

Prayer Stations

STATION 1

“. . . as we forgive those who trespass against us.”

(Matthew 6:12)

To create a forgiveness bag, gather a lunch bag, several small slips of paper, and a marker. On the outside of the bag, write “. . . as we forgive those who trespass against us.” On the slips of paper, write the names of the people you have forgiven and the situations in which they caused you pain (such as parents’ divorce or a friend’s betrayal). Place the slips of paper inside the forgiveness bag. Place your forgiveness bag in the box on the table as a reminder that you have let these issues go, and “light” a candle for someone who needs your prayers at this time.



STATION 2

“. . . forgive us our debts . . .” (Matthew 6:12)

Write a brief letter asking for forgiveness from someone you have hurt. Use the paper and pen provided. You may choose to give this letter to the person, or you may tear it up to symbolize that your offense has been forgiven. Put your letter in the box provided, and pause to thank God for forgiving your trespasses.



STATION 3

“A clean heart create for me, God. . . .” (Psalm 51:12)

Using a washable marker, write on your hand one thing that keeps you from having a pure heart. Place your hand in the bowl of water, and say a silent prayer asking God to grant you a clean heart. Dry your hand with the towel provided. Use the marker to write a three-word prayer on the sheet of newsprint (for example, “Grant me peace”).

