

4 Stations

Prayer

**4 prayer
activity stations
for families
individuals
teams
training groups
all ages
everyone!**

prayerfit

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Introduction

**For where two or three gather in my name,
there am I with them.**

Matthew 18:20 (NIV-UK)

Prayer can be active. Active prayer can help us to engage heart, soul, mind and strength.

This resource provides instructions for an active and fun, family (or friendship group) prayer event. The activity stations are aimed at believers who want to pray. The activities assume people need some help to get active and pray meaningfully as they exercise.

This booklet contains instructions for four Prayer Activity stations. They are for large groups which may include families, households, friendship groups, Bible Study groups or any age group as a prayer event.

Any celebration, meal or refreshments offered will allow people to recover, share and enjoy more fellowship together.



For the Facilitator

I have not yet reached my goal, and I am not perfect. But Christ has taken hold of me. So I keep on running and struggling to take hold of the prize.

Philippians 3:12 (CEV)

While this event could be run single handed, it is best facilitated by a team. Delegate roles for the Activity Facilitator, Exercise Instructor, and Prayer Coach. Have a Support Team for any other add-on activities for the event such as meals or refreshments.

Activity Facilitator

This is the MC role for the event, which has been designed to be led ***up front*** with a leader giving instructions as groups transition between the different prayer activities.

Exercise Instructor

This instructor is the movement coach and cheer squad. This can be done solo, or with a ***demonstration team***. Make sure you understand the *moves* or exercises, so you can help families exercise safely. Help set up any prayer activities.

Prayer Coach

This person can be any age and physical ability! They gather prayer points for local, regional and global needs to inspire prayer, praise and thanksgiving. Help set up any prayer activities.

Group Size

Divide people into their family groups or mixed age groups of 2–8 people.

Time

Allow approximately 45 minutes to run the Prayer Activity Stations.

Materials Needed

- Instructional videos for movements (see next page)
- Bible or phone Bible
- **Move Cube** (see Station 2 instructions)
- Chalk/tape to mark the ground (optional)
- Frisbee or balls (optional)

Movements

These stations involve some of the following exercise movements.

Squats



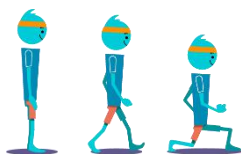
Planks



Dips



Lunges



Sit-ups



Mountain climbers



Push-ups



Speed skaters



Superman hold



Burpees



Scan the QR code for instructional videos for these movements.



Deuteronomy 6:4–9

⁴ Hear, O Israel: The Lord our God, the Lord is one. ⁵ Love the Lord your God with all your heart and with all your soul and with all your strength. ⁶ These commandments that I give you today are to be on your hearts. ⁷ Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. ⁸ Tie them as symbols on your hands and bind them on your foreheads. ⁹ Write them on the doorframes of your houses and on your gates.

Deuteronomy 6:4–9 (NIV)





*Prayerfit stations
in Portugal*

Station 1 | Warm-Ups

Three different warm-ups

Choose one warm-up or rotate through all three activities if you have more time.

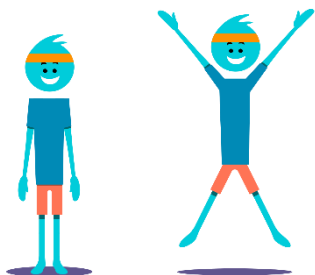
1. Walk in pairs around your space

In pairs, introduce yourselves and get to know one another as you walk. Join with another pair and get to know them. Just keep walking!

2. Big group Jumping Jack challenge

Each group must try and do as many jumping jacks as they can. Set a whole group event target (for example 300). The first

person does as many jumping jacks as they can then taps out to the next person who continues, counting them as they go. After 1 minute (or a suitable time) add up the total number of jumping jacks performed by each group to see if the whole group target has been reached.



3. Song with exercise

‘Hallelujah – Praise ye the Lord’ with squats

Divide each group in half. One half of the group sings **“Hallelu, hallelu, hallelu, hallelujah”** and the other half sings the response **“Praise ye the Lord”**. Each group half stands when they sing and squats when the other half sings. All groups sing and squat through the whole song at the same time. Note: Use whatever responsive song is appropriate in your setting. Example song:

<https://www.youtube.com/watch?v=BMrXjX0kUW4>

Read and Pray

Read Deuteronomy 6:4-9

Pray and worship who God is. Give thanks for the extended family we are a part of in His church. It is good to be a body – a group that is unified.



Station 2 | Move Cube

The **Move Cube** has 6 sides with 6 moves

See next page on how to make a **Move Cube**.

Before you Begin

Demonstrate the six moves: **plank** | **push-ups** | **sit-ups** | **breathe/rest** | **squats** | **superman**



Running the Activity

Volunteers take turns to roll the **Move Cube**. For the next 30 seconds, everyone performs that exercise. Repeat for 10 rolls of the **Move Cube**.

Read Deuteronomy 6:4-9

Pray

Spend time interceding for your family and/or for families in your community. In families we see such great diversity. At times they can be unpredictable and messy, but families can be the source of such blessing when God is at work. Pray for children, parents, grandparents, marriages, children and their caregivers in foster and kin-care, single parent families etc.

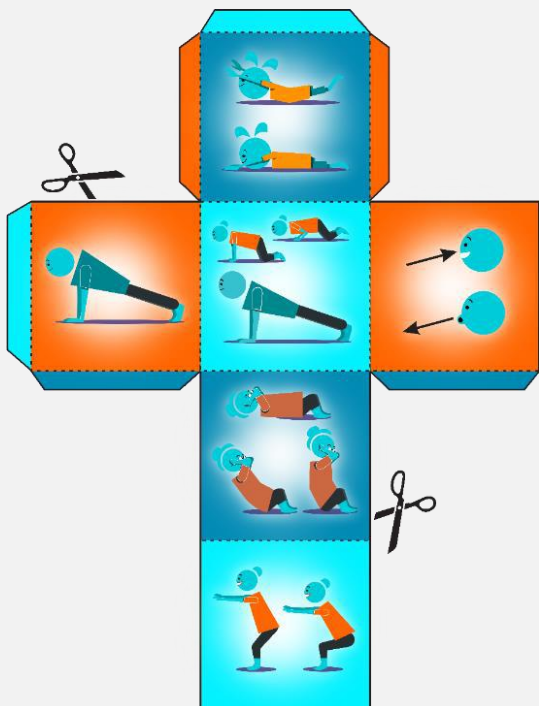
Making the Cube

Options for making the *Move Cube*

The template can be downloaded as a paper template or 3D printer file from *max7.org* or *family.fit* (search ***Move Cube***).

Option 1. Make a giant cube to use at your event. Use a recycled cardboard box to create a cube. Print the move symbols and stick one on each side of the box.

Option 2. Print an A4 sized ***Move Cube*** template sheet for each group. Provide scissors and adhesive tape for groups to make their own.



Station 3 | Challenge

A Bible reading movement activity

While reading Deuteronomy 6:7–9 slowly, demonstrate a move for each word in **bold** from the Bible text.

Each time an **action word** is read everyone performs the move continuously until they hear the next **action word**. Read the passage five times.

Say the Following

Deuteronomy 6 verse 7 says to *impress* God's commandments on our hearts. In other versions it says to *keep in memory*, or *teach continuously*, or *to repeat*. We're going to do a move to match the **action words** in these verses.

Demonstrate

Demonstrate and practice the six **action words** shown on the next page with the group. The *burpee* may be a new movement for some.

Challenge Movements

Sit	sit-ups
Walk	walk on the spot or freely in the space
Lie down and get up	burpee
Tie	walk around while shaking hands with others you pass. Or do star jumps touching your forehead as you jump your feet together then hands up in the air as you jump out.
Write	write words in the air with big arm movements

Check people can remember the different moves by repeating the 'action words' a few times in different order. Finally, read the passage five times slowly, reminding everyone to keep doing the move until they hear the next 'action word'.

Read the Passage

“Impress them on your children. Talk about them when you **sit** at home and when you **walk** along the road, when you **lie down** and when you **get up**. ⁸ **Tie** them as symbols on your hands and bind them on your foreheads. ⁹ **Write** them on the doorframes of your houses and on your gates.”

Deuteronomy 6:7–9 (NIV)

Pray

Pray for discipleship in the family and for families to grow in maturity and influence new families.

Thank God for how wonderful it is to grow together and influence others to walk with Jesus.

Station 4 | Line Up

Play a fun game like Line Up to end your time together. Close with the Breath Prayer.

This game can be as long or as short as you wish. Divide your group into teams of five to ten people. The goal of the game is for players to reorder themselves as quickly as possible. You can use your own categories or choose from the following:

1. Shortest to tallest – height.
2. Beginning to end of year – birthdates.
3. Oldest to youngest.
4. From shortest to longest – how many letters in your first name.
5. From farthest away to closest – birthplace.
6. From least to most – how many brothers and sisters you have.

Once a team has arranged themselves, the leader makes sure they are in correct order. The first team to do so wins the round.

Debrief together

The leader could point out the diversity of gifts and talents that can be seen in a family but also the unity as each team worked together.

Likewise, in the whole Body of Christ we work as His Body.

Celebrate with each other the gift God has given us in being a part of His Body.





Fun Game | Hopscotch

Hopscotch Prayer

Use chalk or tape to mark out hopscotch squares on the ground. Write names of places to pray for, from closest to and including your community, to countries far away. You could include special global prayer needs, prayers for persecuted Christians, those caught up in conflict, refugees, those affected by natural disasters or world leaders.

Example: 1. Our town; 2. Our city/country; 3. Our region; 4. Global prayer need; 5. Country in crisis; 6. Country at war



Fun Game | Catch & Pray

Use a frisbee to create a spontaneous active prayer time – for pairs or groups.

Draw on a Frisbee with paint pens, permanent markers or create a sticker to divide it into three sections. Mark each section with *Sorry*, *Please*, and *Thank You*.

Throw the prayer frisbee in pairs or a group. Wherever your hand catches the frisbee is the topic or approach you take to pray out loud (or quietly if preferred) before you throw it to the next player.



This is a great prayer activity for all ages.

Option: Once you've been using it for a while, write more prayer topics on the underside of the **prayer frisbee** e.g., *Worship, Transform, Obey*.

Following is another option.

Playing Catch and Pray with a Ball

Instead of a frisbee, you may want to mark a basketball, volleyball, netball or rugby ball with similar prayer prompts for sports practice or a prayer game.

For tennis, baseball, and soccer/football where the point of contact is not a hand, try coloring segments of the ball that relate to prayer topics, or just 'catch/hit/kick and pray'.





Cool Down | Breath Prayer

Sit quietly and use your natural breathing rhythm to pray and connect with God.

Cool down meditation: This can be done alone or with a group. Do a warming down/cooling down slow exercise. Or sit comfortably in a chair with your feet on the floor and your hands opened upwards on your knees.

Notice your breath. Slow it down and breathe more deeply.

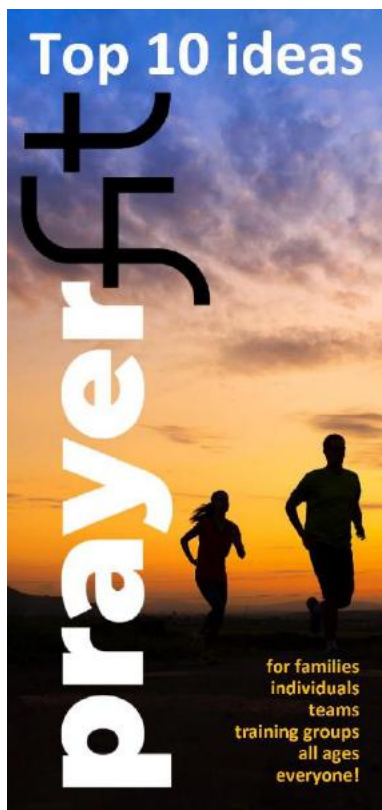
- As you inhale – say to yourself, ‘Come Holy Spirit.’
- As you exhale – say to yourself, ‘Lord, I give you ...’ and say something that is troubling you.

Don’t worry if you keep having the same trouble come to mind. Just keep giving it to God.

Keep doing this until you sense there are no more troubles to bring to God at this moment. Sit in His presence silently until you are ready to get up and speak to others. When concluding with this activity, consider directing people who have finished to another space where they can make more noise.

Other Resources

Look for the other prayerfit and family.fit resources at <https://family.fit> or search 'prayerfit' at max7.org.



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