Now take time to write or draw in the sand the sin you want to repent of.

Go to page 37 & 38 for printable versions of prayer station instructions to use in your prayer room..

Repent + Forgive

Surrendering and Receiving (Part 2)

For the prayer station

Instructions:

As you write you can simply pray;

Jesus, I confess + repent of....

Now rub it out as you pray;

I receive your forgiveness - I am yours.

You are forgiven. He does not condemn you! You are FREE!

Sit for a moment in the knowledge of that truth!

Now back to the story notice that the Pharisees acted differently than Jesus, they came with stones, already condemning and ready to kill. They were not willing to forgive.

How often do we hold stones?

Stones in our hearts and heads that weigh on us as we harbour the hurt others have caused us or others sin has caused us even?

As we have received His forgiveness we have the supernatural ability to give forgiveness to others. It doesn't mean forgetting or being a door mat either but

John 8 v 1 - 11

it does mean handing over our entitlement to revenge, our bitterness, our need to get justice our way, our pain and grief to Jesus.

He knows how to deal with all of the above. So will we surrender our unforgiveness to Him by forgiving others too?

Pick up a stone.

**Who do you need to forgive?
you can simply pray;**

**Jesus, I choose to forgive....
for..... it made me feel..... I now let it go.
I receive your love and I pray that they too would know your love.**

**Write on the stone a name or initial of who comes to mind.
Let go of the stone!
You have forgiven as he forgave you. He is on the throne and you can trust Him.**

BIBLE

Go to page 37 & 38 for printable versions of prayer station instructions to use in your prayer room..

Jesus

At the center

For the organiser

You will need:

- Paper arrows (cut out)
- Pens
- A cross
- Jesus at the centre sign
- Decorate items, candles, lights, plants...

How to set it up:

This activity will require two different set ups.

Area 1 - place pre cut arrows and pens on a table/stand. Make sure that your instruction sheet is also displayed at this table.

Area 2 - in the center of the room set up a cross. For this use what you have, your church might have one already, or you could make one simply with 2 old pieces of wood. You could even use a large piece of card to cut out a cross and lay it on the floor. Be creative!

Make a sign saying "Jesus at the Center" and place it against or next to the cross so people know where to go in the room. Leave a few arrows on the floor pointing to the cross for reference.

For the prayer station

Luke 5 v 8 - 9

Matthew 6 v 33

BIBLE

Instructions:

When Jesus is at the centre of the house, people experience salvation, healing and freedom. It is His presence that changes everything.

Our desire is that we would be a people and church who always keep Jesus at the centre and recognise our need for His presence above all else.

Often we can let other things get in the way from this being a reality.

Who or what is at the centre of your life?

Take an arrow and pray about how you can make Jesus the centre of your life. Pray that Jesus would be the centre in all that you do.

Take your arrow to the cross in the centre of the room. Set it on the floor pointing to the cross as a symbol of us all together putting Jesus at the centre.

Go to page 39 for printable versions of prayer station instructions to use in your prayer room..

Kingdom Come

Intercession

For the organiser

You will need:

- A map of your local area (or a world map?)
- Something blue to create a river (get creative) material, paper, glass stones
- Small stones
- Blue paper / blue post-its
- Pens
- Any decor item you wish to add i.e globes, candles, plants, lights

How to set it up:

Lay out a map of your local area/or a world map; this is your own personal choice.

Then lay out whatever blue item you have to look like a river flowing onto the map. You might find it helpful to add some small stones along the edge of the river to hold things in place and make it look more realistic. You can choose to do this on the floor or on a table depending on the size of your map. Don't let your river be too small as people will add their written prayers onto it.

Now you can decorate this space more with plants, candles etc.

For the prayer station

Ezekiel 47 v 8 - 9

John 7 v 38 - 39

BIBLE

Instructions:

In Ezekiel 47, God gives the prophet a vision of a river flowing from the presence of God that brings life wherever it flows, even in the most unlikely places. Our prayer is that this river would flow into families, communities, and nations of the world and bring life. As well as praying, we all have a role to play in seeing this happen. In John 7, Jesus says that as those who believe in Him, we have received the Holy Spirit who causes this living water to flow out of us.

Take some time to pray that this river of life would flow through your city and land. What would new life look like in your city? What would change?

Pray about your role in reaching and bringing life to those around you. Ask God to make you bold in sharing the gospel and loving those around you. Pray that through all you do it would bring life to your community and surrounding area. Write your prayer on the blue paper and then add it to the river as a symbol of your desire to see a river of living water flow into your community.

Go to page 40 for printable versions of prayer station instructions to use in your prayer room..

Raw + Real

Praying Through Pain

For the organiser

You will need:

- A cross or cut out of a cross or cross imagery displayed
- Paper
- Pens
- Envelopes
- A container/box at the foot of the cross for people to lay their letters
- Bibles or print outs of Psalm 22
- Any decor such as candles, cushions etc to make the space cosy, encourage people to sit and linger at the cross.

How to set it up:

A cross (You may have access to a wooden one from your church, otherwise get creative and use a roll of paper to draw/ paint a large one and cut it out.

Create space at the 'foot' of the cross for people to sit on cushions or a rug.

Have paper and pens with envelopes for individuals to write out their painful prayers.

You may like to write out verses from Psalm 22 and place these on the wall as a visual. Or the 5 words that we refer to in the instructions: Address, Complaint, Appeal, Confidence, Blessing.

Instructions:

Praying Through the Hard Stuff:
Writing Your Own Lament

For the prayer station

PSALM 22

BIBLE

Let's be real—lament can feel heavy, even uncomfortable. But it's also so important. If we only focus on praise and never make space for lament, our worship can feel shallow. God invites us to bring our raw, honest emotions to Him.

Did you know that 30-40% of the Psalms are laments? They give us a framework for how to cry out to God, process pain, and find trust and hope in Him—even in the hardest seasons.

Most follow a simple pattern:

1. Address - Call out to God
2. Complaint - Honestly express your struggle
3. Appeal - Ask for His help
4. Confidence - Choose to trust Him
5. Blessing - End with worship

Even Jesus lamented. On the cross, He cried out "My God, my God, why have you forsaken me?"—the opening of Psalm 22. If you read the whole Psalm, you'll see how it moves from pain to trust.

Time to Get Real

Take a moment to write your own lament. Use the five steps to guide you, but don't overthink it—just let your heart pour out onto the page. Grab a pen, your journal, or even your phone and be honest with God. He's not afraid of your emotions—He created you, and He wants to meet you here.

Go to page 41 & 42 for printable versions of prayer station instructions to use in your prayer room..

Breakthrough

Specific Prayer – Specific Answers

For the organiser

You will need:

- Plain tiles – smashed (use spares or buy cheap ones)
- Container for tiles
- Gold markers
- Mat
- Printed image(s) of a piece of Kintsugi pottery
- Any decor item you wish to add i.e candles, plants, lights

How to set it up:

Carefully break some tiles into big enough pieces to write a few words on. Place them in a container of some kind, with the gold markers beside them.

Choose a spot on a table or on the floor to display tile pieces. Lay out a mat or a piece of material to place them on.

Print out images of kintsugi pottery and display them around the station.

Now you can decorate this space more with plants, candles or pieces of pottery. Like we said, make it your own.

For the prayer station

Mark 2 v 1 – 12

Psalm 103 v 1 – 5

BIBLE

Instructions:

We all know how broken our world is. There is such a need for God to come and bring breakthrough into our own lives and the lives of those around us, and to restore what is broken.

Kintsugi is the Japanese art of repairing broken pottery with gold. It's the philosophy that something broken can be remade into something even more beautiful.

God can take the broken areas of our world and create something beautiful, and he invites us to partner with him in this restoration.

Where do you need to see God's restoration and breakthrough?

Read the passage in Mark 2. Here we see a man in need of much from Jesus. His friends act on his behalf, and as a result we see his salvation, healing and complete breakthrough in his life!

What are you bringing to Jesus now? Someone in need of salvation, healing, breakthrough? It might be for yourself or for someone else.

Take a broken tile and using the gold pen, write a name or a word to signify what or who you are bridging to Jesus.

Go to page 43 for printable versions of prayer station instructions to use in your prayer room..

Justice

The Way of His Kingdom

For the organiser

You will need:

- Globes or a large map
- A way to display
- Paper chains (Black paper & white markers are most effective)
- Fine Marker (white)
- Blue tac
- Any decor item you wish to add i.e a set of real chains, candles, plants, lights

How to set it up:

Decide if you will use globes, a map or alternatively you could print out maps of your own or have someone draw one. You then need to display this. I.e globes on a table or plant stand (the different levels here make it look great) or a map on a table or hung up if possible. Be creative here and make it look interesting and engaging.

Then you need to cut some paper and make your paper chains.

(These look best in black paper, but then you need white pens to write on them. If you don't have access to black paper or white pens and paper will work, it's the chains that are important.)

Now drape your paper chains around the display over maps or around globes blue tac can help keep things in place if needed.

Leave your pens and blue tac in clear view.

For the prayer station

Psalm 89 v 14

Micah 6 v 8

Isaiah 1 v 17

BIBLE

Instructions:

When God's Kingdom is built, justice prevails. Throughout the world, we see lots of injustice that break's God's heart. This week, we want to take time to pray against oppression and to seek justice. Pray that God's Kingdom would come.

Where are you noticing areas of injustice in your nation and the world?

Pause and consider where we need to pray that God who is just would move in breakthrough

As you pray, break one of the paper chains off, write your prayer on it and stick it up as a symbol of working against injustice across the world.

Go to page 44 for printable versions of prayer station instructions to use in your prayer room..

Printables

PRINTER FRIENDLY ACTIVITY GUIDES

These pages are guides for each prayer activity to be set at each relative prayer station.

This is God

The Truth of Who He is

Instructions

Declaring Who God Is Who is He?

You might have an idea of who God is already, you may know Him personally and be on the journey of getting to know Him more.

Though sometimes we can forget who He is, what the Bible says about Him, or based on our circumstances and the world around us we can begin to believe lies about who He is that don't line up with the truth of His WORD.

**"I am the way and
the truth and the life"**
John 14:6

**PICK UP A BIBLE + SEE IF YOU
CAN ADD TO THE LIST TOO!**

BIBLE

Take time now to think about God (The Father, The Son and Holy Spirit)

Who is He?

Who do you know Him to be for you?

Who does He say He is that does not change?

Read the Bible references that state who He is.

What ones stand out to you that you need to be reminded of?

Now add these to the 'graffiti wall' let this be your prayer - you declaring that 'This is who you are God! And I am choosing to believe it!'

AMEN!

This is God

The Truth of Who He Is

BIBLE

SEE BELOW OR GRAB A
BIBLE AND ADD TO THE
LIST

Exodus 34:5-6

God is merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness.

Isaiah 43:10-11

The Lord and saviour.

Titus 3:4-6

God is loving, kind, righteousness, full of mercy, our generous Savior.

1 John 4:7-10

God is love.

John 1:14

God is full of grace.

Deuteronomy 7:9

God is faithful, steadfast and keeps His promises.

1 John 1:5

God is light.

1 John 1:9

God forgives.

Genesis 1:1

God is creator and therefore He is creative.

Genesis 2:7

God is life giving.

Proverbs 3:19

God is wisdom.

Deuteronomy 32:27

God is a dwelling place (refuge)

1 Kings 8:27; Jeremiah 23:23-24

God is without limit.

Deuteronomy 33:27a

God is your dwelling place

Isaiah 44:24

God is your Redeemer

Malachi 3:6a

God does not change.

Deuteronomy 32:4

God is a Rock, his work is perfect, He is just and does what is right.

Deuteronomy 4:31

God is a merciful God. He does not leave.

Zephaniah 3:17

God is present, mighty one, saving. God rejoices, is glad and loves knowing you.

Isaiah 41:10

God is with you, He is your helper.

Nahum 1:7

God is good.

Psalms 145:9

God is merciful.

Leviticus 19:2b

God is holy.

Isaiah 57:15

God is high above all things and inhabits eternity.

Psalms 50:10

Has authority over all things.

Psalms 136:1

God is good and steady in love.

Psalms 86:15

God is merciful and gracious, slow to anger full of love and faithfulness.

Jeremiah 29:11

God is a God of good plans.

Psalms 83:18

God is Most High over all the earth.

Psalms 18:30

God is perfect and true.

This is God

The Truth of Who He Is

BIBLE

SEE BELOW OR GRAB A
BIBLE AND ADD TO THE
LIST

Revelation 22:13

God is the Alpha the Omega - the
beginning and the end.

John 1:1

God is The Word.

Colossians 1:16

God is ruler and creator.

Romans 5:8

God is our saviour.

John 3:16-17

God is love.

Ephesians 4:6

God is a perfect father.

Ephesians 2:4-6

God is life.

James 1:17

God is good and perfect.

2 Peter 3:9

God is a promise keeper.

John 10:10-11

God is The Good Shepherd.

Hebrews 1:3

God upholds creation.

John 4:24

God is spirit.

Matthew 19:26

God is all powerful.

Psalms 139:7-12

God is everywhere.

1 Timothy 1:17

God is invisible.

Deuteronomy 1:31; 2 Chronicles 30:9

God is a compassionate God.

Deuteronomy 1:24; Hebrews 12:29

God is a consuming fire.

Deuteronomy 32:27

God is home (refuge).

1 Corinthians 14:33

God is a God of peace.

1 John 3:20

God is all-knowing.

Nahum 1:2

God is avenging.

2 Chronicles 30:9

God is compassionate.

Psalms 90:2; 1 Timothy 1:17

God is eternal.

Psalms 45:6

God is forever and ever.

Dan. 9:9; Ephesians 1:7; Psalms 86:5

God is forgiving.

Job 33:12

God is greater than man.

Romans 11:33

God is incomprehensible.

Jeremiah 23:24; Psalms 147:5

God is infinite.

1 Timothy 1:17

God is invisible.

Jeremiah 23:23

God is near.

1 Kings 8:27; Psalms 139

God is perfect.

Psalms 54:4

God is the sustainer of our soul.

John 3:33

God is true.

Perspective

Thankfulness & Worship

Instructions

God sees and knows our circumstances and cares for us. Despite our circumstances however, we are told to give thanks!

At times celebration and thankfulness can be a practice and a discipline we have to choose to do, at times it is easy and at others it is very difficult.

How can you give thanks to God for who He is and all He has done? Think about the cross and Jesus dying for you. Think of the blessings of God you have to enjoy.

How can you thank God, even when you feel unthankful?

How does it feel to look up in worship in the midst of your circumstance?

Depending on your situation choose which heart you would like to use, write an honest prayer of thanks to God and display it with the others.

Psalm 107 v 1

Philippians 4 v 8

Philippians 4 v 4

1 Thessalonians 5 v 18

Philippians 4 v 4

Rejoice in the Lord always. I will say it again:
Rejoice!

1 Thessalonians 5 v 18

...give thanks in all circumstances

Psalm 107 v 1

Give thanks to the Lord, for he is good; his love endures forever.

Philippians 4 v 8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable —if anything is excellent or praiseworthy—think about such things.

Be Still & Behold

Listen to Him speak

Instructions

Prayer is a two-way conversation between us and God. Often we do all of the talking but now we also want to take time to listen to what God wants to say to us as well as simply being in his presence.

Throughout scripture we see God speak to His people in various ways; through the bible, promptings of His Spirit, dreams & visions, prophetic words.

Take time to be still and listen to God. Open the bible and let Him speak. God is always speaking to us, we just have to make space to listen. Ask Him to give you ears to hear His voice. Use these moments to Be Still and present in God's presence. "Words become less necessary as prayer becomes no longer something I'm doing but something I'm being in the presence of God" Pete Greig - How to pray

We can use short words or phrases like 'Jesus' or 'Holy Spirit Come' as we breathe in and out to help bring our focus back to Him.

Psalm 46 v 10

**Be still, and know
that I Am God.**

BIBLE

John 10 v 27

My sheep listen to my voice; I know them, and they follow me.

1 Corinthians 14 v 3

But one who prophesies strengthens others, encourages them, and comforts them.

John 10 v 27

1 Corinthians 14 v 3

BIBLE

God in the Story

The art of remembering

Instructions

After God gave the Israelites victory in battle, Samuel raised up a stone and called it Ebenezer. In Hebrew the word Ebenezer means “stone of help.” This raised stone was a reminder to the Israelites of what the Lord had done for them. This week we want to raise our own Ebenezers—our own stones of remembrance—that will enable us to see God’s hand in our past and will give us assurance and faith that He will provide for us in the future.

Take some time to reflect on your life. Where have you seen God in your story? Invite him to continue meeting you in your story as the God who never leaves and is always faithful.

Take a stone and write a statement on it to make this your declaration, and raise it up with the others. In these moments, allow God’s faithfulness in your past to give you confidence and hope for the future ahead of you.

1 Samuel 7 v 12

John 5 v 17

Deuteronomy 31 v 6

BIBLE

1 Samuel 7 v 12 –

Then Samuel took a stone and set it up between Mizpah and Shen. He named it Ebenezer, saying, “Thus far the Lord has helped us.

John 5 v 17

My Father is always at his work to this very day, and I too am working.

Deuteronomy 31:6

Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you.

Who Am I?

Who God says I am

Instructions

Who are you?

What defines you?

Often we get given labels in life, ones that stick! Sadly often the ones that stick can be ones that hurt, ones that are negative and that we then identify with and think, 'this is who I am.' But the truth - is they are lies, and just as the enemy deceived Eve in the Garden at the very beginning of the Bible, he still tries to deceive us daily.

Deceiving us to believe lies about ourselves and even God.

And he can be clever, he can turn up the volume on what others say about us and get that to stick. Or he can feed us lies that actually sound like our own internal voice, for instance, 'I'm rubbish, I'm unlovable, I'm worthless...'

This makes them almost convincing! But the good news is we have a reference to what is REAL and TRUE and that's found in the Bible and what God says about us!

What He says about us whether it 'feels' true or not.

You see, sometimes our feelings are not true and we need to speak truth to them rather than letting feelings dictate what is true to us.

So what are the labels, who do you say you are, what's stuck?

2 Corinthians 5 v 17

BIBLE

Write on the sticky labels the names, the things you have believed about yourself. Sit in this space inviting God to simply bring them to mind. Go with what comes to mind and write it down.

As you stick these labels to yourself - acknowledge how these have made you feel. Talk to God about it. He is present. Now move to the mirror.

As you sit in front of the mirror, notice what is written on the mirror. The TRUTH! This is who God says you are.

Now remove your labels one at a time. A really simple prayer to pray is. 'God I confess I have believed the lie that I am.... But now I am choosing to remove it and as I do I surrender to you how this has also made me feel...(name it)

I now choose to believe the truth that I am...(fill in the blank with a TRUTH from the mirror or the list of scriptures provided.)

Repeat with each label and know that you are who God says you are!
TRUTH!

Who Am I?

Who God says I am

The Bible is full of truth's about YOU! Take time to read the following.

BIBLE

I am faithful (Ephesians 1:1). I am God's child (John 1:12). I have been justified (Romans 5:1). I am Christ's friend (John 15:15). I belong to God (1 Corinthians 6:20). I am a member of Christ's Body (1 Corinthians 12:27). I am assured all things work together for good (Romans 8:28). I have been established, anointed and sealed by God (2 Corinthians 1:21-22). I am confident that God will perfect the work He has begun in me (Philippians 1:6). I am a citizen of heaven (Philippians 3:20). I am hidden with Christ in God (Colossians 3:3). I have not been given a spirit of fear, but of power, love and self-discipline (2 Timothy 1:7). I am born of God and the evil one cannot touch me (1 John 5:18). I am blessed in the heavenly realms with every spiritual blessing (Ephesians 1:3). I am chosen before the creation of the world (Ephesians 1:4, 11). I am holy and blameless (Ephesians 1:4). I am adopted as his child (Ephesians 1:5). I am given God's glorious grace lavishly and without restriction (Ephesians 1:5,8). I am in Him (Ephesians 1:7; 1 Corinthians 1:30). I have redemption (Ephesians 1:8). I am forgiven (Ephesians 1:8; Colossians 1:14). I have purpose (Ephesians 1:9 & 3:11). I have hope (Ephesians 1:12). I am included (Ephesians 1:13). I am sealed with the promised Holy Spirit (Ephesians 1:13). I am a saint (Ephesians 1:18). I am the salt and light of the earth (Matthew 5:13-14). I have been chosen and God desires me to bear fruit (John 15:1,5). I am a personal witness of Jesus Christ (Acts 1:8). I am God's co-worker (2 Corinthians 6:1). I am a minister of reconciliation (2 Corinthians 5:17-20). I am alive with Christ (Ephesians 2:5). I am raised up with Christ (Ephesians 2:6; Colossians 2:12). I am seated with Christ in the heavenly realms (Ephesians 2:6). I have been shown the incomparable riches of God's grace (Ephesians 2:7). I am God's workmanship (Ephesians 2:10). I am a member of God's household (Ephesians 2:19). I am secure (Ephesians 2:20). I am a holy temple (Ephesians 2:21; 1 Corinthians 6:19). I am a dwelling for the Holy Spirit (Ephesians 2:22). I share in the promise of Christ Jesus (Ephesians 3:6). God's power works through me (Ephesians 3:7). I can approach God with freedom and confidence (Ephesians 3:12). I can grasp how wide, long, high and deep Christ's love is (Ephesians 3:18). I am completed by God (Ephesians 3:19). I have been called (Ephesians 4:1; 2 Timothy 1:9). I am dead to sin (Romans 1:12). I am not alone (Hebrews 13:5). I am growing (Colossians 2:7). I am His disciple (John 13:15). I am prayed for by Jesus Christ (John 17:20-23). I am united with other believers (John 17:20-23). I am not in want (Philippians 4:19). I have the mind of Christ (1 Corinthians 2:16). I am promised eternal life (John 6:47). I am promised a full life (John 10:10). I am victorious (1 John 5:4). My heart and mind is protected with God's peace (Philippians 4:7). I am chosen and dearly loved (Colossians 3:12). I am blameless (1 Corinthians 1:8). I am set free (Romans 8:2; John 8:32). I am crucified with Christ (Galatians 2:20). I am more than a conqueror (Romans 8:37). I am safe (1 John 5:18). I am part of God's kingdom (Revelation 1:6). I am no longer condemned (Romans 8:1, 2). I am not helpless (Philippians 4:13). I am overcoming (1 John 4:4). I am protected (John 10:28). I am a new creation (2 Corinthians 5:17). I am delivered (Colossians 1:13). I am redeemed from the curse of the law (Galatians 3:13). I am qualified to share in His inheritance (Colossians 1:12). I am victorious (1 Corinthians 15:57).

Who Am I?

Who God says I am

The Bible is full of truth's about YOU! Take time to read the following.

BIBLE

I am accepted...

John 1:12 I am God's child.

John 15:15 I am a friend of Jesus Christ.

Romans 5:1 I have been justified.

1 Corinthians 6:17 I am united with the Lord, and I am one with Him in spirit.

1 Corinthians 6:19-20 I have been bought with a price and I belong to God.

1 Corinthians 12:27 I am a member of Christ's body.

Ephesians 1:3-8 I have been chosen by God and adopted as His child.

Colossians 1:13-14 I have been redeemed and forgiven of all my sins.

Colossians 2:9-10 I am complete in Christ.

I am secure...

Romans 8:1-2 I am free from condemnation.

Romans 8:28 I am assured that God works for my good in all circumstances.

Romans 8:31-39 I am free from any condemnation brought against me and I cannot be separated from the love of God.

2 Corinthians 1:21-22 I have been established, anointed and sealed by God.

Colossians 3:1-4 I am hidden with Christ in God.

Philippians 1:6 I am confident that God will complete the good work He started in me.

Philippians 3:20 I am a citizen of heaven.

2 Timothy 1:7 I have not been given a spirit of fear but of power, love and a sound mind.

1 John 5:18 I am born of God and the evil one cannot touch me.

I am significant...

John 15:5 I am a branch of Jesus Christ, the true vine, and a channel of His life.

John 15:16 I have been chosen and appointed to bear fruit.

1 Corinthians 3:16 I am God's temple.

2 Corinthians 5:17-21 I am a minister of reconciliation for God.

Ephesians 2:6 I am seated with Jesus Christ in the heavenly realm.

Ephesians 2:10 I am God's workmanship.

Ephesians 3:12 I may approach God with freedom and confidence.

Philippians 4:13 I can do all things through Christ, who strengthens me.

Hope Rope

Peace in anxiety

Instructions

We all have worries and fears, anxiety will often settle in our minds and can feel overwhelming. We can feel like we are tied up in knots, just like the ropes you can see.

Pick up a rope, as you hold it in your hand feel the different knots tied along it.

What are you worried about right now?

What is making you anxious?

Now read the words from Jesus in John 14v27 "Peace I leave with you..."

There is a peace available to us that we can not fully understand but that we so desperately need.

Begin to untie the knots as you think about each of your worries and imagine the worries being untied, reminding yourself of the truth of these verses.

Pray and ask God for his peace in the middle of your anxiety and also for his hope and joy!

John 14 v 27

Romans 15 v 13

BIBLE

John 14 v 27

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Romans 15 v 13

May the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit

Repent + Forgive

Surrendering and receiving

Instructions

Jesus came to save us from the grip of sin and to restore our union with God. All we have to do is come, surrender and repent of our striving to be the boss of our lives and invite Him in to rule and reign in us. To have His place on the throne of our hearts. In doing this we get invited into the most secure, significant and love filled relationship with the Father, Son and Holy Spirit. As when we surrender in repentance, He is faithful in forgiving us. Once the relationship with God is restored, our rescue is secured. However it is easy to drift into sin habits, bad attitudes and place other things on the throne of our hearts. So as we walk out our relationship with God, as we grow as His disciples we want to keep coming back to a place of surrender. Living humble, holy and hungry for Him lives. In John 8 we see how Jesus responds to sin, not ignoring it, but knowing it and in love calling the us out of it. Have a read of the story...

Take a moment to let Him search you and know you - the good, bad and ugly parts. Imagine yourself in the story.

What do you think you would be feeling condemned about?

What do you need to bring into the open with God for Him to meet you in and lead you out of?

What would be written in the sand?

John 8 v 1 - 11

BIBLE

1 but Jesus went to the Mount of Olives.

2 At dawn he appeared again in the temple courts, where all the people gathered around him, and he sat down to teach them. 3 The teachers of the law and the Pharisees brought in a woman caught in adultery. They made her stand before the group 4 and said to Jesus, "Teacher, this woman was caught in the act of adultery. 5 In the Law Moses commanded us to stone such women. Now what do you say?" 6 They were using this question as a trap, in order to have a basis for accusing him.

But Jesus bent down and started to write on the ground with his finger. 7 When they kept on questioning him, he straightened up and said to them, "Let any one of you who is without sin be the first to throw a stone at her." 8 Again he stooped down and wrote on the ground.

9 At this, those who heard began to go away one at a time, the older ones first, until only Jesus was left, with the woman still standing there. 10 Jesus straightened up and asked her, "Woman, where are they? Has no one condemned you?"

11 "No one, sir," she said.

"Then neither do I condemn you," Jesus declared.

"Go now and leave your life of sin."

Repent + Forgive

Surrendering and receiving

Instructions

Now take time to write or draw in the sand the sin you want to repent of.

As you write you can simply pray;

Jesus, I confess + repent of....

Now rub it out as you pray;

I receive your forgiveness - I am yours.

You are forgiven. He does not condemn you! You are **FREE!**

Sit for a moment in the knowledge of that truth!

Now back to the story notice that the Pharisees acted differently than Jesus, they came with stones, already condemning and ready to kill. They were not willing to forgive.

How often do we hold stones?

Stones in our hearts and heads that weigh on us as we harbour the hurt others have caused us or others sin has caused us even?

As we have received His forgiveness we have the supernatural ability to give forgiveness to others. It doesn't mean forgetting or being a door mat either but it does mean handing over our entitlement to revenge, our bitterness, our need to get justice our way, our pain and grief to Jesus.

John 8 v 1 - 11

BIBLE

He knows how to deal with all of the above. So will we surrender our unforgiveness to Him by forgiving others too?

Pick up a stone.

Who do you need to forgive?
you can simply pray;

**Jesus, I choose to forgive....
for..... it made me feel..... I now let it go.
I receive your love and I pray that they
too would know your love.**

Write on the stone a name or initial of who comes to mind.

Let go of the stone!

You have forgiven as he forgave you.
He is on the throne and you can trust Him.

Jesus

At the Center

Instructions

When Jesus is at the centre of the house, people experience salvation, healing and freedom. It is His presence that changes everything. Our desire is that we would be a people and church who always keep Jesus at the centre and recognise our need for His presence above all else.

Often we can let other things get in the way from this being a reality.

Who or what is at the centre of your life?

Take an arrow and pray about how you can make Jesus the centre of your life. Pray that Jesus would be the centre in all that you do.

Take your arrow to the cross in the centre of the room. Set it on the floor pointing to the cross as a symbol of us all together putting Jesus at the centre

Luke 5 v 8 - 9

Matthew 6 v 33

BIBLE

Luke 5 v 8 - 9

Some men came carrying a paralyzed man on a mat and tried to take him into the house to lay him before Jesus. When they could not find a way to do this because of the crowd, they went up on the roof and lowered him on his mat through the tiles into the middle of the crowd, right in front of Jesus.

Matthew 6 v 33

But seek first the kingdom of God and his righteousness, and all these things will be added to you.

Kingdom Come

Intercession

Instructions

In Ezekiel 47, God gives the prophet a vision of a river flowing from the presence of God that brings life wherever it flows, even in the most unlikely places. Our prayer is that this river would flow into families, communities, and nations of the world and bring life.

As well as praying, we all have a role to play in seeing this happen. In John 7, Jesus says that as those who believe in Him, we have received the Holy Spirit who causes this living water to flow out of us. Take some time to pray that this river of life would flow through your city and land.

Pray about your role in reaching and bringing life to those around you. Ask God to make you bold in sharing the gospel and loving those around you. Pray that through all you do it would bring life to your community and surrounding area. Write your prayer on the blue paper and then add it to the river as a symbol of your desire to see a river of living water flow into your community.

Ezekiel 47 v 8 – 9

John 7 v 38 – 39

BIBLE

Ezekiel 47 v 8 – 9

He said to me, "This water flows toward the eastern region and goes down into the Arabah, where it enters the Dead Sea. When it empties into the sea, the salty water there becomes fresh... so where the river flows everything will live.

John 7 v 38 – 39

Whoever believes in me, as Scripture has said, rivers of living water will flow from within them." By this he meant the Spirit, whom those who believed in him were later to receive.

**What would new life look
like in your city?
What would change?**

Raw + Real

Praying Through Pain

Instructions

Praying Through the Hard Stuff:

Writing Your Own Lament

Let's be real—lament can feel heavy, even uncomfortable. But it's also so important. If we only focus on praise and never make space for lament, our worship can feel shallow. God invites us to bring our raw, honest emotions to Him.

Did you know that 30-40% of the Psalms are laments? They give us a framework for how to cry out to God, process pain, and find trust and hope in Him—even in the hardest seasons. Most follow a simple pattern.

- Address – Call out to God
- Complaint – Honestly express your struggle
- Appeal – Ask for His help
- Confidence – Choose to trust Him
- Blessing – End with worship

PSALM 22

BIBLE

Even Jesus lamented. On the cross, He cried out "My God, my God, why have you forsaken me?"—the opening of Psalm 22. If you read the whole Psalm, you'll see how it moves from pain to trust.

Time to Get Real

Take a moment to write your own lament. Use the five steps to guide you, but don't overthink it—just let your heart pour out onto the page. Grab a pen, your journal, or even your phone and be honest with God. He's not afraid of your emotions—He created you, and He wants to meet you here.

Raw + Real

Praying Through Pain

BIBLE

PSALM 22

My God, my God, why have you forsaken me. Why are you so far from saving me, so far from my cries of anguish? 2 My God, I cry out by day, but you do not answer, by night, but I find no rest. 3 Yet you are enthroned as the Holy One; you are the one Israel praises. 4 In you our ancestors put their trust; they trusted and you delivered them. 5 To you they cried out and were saved; in you they trusted and were not put to shame. 6 But I am a worm and not a man, scorned by everyone, despised by the people. 7 All who see me mock me; they hurl insults, shaking their heads. 8 "He trusts in the Lord," they say, "let the Lord rescue him. Let him deliver him, since he delights in him." 9 Yet you brought me out of the womb; you made me trust in you, even at my mother's breast. 10 From birth I was cast on you; from my mother's womb you have been my God. 11 Do not be far from me, for trouble is near and there is no one to help. 12 Many bulls surround me; strong bulls of Bashan encircle me. 13 Roaring lions that tear their prey open their mouths wide against me. 14 I am poured out like water, and all my bones are out of joint. My heart has turned to wax; it has melted within me. 15 My mouth is dried up like a potsherd, and my tongue sticks to the roof of my mouth; you lay me in the dust of death.

16 Dogs surround me, a pack of villains encircles me; they pierce my hands and my feet. 17 All my bones are on display; people stare and gloat over me. 18 They divide my clothes among them and cast lots for my garment. 19 But you, Lord, do not be far from me. You are my strength; come quickly to help me. 20 Deliver me from the sword, my precious life from the power of the dogs. 21 Rescue me from the mouth of the lions; save me from the horns of the wild oxen. 22 I will declare your name to my people; in the assembly I will praise you. 23 You who fear the Lord, praise him! All you descendants of Jacob, honor him! Revere him, all you descendants of Israel! 24 For he has not despised or scorned the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help. 25 From you comes the theme of my praise in the great assembly; before those who fear you I will fulfill my vows. 26 The poor will eat and be satisfied; those who seek the Lord will praise him—may your hearts live forever! 27 All the ends of the earth will remember and turn to the Lord, and all the families of the nations will bow down before him, 28 for dominion belongs to the Lord and he rules over the nations.

29 All the rich of the earth will feast and worship; all who go down to the dust will kneel before him—those who cannot keep themselves alive. 30 Posterity will serve him; future generations will be told about the Lord. 31 They will proclaim his righteousness, declaring to a people yet unborn:

He has done it!

Breakthrough

Specific Prayer – Specific Answers

Instructions

We all know how broken our world is. There is such a need for God to come and bring breakthrough into our own lives and the lives of those around us, and to restore what is broken.

Kintsugi is the Japanese art of repairing broken pottery with gold. It's the philosophy that something broken can be remade into something even more beautiful.

God can take the broken areas of our world and create something beautiful, and he invites us to partner with him in this restoration.

Where do you need to see God's restoration and breakthrough?

Read the passage in Mark 2. Here we see a man in need of much from Jesus. His friends act on his behalf, and as a result we see his salvation, healing and complete breakthrough in his life!

What are you bringing to Jesus now? Someone in need of salvation, healing, breakthrough? It might be for yourself or for someone else.

Take a broken tile and using the gold pen, write a name or a work to signify what or who you are bridging to Jesus.

Mark 2 v 1 – 12

Psalms 103 v 1 – 5

BIBLE

Mark 2 v 1-12

A few days later, when Jesus again entered Capernaum, the people heard that he had come home. They gathered in such large numbers that there was no room left, not even outside the door, and he preached the word to them. Some men came, bringing to him a paralyzed man, carried by four of them. Since they could not get him to Jesus because of the crowd, they made an opening in the roof above Jesus by digging through it and then lowered the mat the man was lying on. When Jesus saw their faith, he said to the paralyzed man, "Son, your sins are forgiven."

Now some teachers of the law were sitting there, thinking to themselves, "Why does this fellow talk like that? He's blaspheming! Who can forgive sins but God alone?"

Immediately Jesus knew in his spirit that this was what they were thinking in their hearts, and he said to them, "Why are you thinking these things? Which is easier: to say to this paralyzed man, 'Your sins are forgiven,' or to say, 'Get up, take your mat and walk'? But I want you to know that the Son of Man has authority on earth to forgive sins." So he said to the man, "I tell you, get up, take your mat and go home." He got up, took his mat and walked out in full view of them all. This amazed everyone and they praised God, saying, "We have never seen anything like this!"

Psalms 103:1-5

Praise the Lord, my soul; all my inmost being, praise his holy name. Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.

Justice

The way of His Kingdom

Instructions

When God's Kingdom is built, justice prevails. Throughout the world, we see lots of injustice that break's God's heart. This week, we want to take time to pray against oppression and to seek justice. Pray that God's Kingdom would come.

Where are you noticing areas of injustice in your nation and the world?

Pause and consider where we need to pray that God who is just would move in breakthrough

As you pray, break one of the paper chains off, write your prayer on it and stick it up as a symbol of working against injustice across the world.

What breaks God's heart?

Psalms 89 v 14

Righteousness and justice are the foundation of your throne; love and faithfulness go before you.

Micah 6 v 8

He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

Isaiah 1 v 17

Learn to do good. Seek justice. Help the oppressed. Defend the cause of orphans. Fight for the rights of widows.

NOW WHAT?

Create Your Own



So once you've taken up the challenge and run a prayer space using the station guides included, you get the picture!

It is simple!

**Get the foundations in place.
Build up.**

And then create stations that support the context/ theme.

To create your own use our prayer activities as an example.

Give it a name

Think through what you need for it and the set up required.

Choose your scripture.

Explain the station, giving a bit of the why behind it and then explaining what to do.

And SHARE IT!

We would love you to share your station that you create yourself, that we can then share them with others just getting started!

Email

**info@247prayerireland.com
for more info!**



24-1

There are so many ways to run your prayer room, that engages people to come and pray individually covering set hourly slots to coming and joining in prayer together.

Why a 24-1 Day/Night of Prayer?

The concept of a 24-1 prayer experience is to dedicate 24 hours where people come together as a community for one purpose: to pray and worship TOGETHER. It is a time to pause from our daily routines, reflect, and connect with one another and with God.

How It Works

Prayer Room:

Set up a dedicated prayer room where individuals can come and spend time in personal reflection and prayer. The room can be open around the clock and this can be the room where you gather to worship and pray in together.

Group Prayer Sessions:

Throughout the 24 hours, you can hold various group prayer sessions. These sessions could offer guided prayer, themed topics, and opportunities to pray together for specific causes or intentions.

Worship Gatherings:

Join together for worship sessions at designated times, it can be fun to schedule these throughout the night!

Some ways you can make this your own!

THEMED PRAYER STATIONS:

Set up different stations in the prayer room, use some of the ones included above.

CREATIVE PRAYER ACTIVITIES:

Incorporate art, journaling, or music into the prayer experience. Encourage participants to express their prayers creatively over the 24hr period.

NIGHT VIGIL:

Organise a night vigil with rotating shifts, ensuring that prayer continues uninterrupted throughout the night.

INTERACTIVE WORKSHOPS:

Offer workshops on various forms of prayer throughout the day to introduce participants to different practices.

SHARE MEALS:

Include times for shared meals where participants can connect, share stories of prayer, and build community. This can be a great time to reflect on the prayer experience together.

EXAMPLE
SCHEDULE!

07:00	PRAY TOGETHER
08:00	LECTIO 365
09:00	INTERCESSION
10:00	PRAY FOR ONE ANOTHER
11:00	PRAY FOR ONE ANOTHER
12:00	PRAYER WALK
13:00	PRAYER PICNIC
14:00	CREATIVE PRAYER

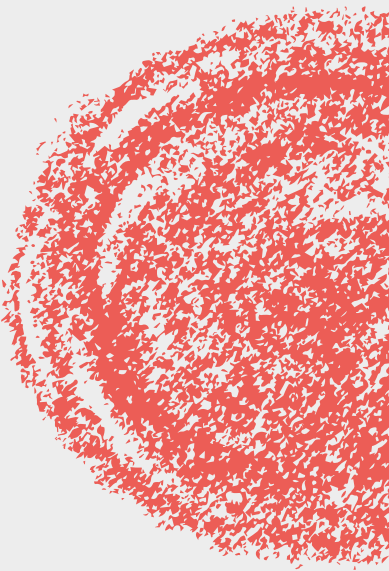
23:00	PRAYER STATIONS
00:00	COMMUNION + WORSHIP
01:00	STORIES OF ANSWERED PRAYER
02:00	WORSHIP + PRAYER
03:00	PRAYER STATIONS
04:00	WORSHIP
05:00	PRAY FOR....
22:00	GIVE THANKS

24

-1

15:00	PRAY TOGETHER
16:00	INTERCESSION
17:00	PRAY SCRIPTURE
18:00	PRAYER STATIONS
19:00	SHARE A MEAL
20:00	PRAY FOR....
21:00	PRAY FOR....
22:00	WORSHIP + PRAYER

REGISTER YOUR
24-1 NOW!



Join the Prayer Movement

Helpful Links

24-7 Prayer Website:
www.24-7prayerireland.com

Prayer Spaces in Schools Website:
www.prayerspacesinschools.com

Register Your Prayer Rooms/ Rhythms:
<https://accounts.24-7prayer.com/login>

Socials
Share your stories and pics, and follow the movement:
Facebook - 247 Prayer Ireland
Instagram - @247prayerireland

Great Reads Mentioned:
How to Pray by Pete Greig
The Power of Place by Daniel Grothe

It's time to pray....

**Take Up The
Challenge**

@247prayerireland