

Prayer Room Starter Pack

Want to run a prayer room but not sure where to start?

Every single prayer room is different, and there is no 'right' way to run one. But over the years, we've noticed a few key elements that people find helpful.

We suggest that your prayer room has at least one prayer activity to help people engage with each of these five areas:

- **Worship:** lifting our eyes to God
- **Forgiveness:** allowing the Holy Spirit to convict us and lead us in repenting and receiving forgiveness
- **Contemplation:** being still and allowing God to speak
- **Thankfulness:** practicing gratitude
- **Intercession:** contending in prayer for God's Kingdom to come in our communities and our world

In this guide, we've assembled a variety of prayer stations under these themes. If you've never run a prayer room before, this is a great place to start. Some of these activities are incredibly simple and some of them require a little more set-up - choose the prayer activities that will work for your prayer room and your community.

For more prayer activities, explore the ideas section of our website:
24-7prayer.com/resource_cat/ideas/

WORSHIP

Prepare your heart

For the organiser

You will need:

- Cardboard or paper crowns
- Pens
- A chair decorated as a throne

How to set up:

Set up the chair with space to kneel before it. Have the pens and cardboard crowns available at the foot of the throne.

For the prayer room

After Jesus was born in Bethlehem in Judea, during the time of King Herod, Magi from the east came to Jerusalem and asked, "Where is the one who has been born king of the Jews? We saw his star when it rose and have come to worship him.

Matthew 2:1-2

Instructions for using the prayer activity

1. As you go into this time of prayer, prepare your heart.
2. We are called to lay down everything before Jesus in worship.
3. Ask God if there is anything He is inviting you to give up to Him. Take a card crown and write down the things you need to lay down before God.
4. Once you have written them down, place the crown at the foot of the throne and kneel before it. Spend some time worshipping His name.

FORGIVENESS

Fizzy Forgiveness

For the organiser

You will need:

- Large clear jar or vase
- Soluble vitamin C tablets (orange or lemon tend to work best)
- Water
- Optional: a light to shine through the water

How to set up:

Fill the jar with water and place it on a table with a bowl of vitamin-C tablets and the instructions next to it. A tip is to break the tablets into smaller pieces – they will dissolve quicker, and the water will have to be changed less often.

For the prayer room

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:31-32

“Come now, let us settle the matter,” says the LORD. “Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool.”

Isaiah 1:18

Instructions for using the prayer activity

1. We all carry pain from ways that people have hurt us, and we all have made mistakes in our turn.
2. Do you need to ask for forgiveness, or do you need to forgive someone else? Spend some time in quiet, asking the Holy Spirit to show you.
3. Pick up a tablet and think about what you are surrendering to God – either the pain and resentment from a difficult situation, or the sin you are turning away from.
4. When you feel ready, drop the tablet into the water.
5. If you are forgiving someone else, watch the tablet dissolve and imagine letting go of the grudge you have been holding.
6. If you are receiving forgiveness for yourself, watch the tablet dissolve and imagine it is your sin being dissolved in God’s mercy and love.

FORGIVENESS

Search me and know me

For the organiser

You will need:

- Torches
- Paper
- Pens

How to set up:

Place each torch with a stack of paper and a few pens, along with the instructions.

For the prayer room

O Lord, you have searched me and known me! You know when I sit down and when I rise up; you discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways.

Psalm 139:1-3

Instructions for using the prayer activity

1. Take a torch and a piece of paper.
2. Shine the torch on to the piece of paper, and place your hand in the light, creating a shadow on the paper.
3. As you look at the shadow formed, is there anything God is highlighting to you?
4. If you feel led, engage in a time of confession and repentance before God as you enter this time of prayer with Him. Is there anything in 'shadow' that God is bringing into the light today?
5. Feel free to write down anything you feel led to pray on your piece of paper if you find it helpful.

THANKFULNESS

Gratitude Cards

For the organiser

You will need:

- Card
- Paper
- Pens
- Optional: Markers, stickers, scissors, glue and other craft materials

How to set up:

Put all the materials on a table with plenty of space. If you're providing scissors and crafting materials, it's a good idea to have a wastepaper basket nearby.

For the prayer room

Therefore encourage one another and build up one another, just as you also are doing.

1 Thessalonians 5:1

Instructions for using the prayer activity

The Bible tells us to encourage one another, to build up the Body of Christ.

1. Take a moment to still yourself.
2. Ask God to bring to mind someone who would appreciate an encouragement card.
3. Thank God for whoever comes to mind.
4. Get creative and make or write them a card to encourage them.

THANKFULNESS

Thankfulness Tree

For the organiser

What you will need:

- Ribbon or string
- Paper – you can get luggage-tags that already have holes punched in them if you wish
- Pens
- Somewhere to tie the ribbons or hang a piece of artwork, such as a plant, tree, door handle, or wall

How to set up:

Cut the ribbon or string into lengths the right size to tie on the tree. Lay out your supplies in front of your tree or equivalent. You may want to hang a few 'thank you' cards on the tree from the beginning to help people get the idea.

For the prayer room

Let everything that has breath praise the Lord. Praise the Lord.
Psalm 150

Instructions for using the prayer activity

1. Take a moment in silence with God.
2. What are you thankful to Him for? You could use your senses: what can you see, feel, touch, smell, or hear that reminds you of the goodness of God? You could also look through the Psalms and find lines of praise to write down.
3. Begin writing down your responses on your paper – feel free to get creative and draw, too.
4. Thread your paper onto string or ribbon and hang it up.

CONTEMPLATION

Refiner's Fire

For the organiser

What you will need:

- Pebbles or stones
- Fake fire: you can make this with coloured tissue paper, construction paper, or fabric, or you could print out a photo or drawing
- Fake gemstones
- Optional: a container for the fake gems

How to set up:

Set up the fake fire – it can be on the ground or on a table. If you are doing a '3D' fire, place the container of gemstones in the centre of the fire. If you are using a flat picture of fire, heap the gemstones at the base of the photograph.

Take the pebbles and spread them around the fire – put some very close to the flames, have some far away, and everything in between. Put some pebbles in groups and leave others by themselves – the idea is to have a good variety.

For the prayer room

In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, so that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honour at the revelation of Jesus Christ. Though you have not seen him, you love him. Though you do not now see him, you believe in him and rejoice with joy that is inexpressible and filled with glory, obtaining the outcome of your faith, the salvation of your souls.

1 Peter 1: 6-9

Instructions for using the prayer activity

1. Look at the stones at various places around the fire. Which stone represents your heart today? How close does it feel to the fire of God's passion and presence?
2. As you identify a stone, what would it look like for your heart to move closer to the fire? Spend some time in conversation with God.
3. Place your stone in the 'fire', surrendering to the work of the Refiner.
4. As you pray, take out a gem from the fire in place of the stone. We are refined in the fire. Where in your life is God refining you at the moment?
5. Take the gem with you to remind you of the work God is doing within and around you. He is making all things beautiful.

CONTEMPLATION

Be Still

For the organiser

You will need:

- A cosy, comfortable place to sit
- Optional: a small tent
- Optional: pillows and blankets
- Optional: string lights

How to set up:

This can be as simple as some cushions and blankets on the floor or a comfortable sofa or armchair. Create a cosy space and place the instructions in clear view.

For the prayer room

Be still and know that I am God
Psalm 46:10

Instructions for using the prayer activity

The Bible tells us to encourage one another, to build up the Body of Christ.

1. This space is a space for you to rest with God.
2. If you find being still challenging, set a timer on your phone for 10 minutes so you're not watching the clock.
3. Sit comfortably and notice your breathing; breathe deeply.
4. Welcome the Holy Spirit.
5. From your head to your feet, notice how your body feels; relax any tense muscles.
6. Random thoughts filling your head? Don't feel discouraged – keep handing them to God.
7. Try using a breath prayer to help you focus – a short phrase or bible verse that focuses your attention on God (e.g. 'I love You Father' or 'Speak Lord, Your servant is listening')
8. Be attentive to what God might be saying – does a word, picture, bible verse or something else come to mind?
9. After 10 minutes, thank God for spending this time with You.

INTERCESSION

A Place at the Table

For the organiser

You will need:

- A table
- Two chairs
- Communion elements
- Cards with facts about the world and your area – you might look for statistics about poverty, loneliness, crime, and/or unbelief
- Optional: two place settings

How to set up:

Set up the table with the chairs on opposite sides. If you have place settings, set the table. Place the communion elements in front of one chair along with the instructions. Put the fact cards in front of the opposite chair.

For the prayer room

Then he said to his servants, 'The wedding banquet is ready, but those I invited did not deserve to come. So go to the street corners and invite to the banquet anyone you find.' So, the servants went out into the streets and gathered all the people they could find, the bad as well as the good, and the wedding hall was filled with guests.

Matthew 22:8-10

Instructions for using the prayer activity

1. Take a moment to take a seat at the table.
2. Reflect on the bread and wine in front of you. Jesus' body and blood, broken and shed for you. What do you feel as you think of this?
3. When you are ready, stand, and walk around the table
4. Pick up the prayer cards and pray for the oppressed, the marginalised, the lonely and the poor in heart. Pray they would know they have a place at the table.

INTERCESSION

A Ripple Effect

For the organiser

You will need:

- Stones
- Water
- A container for the water: a trough or large bowl

How to set up:

Fill the container with water and place the stones beside it.

For the prayer room

Your kingdom come, Your will be done, on earth as it is in heaven...
Matthew 6:10

Instructions for using the prayer activity

1. Take a stone and think of it as the power of your prayer.
2. Drop it in to the water and watch the ripple effect.
3. As you call for God's Kingdom to come, what could the ripple effect across the nation(s) look like?

INTERCESSION

Be Bold

For the organiser

You will need:

- Envelopes
- Paper
- Pens

How to set up:

Set the supplies up on a table along with the instructions.

For the prayer room

On the day the Lord gave the Israelites victory over the Amorites, Joshua prayed to the Lord in front of all the people of Israel. He said, "Let the sun stand still over Gibeon, and the moon over the valley of Aijalon." So the sun stood still and the moon stayed in place until the nation of Israel had defeated its enemies. Is this event not recorded in The Book of Jasher? The sun stayed in the middle of the sky, and it did not set as on a normal day.

Joshua 10:12-13

Instructions for using the prayer activity

Throughout the Bible we see evidence of the people of God praying bold prayers, to bring about change in their lives and the lives of those around them for the glory of God. What "Sun Stand Still" bold prayer can we pray to God and have faith for Him to answer?

1. Make a list of five big, bold prayers you can pray to God. Maybe it's for your friend to become a Christian, maybe someone needs healing, maybe you need a job - where do you need a significant breakthrough?
2. Pray over your list.
3. Put the list in an envelope.
4. Write the date on it one year ahead. So, if today is 19th April 2024, then write on the envelope "Open on 19th April 2025."
5. Put it somewhere safe at home, and open it in a year's time. Tick off what God has done. Maybe put the envelope in your Bible and set a reminder on your phone to do this.