

Wilderness Tales

Lent Prayer Room Pack

INCLUDING:

- Prepare your heart
- Promises of God
- The long road
- Gethsemene - afraid
- Leave it there



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

Wilderness Tales: Lent prayer room pack

Lent is a season of preparation when we imitate Jesus' 40 days of prayer and fasting in the wilderness. So this prayer room pack is designed to help you and your community pray through Lent.

The stations will help you to creatively reflect on the stories of people in the Bible who lived through and were shaped by seasons of wilderness in their lives.

As we journey through Lent to the celebration of Easter, why not prepare your heart and invite others to do so by creating a Lent prayer room.

***This is he who was spoken of through the prophet Isaiah:
"A voice of one calling in the wilderness,
'Prepare the way for the Lord,
make straight paths for him.'" - Matthew 3: 1-3***

Whether you have been running prayer rooms regularly, or the concept of non-stop prayer is a new one to you, 24-7 Prayer have many resources you can access to help you as you plan. Find out more information, and register your prayer room - scan the QR code.



SCAN ME



Go to page 9 for printable versions of prayer room instructions to use in your space.

Prepare your heart

For this prayer activity, you will need:

- Cardboard or paper crowns
- Pens
- A chair decorated as a throne

Set up:

- Set up the chair with space to kneel before it.
- Have the pens and cardboard crowns available at the foot of the throne.



This is he who was spoken of through the prophet Isaiah: 'A voice of one calling in the desert, "Prepare the way for the Lord, make straight paths for him." - Matthew 3:3

Focus on preparation

In ancient times, when a king wanted to travel to a new place, whole new roads would be created for him to travel on. The ground was literally 'prepared.' Isaiah references this custom when he talks about valleys being raised up and mountains being brought low to make a straight path for Jesus.

1. As you go into this time of worship prepare your heart.
2. We are called to lay down everything before Jesus in worship.
3. Ask God if there is anything He is inviting you to give up to Him. Take a card crown and write down the things you need to lay down before God.
4. Once you have written them down, place the crown at the foot of the throne and kneel before it. Spend some time worshipping His name.

Promises of God

For this prayer activity, you will need:

- A tree or something to hang the promises of God from
- Luggage tags
- Bibles
- Pens
- Card

Set up:

- Write Bible references to the promises of on the luggage tags.
- Hang the luggage tags to the tree.
- Place bibles beneath the tree.
- Set up a creative space with card and pens.

*Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread."
Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"
Matthew 4: 1-4*

Focus on truth

The Israelites were in the wilderness for 40 years. Jesus was in the wilderness for 40 days. The Israelites complained, but Jesus quoted scripture. When we are tested or facing hard times, we can trust in the promises of God and hold onto them to help us.

1. Look through the promises of God hanging from the tree.
2. Is there a Bible verse that stands out to you?
3. Place your hand on your heart and read the bible verse, committing it to your heart.
4. Write the bible verse down on a piece of card, and decorate it.
5. Take your verse home with you. Put it somewhere you will see it each day to help you remember God's promise to you.

The long road

For this prayer activity, you will need:

- Cut out paper footprints
- Fairylights

Set up:

- Make a path in the space using the cut out paper footprints
- Place fairylights or lamps either side of the path



"When Pharaoh let the people go, God did not lead them on the road through the Philistine country, though that was shorter. For God said, 'If they face war, they might change their minds and return to Egypt.' So, God led the people around by the desert road toward the Red Sea." - Exodus 13: 17-18

Focus on trust

Sometimes life doesn't go the way we are expecting it to. Sometimes, just like the Israelites, God leads us on a path that looks different from the one that might get us somewhere quickly, or from the one we are expecting. This is for our good and for His glory.

1. Walk along the path. As you take your first steps, open your hands and lay down any disappointments you may have.
2. As you take another step, say sorry for the times you have gone your own way and not followed the road God has for you.
3. As you take your final steps on the path, ask God to show you the next steps in the path He has for your life. Thank God that He walks the road with you and makes a way.

Gethsemane – Afraid

**For this prayer activity,
you will need:**

- Blanket/big shawl
- Fairy lights
- Basket
- Bean bags/soft furnishings

Set up:

- Set up your space with fairy lights and soft furnishings for people to sit or kneel on



Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."

Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." - Matthew 26:36-39

Focus on change

1. Is there something you are afraid of right now? A proverb says, 'worry gives small things a big show.'
2. Crouch down small and cover yourself with the blanket as if it is the fear covering you.
3. Whisper your fear to God. Now jump up to your full height and throw off the blanket and fear!

Leave it there

For this prayer activity, you will need:

- Stones
- Chalk pens
- Bucket of water
- Plastic sheet

Set up:

- Place your bucket of water on the plastic sheet.



After fasting forty days and forty nights, he was hungry. - Matthew 4:2

Focus on change

Lent is a period of 40 days during which Christians remember the events leading up to and including the death of Jesus at Easter.

For Christians it is a time to reflect on their lives, asking for forgiveness and often 'fasting', which means to give something up for this period. That might be something like a habit they want to leave behind because they know it's not helpful. Leaving things behind can help you move on.

1. Is there something you want to leave behind? Maybe a feeling of sadness or worry? A behaviour you keep doing that you want to stop?
2. Take a moment and think about something you don't want to take forwards with you.
3. When you are ready, if you want, take a stone, and write or draw the thing you want to leave behind.
4. Place the stone in the bucket of water and leave it there.

Lent prayer activities

Printable instructions



The following pages have been optimised to print out, so they 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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