

A LENT RESOURCE

A Prayer Space Guide

PSALM 23



24-7 PRAYER IRELAND



resource content written by our friends at the Table

A Prayer Space Guide

PSALM 23

We are excited that you are planning a prayer space! We want this to be a time of encouragement and encounter in and through prayer.

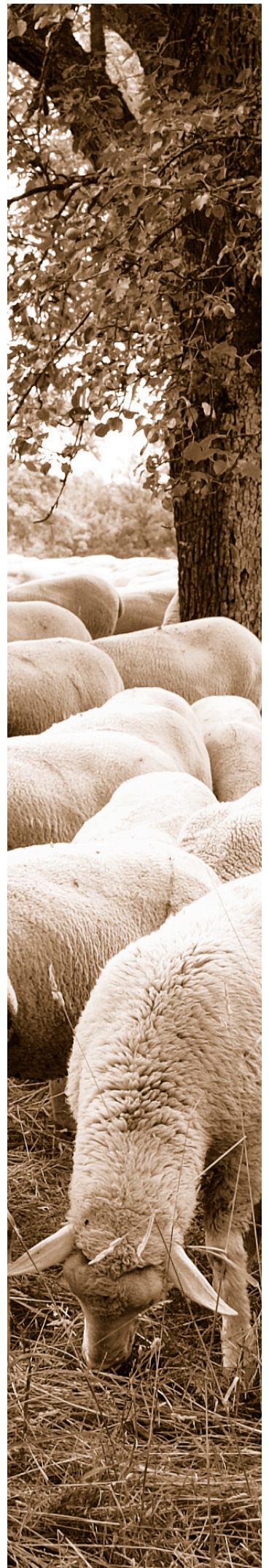
Whether you have set up, run and been in prayer spaces before or this is your first time, we want you to be equipped to run this one and enjoy it!

Here we have put together a list of items needed for the specific prayer activities. We have also noted some additional items you may wish to gather and use as part of the décor. Photos also show how this Prayer Space has been set up by someone else. Every space is different so these photos are not prescriptive and we encourage you to interpret the space and set it up as you feel led.

To set up a space we encourage you to gather together a few people to help! You may each bring something to the set up of a space that helps bring all the parts together!

For helpful advice on how to run a Prayer Room check out this guide link below:

[Run A Prayer Room](#)



A Prayer Space Guide

PSALM 23

The Psalm 23 Prayer Space includes 6 'stations' some of these have a couple of activities for individuals to engage in.

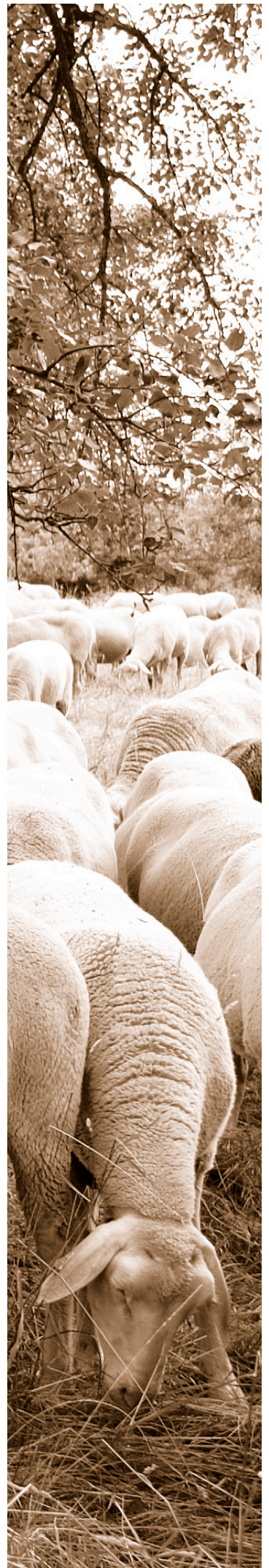
For the space there are two packs:

The Room Guide - this guides individuals through the Psalm.

- Print this out A4 and frame/ display at each station.

The Activity Guide - this focuses mainly on the activity to engage in at each station.

- Print this out A5 and frame/ display along side the activity elements at each station.



PSALM 23

6 Stations

- 01 The Lord is my Shepherd
- 02 Green Pastures & Still Waters
- 03 Valley of Darkness
- 04 The Table Of Delight
- 05 He Anoints My Head With Oil
- 06 Goodness and Mercy follow me



⁰¹ The Lord Is My Shepherd

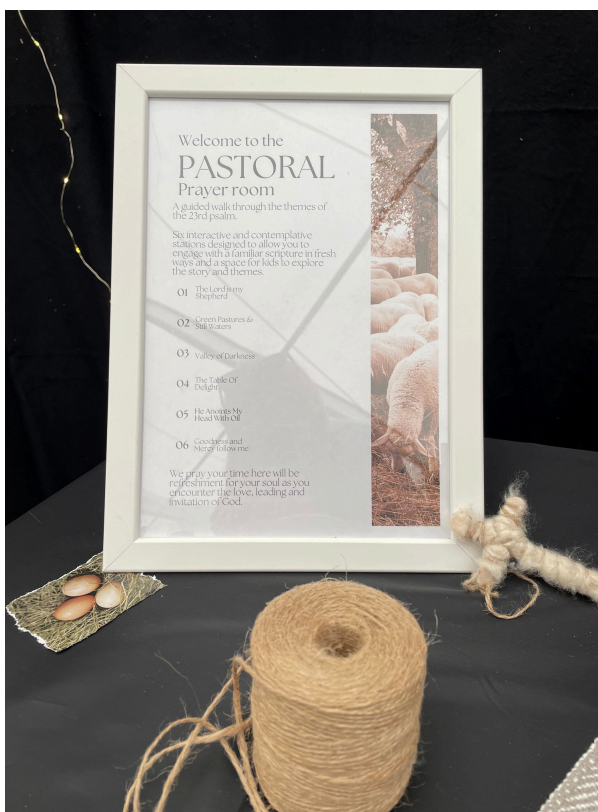
ACTIVITY ITEMS

- LOLLIPOP STICKS
 - GLUE OR GLUE-DOTS
 - WOOL
 - SCISSORS
-

ADDITIONAL SET UP ELEMENTS/ IDEAS

- IMAGES OF SHEPHERDS/ SHEEP SEARCH ONLINE/ DOWNLOAD OR GO TAKE SOME PICS! CUT THESE OUT AND HANG THEM ON STRING OR EVEN FAIRY LIGHTS AROUND/ ABOVE THIS STATION.
- HAVE AN EXAMPLE CROSS+ WOOL ALREADY MADE.

01 The Lord Is My Shepherd



⁰²Green Pastures Still Waters

ACTIVITY ITEMS

- PLANT POTS (COMPOSTABLE SMALL ONES)
 - GARDEN TROWELS
 - SOIL IN A LARGE POT / CONTAINER
 - SEEDS
 - POT/ PLANT LABELS OR L;OLLIPOP STICKS
 - MARKERS
-

ADDITIONAL SET UP ELEMENTS/ IDEAS

- IMAGES OF FIELDS AND STREAMS, SEARCH ONLINE/ DOWNLOAD OR GO TAKE SOME PICS! HAVE THESE DISPLAYED ABOVE/ AROUND THIS STATION.
- GARDEN ITEMS TO ACCESSORISE THIS STATION.
- WATER FEATURED AT THIS STATION WHETHER IN A BOWL OR VASES ADDS INTEREST AND RESEMBLES STILL WATERS.

02 Green Pastures Still Waters



⁰³Valley of Darkness

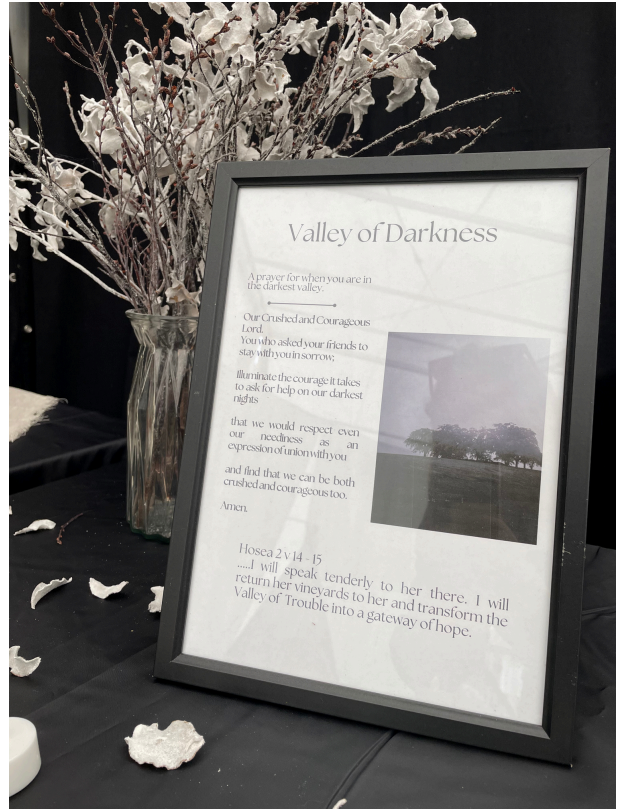
ACTIVITY ITEMS

- WHITE CRAYONS
 - PAPER FOR PAINTING ON
 - JARS OF WATER
 - PAINT BRUSHES
-

ADDITIONAL SET UP ELEMENTS/ IDEAS

- TEA LIGHTS OR LED LIGHTS SCATTERED AROUND THIS STATION HAVE THESE LAID OUT ON A BLACK TABLE CLOTH OR BLACK PAPER.
- IMAGES THAT CONVEY A DARK VALLEY OR COMING OUT OF A DARK SPACE INTO LIGHT. SEARCH ONLINE/ DOWNLOAD OR GET CREATIVE!

03 Valley of Darkness



04 The Table of Delight

ACTIVITY ITEMS

- A SET TABLE
 - COMMUNION SET UP
 - A BIBLE
 - INVITATION CARDS OR PLAIN A6 CARD
 - PENS
-

ADDITIONAL SET UP ELEMENTS/ IDEAS

- SET A TABLE - YOU MAY WHICH TO SET IT LIKE A FEAST AND BE CREATIVE WITH THIS OR ITS LOCATION IN THE ROOM. YOU COULD ALSO KEEP IT SIMPLE WITH ONLY COMMUNION ON IT. HAVE THE TABLE THAT PEOPLE CAN SIT AT AND TAKE TIME HERE,
- YOU CAN DECIDE HOW COMMUNION WORKS BEST IN YOUR CONTEXT HERE, WHETHER IT IS SYMBOLIC OR WHERE POSSIBLE ABLE FOR PEOPLE TO PARTICIPATE IN IT.

04 The Table of Delight



⁰⁵ He Anoints My Head With Oil

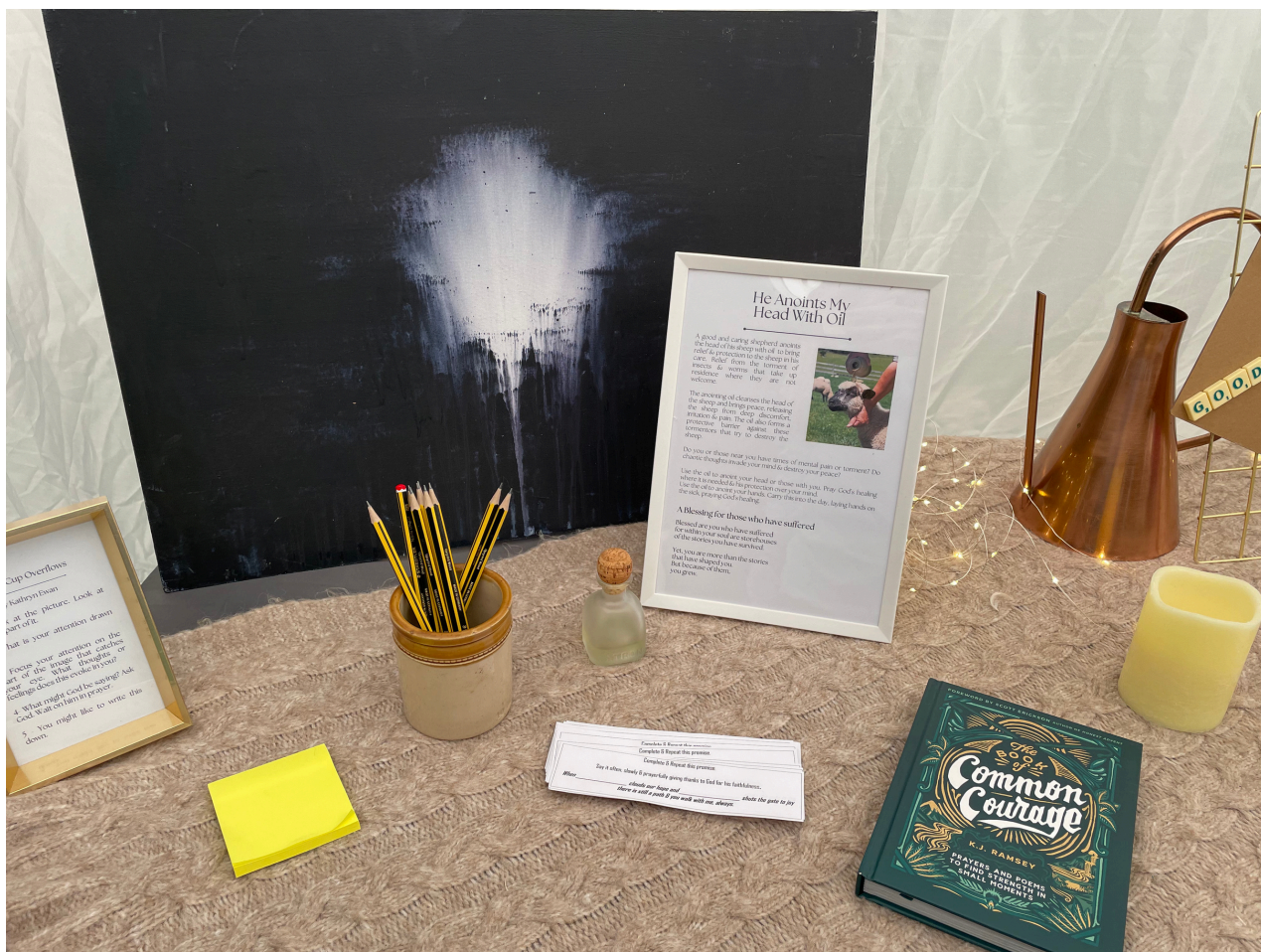
ACTIVITY ITEMS

- IMAGE PRINTED OF THE SHEPHERD POURING OIL ON HIS SHEEP. (FRAME/ DISPLAY)
 - IMAGE PRINTED OF OIL. (FRAME / DISPLAY)
 - JARS OF OIL
 - PAPER
 - PENS
 - KITCHEN ROLL / WIPES ON HAND FOR ANY SPILLS
-

ADDITIONAL SET UP ELEMENTS/ IDEAS

- FEEL FREE TO USE THE IMAGES SUGGESTED OR YOU MAY LIKE TO FIND YOUR OWN OR PAINT ONE.
- SET UP A MIRROR AT THIS STATION ALLOWING PEOPLE TO SEE THEMSELVES AS THEY PARTICIPATE IN THE OIL ACTIVITY.

05 He Anoints My Head With Oil



06 Goodness And Mercy Follow Me

ACTIVITY ITEMS

- BUNCHES OF FLOWERS
 - A SCENTED CANDLE
 - LIGHTER
 - TAGS
 - FELT TIPS
 - WAY OF HANGING TAGS EG. STRING AND PAPER CLIPS
-

ADDITIONAL SET UP ELEMENTS/ IDEAS

- WE USE A CANDLE AT THIS STATION BUT IF THIS SPACE IS UNSUPERVISED AND IT IS UNSAFE TO USE THIS, BE CREATIVE AND THINK OF SOMETHING ELSE THAT YOU COULD USE THAT WOULD BE FRAGRANT/ THEY COULD SMELL.
- THE TAGS ARE BEST HUNG UP, THIS CAN BE DONE SIMPLY WITH STRING AND PAPER CLIPS OR YOU MAY LIKE TO USE FAIRY LIGHTS AND MINI PEGS. ANOTHER WAY IS TO PIN THEM TO CORK BOARD OR PEG TO MESH OR FABRIC.

06 Goodness And Mercy Follow Me



Further Advice

Having read the Run a Prayer Room guide mentioned on page 2, gone through this preparation guide and begun the process of setting up your prayer room/ space, remember:

To cover you space in prayer! In terms of preparation this is as important as the set up!

Register your prayer space - this helps us track the bigger picture of prayer across Ireland, it encourages others and it invites you in to be part of something so much bigger - as God move His people to pray!

[Register Now](#)

Once registered, use our calendar tool to help manage your space, and allow people to sign up to specific time slots if applicable.

Share the stories! Please keep in touch! We would love to hear the stories of what God does in and through prayer in your community. Sharing stories we believe encourages you in the declaration of what God has done and is doing, but it also can be used to encourage and inspire so many others in prayer.

Keep up to date with more resources.

Find out more ways to engage in prayer and be part of a movement of prayer across Ireland.

**By connecting with us:
Sign Up to Connect**

**Check out our website:
24-7prayerireland**



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