

Lent and Easter

Prayer stations

AIM

Here are some prayer stations which can be used during Lent or the run up to Easter. They might also be useful for those doing the 24/7 prayer event in Holy Week.

INTRODUCTION

The prayer stations for lent are centred around the death of Jesus.

They are simple and can be used by individuals without any need to set up an activity of focus within the room.

If you prefer to have a visual focus to aid concentration then here are some ideas:

- Bread & goblet of wine/ juice – *you may choose to prepare this as a communion table for people to partake in as they reach this prayer station. If not it can simply be to look at or munch on!*
- Local newspaper – *pick up the prayer baton to pray for what is happening in your community.*
- A picture of your Town hall – *as a focus of the judiciary in your area.*
- Washing a dirty stone either to take away or place on a bed of sand to make a picture – *as a reminder that all our sins are taken away thanks to the cross.*
- A small wooden cross and/or a printout of information of Christian persecution around the world. – *as a focus for prayer.*
- A large white sheet, *encourage people to draw on a face of the person who has helped them, no one will know who has drawn it, or even who it is meant to be except for God of course!*

1. THE LORD'S SUPPER

Read: Luke 22: 7-20

Ask Jesus to speak to you as you are meditating on His word

Close your eyes.

Imagine yourself sat around the table with Jesus and the apostles.

What are you talking about?

What is Jesus saying?

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2. THE GARDEN OF GETHSEMENE

Read: Matthew 26: 36-46

Ask The Holy Spirit to guide your thinking

Close your eyes and put yourself in this scene.

Jesus is alone in prayer with his father.

Peter, John and James are already dozing...

Can you take up the prayer baton ...?

What should you pray about...?

3. JESUS BEFORE THE SANHEDRIN

Read: Mark 14: 53-65

Ask Jesus to guide your thoughts

Look deeply at these unjust judges ...

How could this happen?

Pray for our judicial authorities and leaders ...

Now look inwardly ... Have you ever judged others from a biased standpoint? Or been too highly influenced by the cries of others while forming an opinion ...

Ask for forgiveness as an individual and as a nation ...

4. JESUS IS DENIED BY PETER

Read: Luke 22: 54-62

Ask Jesus for guidance ... as you search your feelings ...

Surely Peter is typical of us all ...Haven't we all at some time kept quiet or denied knowing Jesus?

Look at a cross, He died that all our sins would no longer get in the way,

Repent ... Thank God for the cross ...

Consider offering to God all the conversations you will have today. Ask Him to bless each one and shine through you.

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5. JESUS' DEATH

Read: Luke 23: 44-46

Imagine being at this horrific scene: this happened for us.

Give praise and thanks to Jesus ...

Pray for all those around the world who are persecuted because of their faith.

6. JESUS' BURIAL

Read: Luke 23: 50-56

Who has helped you? Guided your faith, helped you with a problem, sat with you in times of need?

Bring these people to God, remember to give thanks to a loving caring God.

Ask God to bless them and you.

EVALUATION

Please try to answer these questions for yourself and for others who will use this material:

1. What was the most helpful thing?
2. What was the least helpful thing?
3. What would you like to try now?

THE NEXT STEP

If you want more seasonal items for Lent and Easter please revisit the website.

Acknowledgements

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If you wish to offer any feedback – brickbats and bouquets are equally welcome! – you can do so in various ways.

You can email the Vision4Life steering group about general or website V4L issues via the website or at admin@vision4life.org.uk

If you have comments and particularly contributions to the prayer year, you can email the V4L prayer year coordinator via prayer@vision4life.org.uk

If you want to make contributions or ask questions about other V4L years you can email:

Year 3 – Transformed for Evangelism: evangelism@vision4life.org.uk