



## **PRAAYER STATIONS**

# BACK TO SCHOOL

### **INSTRUCTIONS**

This resource gives you instructions and the resources for 5 prayer stations to help your children and families prepare their hearts and minds before they head back to school. This will take some set up, but it is worth it.

You could use these:

- As part of your Sunday morning session with the children
- The children could then invite their parents and take them around after church
- Or as a whole church prayer experience

You will need 5 tables. Set each station up on a table, and spread the tables around the room. Put what you need for each prayer station in the middle of the table.

The children can go through the prayer stations in any order. You could play some reflective music quietly in the background.

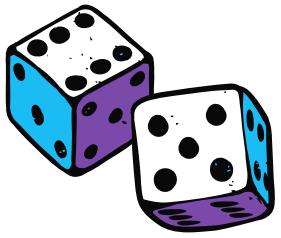
If you have enough helpers, you could have someone on each table, helping the children read the instructions and praying for them as they engage with the station.

*\*See the last pages for a printable resource of all the verses and instructions listed in this resource.*

## **STATION 1: MANY PRAYERS**

You will need:

- A dice
- 'God knows how often I pray for you' – Romans 1:9, printed on paper
- Instructions printed on paper: Roll the die. Pray for that number of people at school. These can include friends, classmates, teachers, admin people...



## **STATION 2: REST**

You will need:

- A school backpack with heavy books in it
- 'Then Jesus said, 'Come to me, all of you who are weary and carry heavy burdens, and I will give you rest' – Matthew 11:28, printed on paper
- Instructions printed on paper: Put the backpack on your back and talk with Jesus about things that feel heavy and hard at school. Take the backpack off and thank Jesus for helping you carry those burdens and giving you rest.



## STATION 3: FRIENDS

You will need:

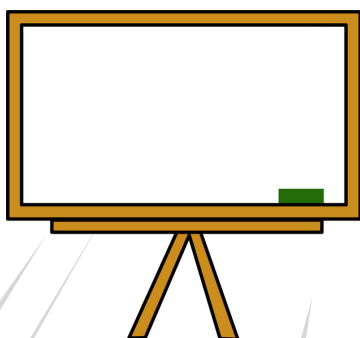
- A cardboard box or similar and a variety of toys you might find at school, eg. balls, ropes, card games, blocks
- ‘Be kind to each other, tender-hearted, forgiving one another, just as God through Christ has forgiven you’ – Ephesians 4:32, printed on paper
- Instructions printed on paper: Choose a toy that you might find at school. Hold the toy in your hands as you pray silently. Ask God to help you be a good and kind friend as you play at school.



## STATION 4: TEACHER

You will need:

- A whiteboard and whiteboard markers
- ‘Every time I think of you, I give thanks to my God’ – Philippians 1:3, printed on paper
- Instructions printed on paper: Write a teachers name on the whiteboard. Pray and thank God for that teacher. Ask God to help the teacher have the energy and wisdom they need to do their job.

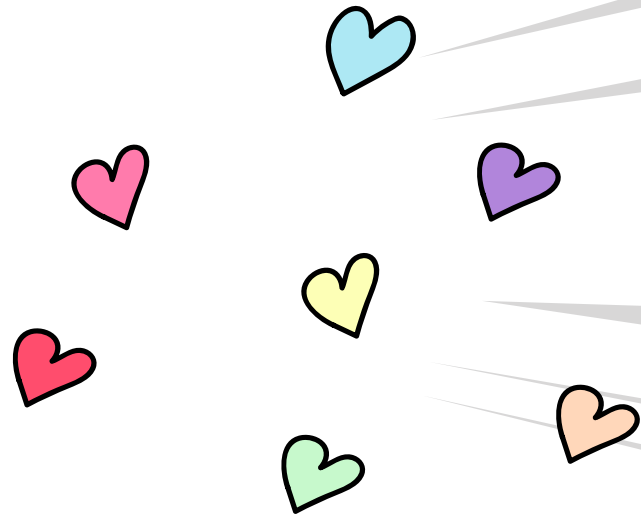


**STATION 5: GOOD THINGS**

Station 5: Good things

You will need:

- Large heart shapes pre-cut from paper or light cardboard. Felt-tip pens.
- ‘He fills my life with good things’ – Psalm 103:5, printed on paper.
- Instructions printed on paper: Draw something you love about school on a heart. Thank God for the opportunity to enjoy that good thing.

**PRINTABLE VERSE CARDS**

**‘God knows how often I pray  
for you’**

**Romans 1:9**

**‘Then Jesus said, ‘Come to me, all  
of you who are weary and carry  
heavy burdens, and I will  
give you rest’  
Matthew 11:28**

2

**‘Be kind to each other,  
tender-hearted, forgiving one  
another, just as God through  
Christ has forgiven you’  
Ephesians 4:32**

3

**‘Every time I think of you, I give  
thanks to my God’**

**Philippians 1:3**

BACK  
TO  
SCHOOL

4

**‘He fills my life with  
good things’**

**Psalms 103:5**

BACK  
TO  
SCHOOL

5

***STATION CARD ONE: MANY PRAYERS***

**Roll the die. Pray for that number of people at school. These can include friends, classmates, teachers, admin people.**



***STATION CARD TWO: REST***

**Put the backpack on your back and talk with Jesus about things that feel heavy and hard at school. Take the backpack off and thank Jesus for helping you carry those burdens and giving you rest.**



***STATION CARD THREE: FRIENDS***

**Choose a toy that you might find at school. Hold the toy in your hands as you pray silently. Ask God to help you be a good and kind friend as you play at school.**



***STATION CARD FOUR: TEACHER***

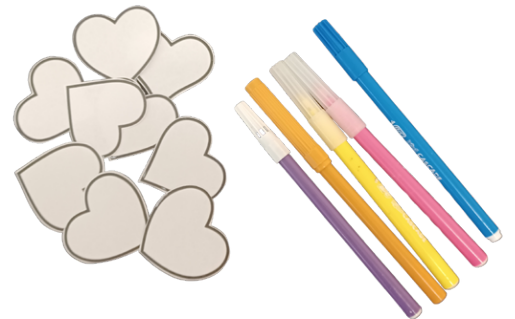
**Write a teachers name on the whiteboard. Pray and thank God for that teacher. Ask God to help the teacher have the energy and wisdom they need to do their job.**





**STATION CARD FIVE: GOOD THINGS**

**Draw something you love about school  
on a heart. Thank God for the  
opportunity to enjoy that good thing.**



***THIS RESOURCE IS BASED ON IDEAS FROM CHILDRENSMINISTRY.COM***



***FOR MORE RESOURCES: [WWW.SUNZ.ORG.NZ](http://WWW.SUNZ.ORG.NZ)***