

Easter Sunday 17th April to Pentecost Sunday 5th June 2022

50

50 DAYS OF
WHOLEHEARTED
PRAYER

Prayer Stations

A guide to setting up a prayer room



THE METHODIST CHURCH
IN IRELAND

IRISHMETHODIST.ORG/50DAYS

Getting Started



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These resources can be used in a prayer room or prayer space, or you can choose to use some during a church service or meeting.

Setting up a Prayer Room

GETTING STARTED

- Gather a team to plan your prayer room (remember to include your children and young people).
- Choose a room to set up as your prayer room. Or you may wish to set the prayer stations up in your main church sanctuary.
- Decide how long your prayer room will be set up for. E.g. a weekend, a week or the whole 50 days.
- Register your prayer room with 24-7 Prayer [here](#). This will give you access to tools such as a sign-up sheet and more [helpful information](#).
- Advertise it in your church and invite people to sign up.
- Make arrangements for access to the prayer room.
- Source and gather resources.
- Arrange a time to set up.
- Launch your prayer space with worship and prayer.
- If your prayer room closes on Pentecost Sunday, why not finish with worship and prayer?



N.B. Please operate your prayer room in accordance with current Covid Guidelines of MCI, Child Protection and Health and Safety Policies.

You should bear in mind the following:

- Capacity of room.
- Have hand gel available and encourage its use between each prayer station.

The Empty Cross



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What you will need:

- A large cross.
- Small crosses such as a Palm cross - or make your own from paper, card, wood, clay, that people can choose to take away.
- Post-it notes.
- Pens.
- Instructions that can be printed out.



The Empty Cross

Focus on the resurrected Jesus. Jesus died on the cross for our sins and His resurrection offers us forgiveness of sins and a relationship with Him as our Lord and Saviour if we chose to follow Him.

In Luke 9:23, Jesus tells His followers, *"Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me."*

As a sign of your commitment to following Jesus, wherever that may lead, pick up a cross and take it with you.

Spend time in prayer committing your life to Jesus and asking Him to guide you.

What things might God be asking you to "deny yourself" as He moulds and shapes your life? Write these on a post-it note and stick it to the cross.

Alternative version of Luke 9:23 in The Message: *"Anyone who intends to come with me has to let me lead. You're not in the drivers seat - I am. Don't run from suffering, embrace it. Follow me and I'll show you how."*

Whole- hearted



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What you will need:

- Heart shaped items – pictures, paintings, candle holders, lights, cut out heart shapes.
- Treasures – such as a treasure box, or items that are treasured.
- Instructions that can be printed out.

Wholehearted

Reflect on the verses from Psalm 51 and ask God to create a pure heart within you.

10 *Create in me a pure heart, O God,
and renew a steadfast spirit within me.*

11 *Do not cast me from your presence
or take your Holy Spirit from me.*

12 *Restore to me the joy of your salvation
and grant me a willing spirit, to sustain me.*

We read in Matthew 6:19-21 the words of Jesus,

*'Do not store up for yourselves treasures on earth,
where moths and vermin destroy, and where thieves
break in and steal. But store up for yourselves treasures
in heaven, where moths and vermin do not destroy, and
where thieves do not break in and steal. For where your
treasure is, there your heart will be also.'*

What do you treasure most in life?

Take time to reflect on what it means to follow Jesus wholeheartedly.



Broken hearted



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What you will need:

- Pictures of broken hearts.
- Paper to write on (can be cut out in the shape of a heart).
- Pens.
- Broken pottery pieces and also a pot or plate that has been broken and glued back together.
- Pictures or information from newspapers or online about current issues of poverty, injustice, or war, locally or globally.
- Instructions that can be printed out.



Broken hearted

Revelation 21:4

"He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away."

We hold onto this hope, but the difficulties of this world have left us broken hearted. We also know that there are many people in our neighbourhoods and our world that are broken hearted at this time.

Write a song or prayer of lament to God asking God to heal your broken heart and to put the broken pieces of your heart back together.

Lift those that are broken hearted up to the Lord. Write a prayer, asking God to heal their broken hearts and that in God they may find the broken pieces of their heart put back together.

Receive the Holy Spirit



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What you will need:

- A comfortable and inviting place to sit, a comfy chair, a beanbag, cushions.
- A bible.
- Copies of the 50 Days of Wholehearted Prayer Daily Prayer.
- Instructions that can be printed out.



Receive the Holy Spirit

And with that he (Jesus) breathed on them and said, 'Receive the Holy Spirit.'
John 20:22

Take time to sit and be still and receive the Holy Spirit afresh in your life. Ask God to awaken you, and every follower of Jesus connected to your church family, to live wholeheartedly as his followers for the transformation of the world, beginning with your each and every day.

So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognise what he wants from you, and quickly respond to it.
Romans 12:1-2 (The Message)

Follow me



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What you will need:

- Fishing nets – can be a large net or a number of small nets.
- Some images of fish and the sea.
- Paper to write on (can be cut out in the shape of a fish).
- Pens.
- Instructions that can be printed out.

Follow me

*"Come, follow me," Jesus said,
"and I will send you out to fish for people." At once they
left their nets and followed him.*
Matthew 4:19-20

Write down the names of people that you long to see follow Jesus and place them in the net. Pray that they will hear the good news of Jesus and that their lives will be transformed. Who is God calling you to share your faith with?

We are called to follow Jesus together and to step out together as we join with God in shared mission that transforms the world.

Think about how God is inviting your local church to join in God's mission and how you are a part of it.



Unanswered Prayer



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What you will need:

- Small stones.
- A container of water.
- Large torn bits of cardboard.
- Markers.
- Instructions that can be printed out.

Unanswered Prayer

You may have been praying about something for a long time and feel that God has not yet answered your prayer. You may also have some big questions to ask God.

In Matthew 11:28-30 we read,
"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

As you think about something you have been praying for that remains unanswered, lift a stone and drop it in the water as you give the burden to God.

If you are wrestling with big questions, write them on the cardboard knowing that God hears the cries of our hearts.



Love your Neighbour



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What you will need:

- Pictures of your local area – could be photographs of street names or of particular buildings such as schools, offices, hospitals, government offices etc.
- Map of your local area.
- Paper or card.
- Pens.
- Scissors (please ensure these are safety scissors or kept up high).
- Instructions that can be printed out.



Love your Neighbour

In Matthew 22:37-40, Jesus said that the greatest commandment is to....

“Love the Lord your God with all your heart and with all your soul and with all your mind.” This is the first and greatest commandment. And the second is like it: “Love your neighbour as yourself.” All the Law and the Prophets hang on these two commandments.’

Draw round your hands or your feet and then cut them out and place them as a sign of your commitment to join with God in transforming your local area.

As you offer your hands and feet in wholehearted service, ask God to guide you by the Holy Spirit.

Transformation of the world



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What you will need:

- A globe or a map of the world.
- Battery operated tealights (please do not use real candles due to fire risk).
- You may want to have post it notes available for people to write a prayer for a particular situation or country and stick it to the globe or map.
- You can look up resources and areas for prayer online at:
irishmethodist.org/world-mission
irishmethodist.org/world-development
- Instructions that can be printed out.

Transformation of the world

Jesus said:

"I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

John 8:12

Light a tealight and place it in the soil as you pray for the light of Jesus to shine in a particular situation or country.

Write a prayer asking for the light of Jesus to shine in a particular situation or country and place it on the map.



Covenant Prayer



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What you will need:

- One large or a number of smaller copies of the Covenant Prayer printed out.
- You may want to have some mirrors for people to look in as they reflect on the Covenant Prayer and how it speaks to them.
- Non-permanent pens that can write on the mirror and an eraser.
- Instructions that can be printed out.

Covenant Prayer

As you read the Covenant Prayer, out loud if you are able, think about what it means to live 'wholeheartedly as followers of Jesus for the transformation of the world'.

Here are some questions to reflect on:

What do you find easy to say?

What do you find difficult to say?

What might God be asking you to give up or stop?

What new thing(s) might God be asking you to do?

As you see yourself in the mirror, you can write any answers to the questions on the mirror.



Covenant Prayer Options
A + B on next page



Covenant Prayer



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OPTION A

*I am no longer my own but yours.
Your will, not mine, be done in all things,
wherever you may place me,
in all that I do
and in all that I may endure;
when there is work for me
and when there is none;
when I am troubled
and when I am at peace.
Your will be done
when I am valued
and when I am disregarded;
when I find fulfilment
and when it is lacking;
when I have all things,
and when I have nothing.
I willingly offer all I have and am
to serve you,
as and where you choose.
Glorious and blessed God,
Father, Son and Holy Spirit,
you are mine and I am yours.
May it be so for ever.
Let this covenant now made on earth
be fulfilled in heaven.
Amen.*

OPTION B

*I am no longer my own but yours.
Put me to what you will,
rank me with whom you will;
put me to doing,
put me to suffering;
let me be employed for you,
or laid aside for you,
exalted for you,
or brought low for you;
let me be full,
let me be empty,
let me have all things,
let me have nothing:
I freely and wholeheartedly yield all things
to your pleasure and disposal.
And now, glorious and blessed God,
Father, Son and Holy Spirit,
you are mine and I am yours. So be it.
And the covenant now made on earth,
let it be ratified in heaven.
Amen.*

Unless otherwise stated, all bible reference are taken from the Holy Bible, New International Version® Anglicized, NIV® Copyright © 1979, 1984, 2011



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