Five Senses
Interactive Prayer Stations
Instructions
Have a look at these images of Jesus.
Take your time.
Take in some of the detail.

Prayer Options
Which images are you drawn to? Why do you think so?
Which images do you dislike? Why do you dislike them?
What aspects of God's character do they bring to mind?
Or you can make up your own way of praying.

The Bible Says
“He is the image of the invisible God, the firstborn of all creation; for in him all things in heaven and on earth were created, things visible and invisible, whether thrones or dominions or rulers or powers—all things have been created through him and for him. He himself is before all things, and in him all things hold together. He is the head of the body, the church; he is the beginning, the firstborn from the dead, so that he might come to have first place in everything. For in him all the fullness of God was pleased to dwell, and through him God was pleased to reconcile to himself all things, whether on earth or in heaven, by making peace through the blood of his cross.”
Colossians 1:15-20
How to
The idea behind this station is to provide a space for people to consider the person of Jesus as portrayed in art and imagery.

Tips and Ideas
“The Christ we Share” image pack is brilliant for this station you can find it here: http://www.methodistpublishing.org.uk/books/ga202-ed-07/the-christ-we-share-3rd-edition or simply google the title. Or you may wish to source your images from elsewhere. You may want to include crucifixes or statues but try to have a wide range of artistic styles to encourage the person who is praying to consider Jesus in a new way.

Kit List
- Images of Jesus!
- Somewhere to display them – table top, wall, display board ...
**Instructions**
You should be able to see some jars with different items in them in front of you.
Unscrew the lid and have a sniff.
Please don't mix up the items between jars.

**Prayer Options**
What comes to mind when you smell it?
What memories or feelings?
In what ways does this make you think of God? Or if it does not, why?
In what way do you think God is worshipped through this item?
or you can make up your own way of praying.

**The Bible Says**
“Send out fragrance like incense, and put forth blossoms like a lily. Scatter the fragrance, and sing a hymn of praise; bless the Lord for all his works.”
Ecclesiasticus/Sirach 39:14
How to
The idea behind this station is to use the reaction we have to the different smells as a tool to reflect on the nature of God. Smell is a powerful trigger of memory and our reactions to different smells can sometimes take us by surprise.

Tips and Ideas
The materials you use for the smells are best displayed and experienced in glass or other transparent container with a lid so that the smells don't compete with each other. It helps if the substance is not instantly recognisable by looking at it. We've used ground coffee, talcum powder, bath salts, perfume infused wood, washing up liquid, pot pourri, cocoa powder, but you can use anything you think would have a good smell that is available to you.

Kit List
- Containers with lids – one for each substance to smell
- The “smells”
**Instructions**
Take a set of ear phones and listen for a while. Whilst you listen think about the questions in the prayer options section.

*note* The player should already be going, just put on the headphones. If there is a problem, find the leader.

**Prayer Options**
What images or feelings come to mind as you listen? In what way might what you are listening to be prayerful? What aspect of God and God's character come to mind?

**The Bible Says**
“Then the eyes of those who have sight will not be closed, and the ears of those who have hearing will listen.”
Isaiah 32:3
How to
The idea behind this station is to think about how different sounds can lead us to God. You might want to use excerpts of speeches, nature sounds or other sound effects that are common sounds for the listener to reflect upon. If you need more help then please email and I can suggest some tracks you might like to use: sarahjberesford@gmail.com

The mp3 players can be laid out on a small table or other similar surface, or perhaps a windowsill if space is at a premium. Make sure they are fully charged before your event. Press play and then it's over to God to do the rest.

Tips and Ideas
If you don't have access to lots of mp3 players (and not many people do or can afford to) an alternative would be to use cd players with headphones. In a parish/school setting you can probably rustle up 5 or 6 that you could use and simply burn the tracks you wish to use to a cd – one cd with one track for each player. Check the cd will play in an ordinary player first as sometimes cd players won't always read a computer burned cd!

Kit List
- mp3 players with earphones or cd players and headphones
Instructions
You should be able to see some bowls with different items in them in front of you.
Using your fingers have a taste of some of the items in the bowls.
Please don't mix up the items between bowls.
Have a taste of the items in at least three different bowls.

Prayer Options
What is their texture in your mouth?
Are they sweet or savoury? What comes to mind when you eat it?
What memories or feelings? Do the scripture verses give you inspiration?
In what ways does this make you think of God? Or if it does not, why?
In what way do you think God is worshipped through this item?
or you can make up your own way of praying.

The Bible Says
“O taste and see that the Lord is good;”
Psalm 34:8
How to
The idea behind this station is to help people consider the person of God through food stuffs found in the Bible.

Tips and Ideas
You will need six bowls for your different food stuffs laid out with their accompanying scripture reference. We have found that bread sticks work very well for the bread and are a lot less messy than loaves of bread. You may wish to exclude the almonds if nut allergies are a concern. We have tended to use dried apple pieces as these keep better than fresh apples. This tends to be a popular station but beware it doesn’t turn into a buffet!

Kit List
- Six bowls
- Almonds
- Olives
- Salt
- Bread (sticks)
- Grapes
- Raisins and (dried) apples
Raisins and Dried Apples

Strengthen me with raisins, refresh me with apples, for I am faint with love.
Song of Songs 2:5

Grapes

“No good tree bears bad fruit, nor does a bad tree bear good fruit. Each tree is recognized by its own fruit. People do not pick figs from thornbushes, or grapes from briers. A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.
Luke 6:43-45

Bread

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 4:3-4
Olives

Jesus went out as usual to the Mount of Olives, and his disciples followed him. On reaching the place, he said to them, “Pray that you will not fall into temptation.” He withdrew about a stone’s throw beyond them, knelt down and prayed, “Father, if you are willing, take this cup from me; yet not my will, but yours be done.”


Salt

“You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.

Matthew 5:13

Almonds

Moses placed the staffs before the LORD in the tent of the covenant law. The next day Moses entered the tent and saw that Aaron’s staff, which represented the tribe of Levi, had not only sprouted but had budded, blossomed and produced almonds. Then Moses brought out all the staffs from the LORD’s presence to all the Israelites. They looked at them, and each of the leaders took his own staff.

Numbers 17:7-9
**Instructions**
You should be able to see some bowls with different items in them in front of you.
Play with the items in the bowls. Please don't mix up the items between bowls.
Have a feel of the items in at least three different bowls.

**Prayer Options**
What is their texture? What comes to mind when you feel it with your hand?
What memories or feelings?
In what ways does this make you think of God? Or if it does not, why?
In what way do you think God is worshipped through this item?
or you can make up your own way of praying.

**The Bible Says**
“Fill every valley; level every mountain. The hills will become a plain, and the rough country will be made smooth.” Isaiah 40:4
How to
The idea behind this station is to use the reaction we have to the different textures as a tool to reflect on the nature of God.

Tips and Ideas
The materials you use for the touch station should have a range of textures. Rough, smooth, scratchy, silky, wet, dry etc. We have used pine cones, beads, fabric strips, cotton wool balls, scouring pads, shells etc. To try and keep the station tidy we have generally put things in separate bowls (cereal bowl size). Most of these things you will probably have around the house or you can borrow or go and collect on a walk in the woods!

Kit List
- Bowl for each different material
- Range of materials

~prayer station