

Advent Prayer Room

**5 creative prayer
stations for
Advent from
24-7 Prayer**

INCLUDING:

- Light of the world
- Prince of Peace
- As you love one another
- By this hope we were saved
- Good tidings of great joy



Go to **page 9** for printable versions of prayer station instructions to use in your prayer room

Advent Prayer Room

The festive season can often be a very stressful time of year, finishing off work projects before leave (for those who get leave), rushing around to buy presents, maxing out credit cards.

But none of this is what the season is about. Advent is a time to quiet ourselves. To remember that our God took on human flesh - showed us the way and the truth and the life - and then gave us new life through His death and resurrection.

"... he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death - even death on a cross!" – Philippians 2:7-8

We've developed this prayer room resource to give you some ideas on how to set up your prayer room. These five stations help those praying to focus on who Jesus is, who we are in Him and how we can share His love to those around us this season.

Feel free to adapt these stations to what works best for you and your community. Some of the following prayer stations have been adapted from Prayer Spaces in Schools and other prayer room resources.

PRAYER STATION GUIDE

Light of the world

For this prayer station, you will need:

- Christmas tree (real or fake)
- Fairy lights and Christmas tree decorations
- 2 x containers
- String
- Hole punch or scissors
- Multiple cards (business card size)
- Pens
- Printed instructions

**How to set up**

Decorate your tree as you see fit. Use the punch or scissors to make holes in the corner of each card and put the string through it, tying the ends together to make a loop. Place the two containers next to the tree, filling one with the cards, and the other with pens.

Instructions for using the prayer station

In him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it. – John 1:4-5

- 1.** Pick up a pen and card and take a moment to look back on the past year. What struggles have you been through? How has Jesus helped you overcome them? Are there struggles you are still facing where you need His help?
- 2.** On the card, write where you're at. Whether you're praising Jesus for the victory or asking for His Help, invite Jesus to be the Light in your world this season.
- 3.** Hang your card on the tree, trusting that God hears. 1 John 5:14 "This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us."

PRAYER STATION GUIDE

Prince of Peace

For this prayer station, you will need:

- Cushions
- A comfortable chair or place to sit
- A lamp or light to read by
- A Bible
- Paper and pens
- Printed instructions



How to set up

Place the chair in a corner of the prayer room and scatter some cushions around it. Place the light or lamp next to it and have one or more bibles, as well as paper and pens available. If you're using a chair, consider placing a small table with the other objects on top next to it. You may also want to consider offering an audio bible or recording of Isaiah 9:6 and Psalm 46:10.

Instructions for using the prayer station

For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace. – Isaiah 9:6

In ancient Hebrew culture, Israelites would tear their clothes to symbolise their grief and mourning.

1. Allow yourself a moment to reflect on the names given to Jesus in Isaiah 9:6
2. In Psalm 46:10 it reads; "He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." Ask Jesus, the Prince of Peace, to give you Peace and allow you to be still in His presence.
3. Write down any words that you might feel God highlighting from His Scripture.
4. Spend some time waiting for the Holy Spirit. If you have never encountered His Spirit before, you may wish to invite Him to fill you for the first time. Take a moment to pause, expecting Him to meet with you.

PRAYER STATION GUIDE

As you love one another

For this prayer station, you will need:

- A large container
- A small container
- A number of baubles
- Permanent markers
- Printed instructions



How to set up

Place the container in an area of the room and fill it up with baubles. Place the small container next to the box and fill it with the permanent markers.

Instructions for using the prayer station

By this everyone will know that you are my disciples, if you love one another. – John 13:35

Christmas can be a lonely time for many people, and ironically a time when people feel stressed and unloved.

- 1.** Spend some time thinking of someone you know who you could show love to this Christmas season.
- 2.** Ask God to draw near to them this Christmas and to show you how you can bless them.
- 3.** Choose a bauble and write on it something that you love about that person. Something encouraging.
- 4.** Take the bauble home with you and give it to that person, so they can hang it on their tree or just keep as an encouragement.

PRAYER STATION GUIDE

By this hope we were saved

For this prayer station, you will need:

- A map of the world or a globe
- Post-it or sticky notes
- Pens
- Printed instructions



How to set up

Stick the map of the world to a wall. You may want to draw/paint the map on paper that you can stick up, or you can paint it on the wall itself (if you have permission). If you have chosen to use a globe instead, find an area in the room that works best. A table would work well to elevate the globe. By the map, or next to the globe, place your pens and sticky notes.

Instructions for using the prayer station

We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. Not only so, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait eagerly for our adoption to sonship, the redemption of our bodies. For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have? But if we hope for what we do not yet have, we wait for it patiently.

– Romans 8:22-25

There is so much turmoil and hopelessness throughout the world today. Let us pick a fight and pray for God's Kingdom to come on earth as in heaven.

1. Pray that the LORD would lay a country or area of the world on your heart.
2. Pick up a post-it note and write down your HOPE for that nation.
3. Stick the post-it note to the map/globe, praying and trusting that God will bring about what is currently unseen.

PRAYER STATION GUIDE

Good tidings of great joy

For this prayer station, you will need:

- Sheets of paper
- Tape to stick it up
- Tarpaulin to protect the floor
- Pens/Markers
- Paint and paint brushes
- CD player and CDs or iPad to play music
- Printed instructions

**How to set up**

Stick the sheets of paper to the wall, covering a large section. Place the tarpaulin on the floor under that area. Leave the paints and paintbrushes at the foot of the wall along with the printed instructions.

Instructions for using the prayer station

And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Saviour, which is Christ the Lord.

– Luke 2:10-11

It is so important to celebrate God's goodness.

- 1.** Write, or paint your praise to the LORD, celebrating the Good News that is Jesus.
- 2.** If it would help you, listen to worship music as you express yourself to God.

Advent Prayer Room



Printable instructions

The following pages have been optimised to print out, so that can be printed and placed in your prayer room by each prayer station as instructions.

When printing this PDF, select just pages 9 – 13 and print in black & white at 100%, single sided.

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