

“Thy Kingdom Come”

A Prayer Program



Objective: Involve all the women who attend the monthly program to take part in prayer. Women go in groups to different prayer stations decided upon & setup by the VP of programs. Website is www.creativeprayer.com. See examples

below.

Scriptural Emphasis: Matthew 6:10 “Your kingdom come. Your will be done on earth as it is in heaven”.

Favors: Postcards to address to those you have been praying for, or inexpensive journals that the ladies can use during this prayer event

Menu: Healthier fare built around fruits & vegetables, minus meats & sweets.

Below are examples of prayer stations chosen by Fort Meade PWOC for their prayer program, January 2009. (Holly Killough & Sandra Braswell were President & VP of Programs at the time of program. Feel free to contact Holly with questions at Hollykillough@yahoo.com)

Fruit Juice of the Spirit – Station #1: Altar in Sanctuary

Using juice to represent the “fruit of the spirit”, you will actively do something (drink) as you pray for the spirit to grow fruit in your life.

Directions:

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.” – Galatians 5:22

Have you ever thought about why Paul called it fruit? Possibly it is because fruit grows. Some of you have developed only the tiniest first buds, barely noticeable in your life. For others, those buds have opened into the beautiful, fragrant-and fragile blossoms. Those blossoms give way to the hard unripe fruit, and, over time, grow and develop to full maturity. The process takes time. That’s important. These things aren’t gifts; you don’t wake up one morning with the gift of gentleness or the gift of self-control. They grow slowly over a lifetime.

Around this table are trays of fruit juice labeled with the fruits of the spirit. Consider which one you have **least** of in you life and then go and take a cup. Pray that God would fill you with that fruit and grow it in you. Then drink. Let the symbol of you drinking that cup be a symbol of your openness to God changing you and filling you.

If you would like, you may drink more than one “Fruit”.

Candle Lighting – Station #2: Back of the Sanctuary

Do you believe that tomorrow is just an extension of today, or do you believe that things can change; that people can change?

We believe in hope. Not a blind hope, but a hope that charges through the tragedy and brokenness of life with purpose.

Instructions:

For centuries, lighting a candle has been a symbol representing the offering of a prayer to God. Think of a (hope) you have, either big or little.

As you light a candle, share that hope with God. Just as the flame and smoke ride up from the candle, envision your prayer rising up to God.

Be Still – Station #3A: Counting Room outside of Sanctuary

The purpose of this contemplative prayer station is to be still, which is rare in our culture.

Directions: At this station you will not be praying “for” anything or “about” anything or thinking of any specific thoughts. You are to simply be still and silent, listening to God.

Ask God to calm your mind and to remove distracting thoughts. If it helps say this phrase over and over until you are calm; “Be still and know that I am God.” As thoughts come, think about them only briefly and then let it pass on. Let your stillness be your prayer to God. Listen to what thoughts he brings forward in your mind.

Blessings Prayer – Station #3B: Seminar Room

This morning if you feel that you need someone to pray God’s blessings over you, there are women in the Seminar Room that would be honored to privately pray for you and with you. At this point go ahead to the Seminar Room. When you are finished you can rejoin your group at the next station.

Community Photos – Station #4: Room 123

This contemplative prayer station covers the community of Fort Meade in prayer by using photography. At this station you will find photos taken around post to include schools, chapels, parks, stores, police and fire stations, housing areas, and many more.

Directions:

On the table are various pictures taken from around town. Find one or two that stick out to you and hold them in your hands as you pray for those places and the people that generally work/ play/frequent that place. Pray for encounters that happen there or anything else that comes to mind.

Braided Lives – Station#5: Room124

This contemplative prayer station helps to focus on the relationship between yourself and God, another person and God, and another person and yourself by praying as you braid pieces of fabric together.

Directions:

Select three pieces of fabric...one to represent you, one to represent another person in your life, and one to represent God. Then bind them together in a knot.

Slowly start to braid the three pieces and as you do, pray.

Pray that God would work in the other person’s life.

Pray that God would work in your life.

Pray that God would bring you and the other person into a deeper relationship that revolves around God.

Pray for anything else that comes to mind.
When you have finished the braid, knot the end and pin it to the wall.

Praying for our Service Members – Station #6: Room 138

Directions: On this wall, you will find photos of a few soldiers who are or will be deployed. They represent only a handful of those who are away serving our country. Please pray Psalm 91 for them and all our military service members. Also, if you would like to add a person, feel free to write their name on a piece of yellow ribbon and add it to the wall.

PSALM 91

Lord, your Word says that whoever goes to you for safety, whoever remains under the protection of the Almighty can say to you, “You are my defender and protector, you are my God; in you I trust.” May my friends in the military and all our troops turn to you and find rest in the shadow of your wings.

Keep them safe from all hidden dangers and all deadly diseases. Shield and shelter them with your wings, and let your faithful promises be their armor and protection. May they not be afraid of the terrors of the night, nor fear the dangers of the day or the disaster that strikes at mid-day. Though a thousand other people may fall at their side, though thousand are dying around them, protect our soldiers from harm. As they make you, the Lord, their refuge and shelter, let no evil conquer them, no plague come near their tent or dwelling. Order your angels to protect them wherever they go.

The Lord says, “I will rescue those who love me. I will protect those who trust in my name.” May this be true of every man and woman in uniform! When they call on you, Father, answer them, be with them in trouble, rescue them and honor them. Satisfy them with a long life and give them your salvation. In Christ’s name, Amen.

Praying the Psalms – Station #7: Room 136

Directions: The Psalms are prayers and songs from ancient times -- compositions based on Jewish patterns of thought and poetry. Within them we find the complete range of human emotion and need, and they offer a rich source of conversation with God. As we find within them verses and phrases which tie into our own thoughts and feelings, so too, we can find other verses which speak to us powerfully of the truth of God’s promises to us. The Psalms have been an invaluable resource to prayer throughout the centuries.

On this table is a list of all the Psalms and their topics. There are several Bibles already opened to the Book of Psalms around this area. Choose a Psalm off the list that you are drawn to, and take time to meditate on it. Silently read the Psalm, and begin to pray the Psalm to God about your life. Make note of which Psalm you chose and continue to pray it this week.

****Please take a copy of the Book of Psalms Overview****

Bible Studies for the Spring Semester – Station #8: Room 135

Memorization and Bible Study are a way to love God with all of your mind. It also is something the Bible fully endorses.

Directions: Take some time to examine the Bible studies that will be offered this semester. On the table are copies of each study for you to choose from. Pray that God will draw you to the study He wishes for you take. Pray that no matter which study you are in or who the leader is or who the other participants are, that the Holy Spirit will be present and will be your teacher.

If you have questions about a particular study, the leaders will be happy to visit with you during lunch.

After you have selected your study, write your name and contact information on the list provided for that class. Also, write your name on a slip of a paper and place it in the bowl labeled for your class. We will be limiting the class size to 20. The books can be picked up during lunch from the book table in the seminar room, so don't leave without yours.

Scriptures to focus on during prayer time:

“Your words are what sustain me...They bring joy to my sorrowing heart and delight me.” ~Jeremiah. 15:16

God tells us, “Guard my words as your most precious possession. Write them down, and also keep them within your heart.” ~Proverbs 7: 2-3

Mirror – In God's Image – Station #9: Room 133 led by Londa Paul

Using mirrors, this contemplative prayer station focuses on God's gift of life.

Instructions:

“Then God said, “Let us make man (humanity) in Our image, according to our likeness.” – Genesis 1:26

Feel your pulse running through you. What you feel is life! A gift from God, your maker!

Look in the mirror. What do you see? Just a body? A soul? A mind?

When you see yourself do you cringe or do you praise God?

Cover yourself with the white robe or cloth. Look closely. Ask God to show you the real you, the YOU that HE created. Ask God to help you see yourself through His eyes and to remind you that you were created in His image and that He loves you!