

Anti-Trafficking Prayer Room Toolkit

Prayer rooms are powerful and immersive spaces that can engage people in prayer and equip them to act. This Anti-Trafficking Prayer Room Toolkit combines station ideas, biblical reflections, and interactive prompts to encourage personal contemplation and intercession against the issue of modern slavery.

General tips for setting up prayer stations

- Make it immersive: Add quiet instrumental music and warm ambient lighting to create an atmosphere that helps participants focus and feel empathy. If possible, consider room temperature—rooms that are too hot or too cold can be distracting.
- Balance the emotional weight: Include stations that focus on hope, restoration, and action, in addition to the gravity of the issue, to prevent participants from becoming overwhelmed or despondent.
- Include calls to action: Encourage participants to move from prayer to action by including concrete steps they can take, such as raising awareness on their own social platforms, contacting lawmakers, donating, or supporting a specific anti-trafficking organization.

Essential Info

Every prayer room should offer participants a basic understanding of the issue they are invited to pray into, along with a way to put action to their prayers. Keep the descriptors clear, concise, and engaging to read.

- What is human trafficking?
- How common is it?
- Who is trafficked the most?
- What kind of trafficking happens most frequently in the US?
- What's our call to action?

Essential Themes

We encourage you to include these four essential themes in your Anti-Trafficking Prayer Room:

1. Prayer For The Victims

- The trafficked
- Those most vulnerable to trafficking
- The survivors

2. Prayer For The Villians

- The traffickers
- The users
- Those complicit

3. Prayer For The Heroes

- Rescuers, law enforcement, and legal teams
- Anti-trafficking orgs, social service workers, and safehouse staff
- All who help raise awareness, volunteer, and give

4. Prayer For The End

- For our government and schools, businesses and organizations, families and individuals to understand the issue and act to address it in the US
- For labor trafficking to end locally, nationally, and globally
- For sex trafficking to end locally, nationally, and globally

Awareness Resources For Your Prayer Room

- [Downloadable materials](#)
- [Resource Toolkit](#)
- [Awareness videos](#)
- [Request additional materials](#)

The World Station

This visual station helps people understand the facts of human trafficking.

Setup:

Put a large map of the world on the wall. Add the definition of human trafficking in large print toward the top of the map: "Human trafficking is a form of modern-day slavery happening all over the world. It steals freedom for profit through the use of violence, threats, or manipulation to exploit a person for labor, services, or sex".

Place big numbers on the map with smaller descriptions next to each:

2 Human trafficking is the second fastest-growing criminal industry in the world

235 Human trafficking is a 235 billion-dollar-a-year industry

50 Million enslaved people globally, estimated

27 Million bound in labor and sex trafficking, estimated

1 Only 1% are ever rescued out of this slavery

30 Another person becomes a victim every 30 seconds

Action:

Invite participants to read the numbers on the map and reflect on Psalm 82:4.

Prayer Prompt:

Pray for the eyes of the world to be opened to the reality of modern-day slavery and work together for the end of human trafficking globally.

The Magnitude Station

This tactile station helps people personally sense the prevalence of human trafficking.

Setup:

Fill a large container with uncooked rice. Include a sign stating that each grain represents one of the many millions of people enslaved worldwide. Set a bible nearby.

Action:

Invite participants to hold a single grain of rice in their hand. As they feel its smallness, they should imagine the grain as an enslaved person whom God deeply loves; a person with a name, a family, and their story of a life mangled by the lust and greed that fuels sex and labor trafficking.

Prayer Prompt:

Read Exodus 2:23-25, then pray for God to move the Church to rise up and become part of the solution in addressing and confronting human trafficking and in supporting and caring for its victims.

The Activism Station

This station helps people make a specific, practical commitment to help raise awareness.

Setup:

Cover a large table with paper. Print in large letters: "Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy." Proverbs 31:8-9 NIV.

Action:

Reflect on the command in Proverbs 31:8-9. If you can commit to raising awareness of human trafficking through your social media platforms or social influence in some way over the course of 2026, write "Here am I, send me" on this sheet of paper and sign your name under it.

Prayer Prompt:

Pray that God would give you courage, boldness, and wisdom to be an advocate for the exploited and oppressed.

The Nation Station

This interactive station of red yarn strung all across a map helps people understand that minors are most at risk for being trafficked in the US.

Setup:

Hang a map of the United States on the wall with a corkboard behind it so people can push pins into it. Place this info in big letters toward the top of the map: "The most common forms of human trafficking in America are sex and forced labor. It's happening in every state, in every metro-city, and in small towns nationwide". On a table under the map, put a container of map push pins and a ball of red yarn.

Action:

Sex trafficking in the US happens when someone manipulates and sexually exploits another person for profit. When they are first targeted, the average age for a minor is between 12 and 15 years old. The number of youth at risk of being forced into this kind of trafficking in America is estimated to be between 100,000 and 325,000 annually. Take three push pins and place each pin on different places of the map around the nation where you have relatives or friends who all have teenagers. Then, wrap yarn around each pin to connect all 3 locations.

Prayer Prompt:

Pray for teens currently trafficked and those vulnerable to becoming trafficked in each of the cities you pushed pins into.

The Restoring Identity Station

This station uses a tangible action to represent the restoration of a victim's dignity.

Setup:

Provide a candle, a candle snuffer, and a lighter or box of matches. Include a sign with a Bible verse about identity, such as Matthew 3:17, alongside the station.

Action:

Invite participants to blow or snuff out the candle, reflecting on how traffickers often strip victims of their identity, value, and personhood. Then invite participants to relight the candle.

Prayer Prompt:

As you relight this candle, pray for those who have been trafficked to have their true identity restored and for them to know their value as children of God.

The Repentance Station

This station invites people to consider issues of personal and cultural accountability.

Setup:

Provide a blank notebook and some pens. List ways sex trafficking plays out in the USA, like:

- Online exploitation: Traffickers use social media, apps, and websites to recruit and advertise victims.
- Targeting of youth: Traffickers deliberately seek out young people facing insecurity or loneliness.
- Demand for commercial sex: Cultural normalization of buying sex and sexualized media fuels the market traffickers profit from.

Action:

Reflect on the ways personal or collective sins like greed, lust, and indifference contribute to systems that allow sex trafficking to flourish. Write down a prayer of repentance.

Prayer Prompt:

Pray for the conviction and repentance within those who create the demand for sex trafficking by participating in sexual exploitation.

Learn more at dontbuyitproject.org.

The City Station

This station helps people see human trafficking as a local issue and the importance of those who work to combat it.

Setup:

Place a map of your state or city on a wall. Add a clipboard describing how traffickers most commonly ensnare the vulnerable to become sex trafficked and labor trafficked in your region, how few are brought to justice for their crimes, and how few safehouses and places there are for rescued victims to go for aftercare in your region.

Action:

Place a sticky note on the map with a prayer you've written for local anti-trafficking agencies working to raise awareness, educate, and address the issue, for policymakers and law officers striving for justice against traffickers, or for caregivers who work to restore the hearts and lives of trafficking survivors.

Prayer Prompt:

Consider prayers of blessing, provision, guidance, protection, wisdom, effectiveness, strength, and perseverance.

The Labor Trafficking Station

This station helps people learn how to recognize signs of labor trafficking and take action.

Setup:

Display information on the most common places and spaces where labor trafficking takes place in the US, and how to recognize the signs of someone likely being labor trafficked. Place a pencil and an "I Spy", "Seek and Find," or "Find Hidden Items" book on the table.

Action:

Find all the items listed on one page in the book on this table.

Prayer Prompt:

Vulnerable people are forced to work for little to no pay, through deception, threat, or violence. In the US, the most common types of labor trafficking happen in: Agriculture and landscaping, construction, retail and hospitality, nightclubs, factories, and domestic work environments. Like in the book, you must know what to look for and pay attention. Pray that those in forced labor in your state do not go unnoticed, and ask God to help you notice and to act when you see it in your city.

The Supply Chain Station

This station helps connect global labor trafficking to station participants' personal lives.

Setup:

Display information or visuals about common supply chains (e.g., clothing, electronics) that may involve forced labor. Include a "Fair Trade" label to show an alternative. Provide a printed QR code to link participants to the survey below.

Action:

1. Provide a QR code encouraging those praying to take the [How Many Slaves Work For You Survey](#).
2. Reflect on how daily purchasing habits can unknowingly support exploitative practices.
3. Encourage those praying to download an app that shows which companies have slave labor in their supply chains and plan to avoid purchases from them. App suggestions:
 - Buycott
 - Free2Work app
 - US Department of Labor's Sweat and Toil app
 - Good On You app

Prayer Prompt:

Pray for companies to act ethically regarding their labor forces, and for consumers to make responsible choices to avoid purchasing items with slave labor in the supply chains.

The All Hands Station

This is a call-to-action station that helps people commit to one small first step.

Setup:

Place markers on a table with either sticky notes or the provided dove cut-outs.

Prepare a wall or designated area where responses can be displayed, or hang string from the ceiling if using dove cut-outs.

Action:

Write one specific thing you will do in 2026 to help address human trafficking.

If using sticky notes, place your note on the wall.

If using a dove cut-out, write your commitment on the dove and either tape it to the wall or hang it from the ceiling as part of a growing, living art display.

Prayer Prompt:

Invite God to give you the will, passion, and discipline to follow through.

The Weight Of The World Station

This station helps participants feel the burden carried by labor-trafficked workers.

Setup:

A cross to represent Jesus' burden, rocks, and a white marker. Placemakers and hand-shaped sticky notes on a wall or table.

Action:

1. Hold a rock in your hand and think about a type of labor trafficking, such as working in a sweatshop, on a fishing boat, or in a factory.
2. Use the marker to write a word that represents the victim's burden, such as "fatigue," "despair," "fear," or "humiliation".
3. Place the rock at the foot of the cross, symbolizing that Jesus takes on the burdens of the oppressed.

Prayer Prompt:

Pray for those being labor trafficked around the world, in the US, and in your city.

The Villain Station

This station helps participants see local traffickers as those radically in need of our prayers and God's help to change their harmful ways.

Setup:

Place a large poster board on a wall. Put colorful sticky notes and markers nearby.

Action:

Draw these three things using one sticky note for each doodle, then place all 3 sticky notes on the poster board:

1. A heart or a door.
2. Handcuffs or a police badge.
3. A lamb or a cross.

Prayer Prompt:

As you draw, pray for traffickers in your city to experience a change of heart and seek a way out of their destructive lifestyle. Pray that trafficking rings be shut down and traffickers captured and brought to justice. Pray that traffickers hear the gospel and receive Jesus as Savior.

The Healing Station

This station invites participants to pray for survivors of human trafficking located in their home state.

Setup:

Use string or wire to make a few long rows to hold fabric squares on clips.

Gather many fabric squares at least 6x6 inches each, all in different light-colored solids, a bowl of small wooden clothespins, dark-colored markers, and a bible to place on a table under the string rows.

Action:

Writing on fabric takes special attention, gentleness, slowness of pace, and extra care. These principles are also required in the healing process of trafficked survivors. Write a prayer on a piece of fabric inviting God to help survivors find freedom, safety, and healing from the trauma of their experiences. Afterwards, attach the fabric square to the string using a wooden clip.

Prayer Prompt:

Human trafficking has devastating effects on a person's physical, emotional, psychological, and spiritual well-being. Victims have endured inconceivable abuses that can affect them in both the short and long term. Each must work through the trauma they have experienced as they strive to rebuild their lives. Consider writing fabric prayers for survivors to experience God's healing and restoration and to find safe places where they can receive holistic care as they rebuild their lives.

The Take Action Station

This final station transforms prayer into practical steps.

Setup:

Place red Sharpies at the table and a mirror on the wall. Provide information on anti-trafficking organizations like A21, IJM, TAT, and include info on one or two reputable local anti-trafficking agencies.

Action:

Invite participants to draw a red "X" on their hand as a symbol of their commitment to fight against human trafficking. They can also look in a mirror and reflect on their own ability to help.

Prayer Prompt:

Pray for personal courage to take action and raise awareness. Pray for the global anti-trafficking movement to be unified and effective.

The Visio Divina Art Station

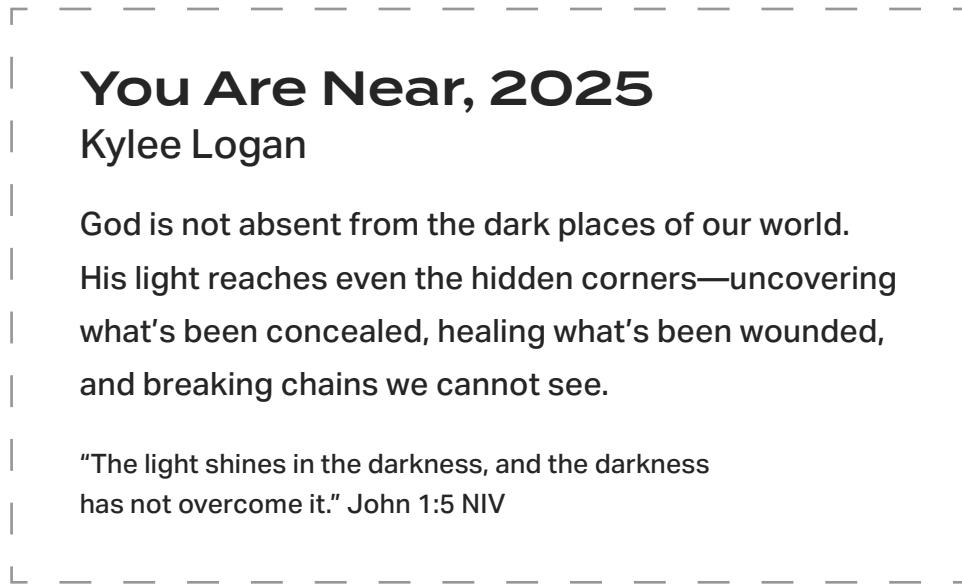
Visio Divina is a slow, meditative way of praying with an image—attentively and prayerfully listening for how God may speak through what is seen, drawing us into deeper awareness of his presence. This station invites participants to practice Visio Divina using visual art as a doorway into intercession for those impacted by human trafficking.

Setup (choose one option):

Option A: Illustrated Artwork

Print the provided illustration and accompanying display card (including the artist statement). Display them in your prayer room by mounting on a wall, pinning to a corkboard, or framing.

Display Card:



Option B: Photograph

Print the provided dove photograph and hang it on the wall in a way that fits your space. This image does not require attribution. Display the photograph in your prayer room by mounting on a wall, pinning to a corkboard, or framing.

Consider displaying the following reflection questions nearby:

- What part of the image draws your attention?
What thoughts or emotions arise?
- Where do you notice light? Where do you sense darkness?
What tension exists between the two?
- What might the Holy Spirit be revealing to you through this image?
- What is God's heart for those caught in trafficking—those living in the shadows of exploitation, coercion, and abuse?

Action:

Invite participants to slowly and prayerfully observe the artwork, allowing space for the Lord to speak. Encourage them to write down any words, Scriptures, or impressions they receive on sticky notes and place them around the image as a visible cry for justice and light.

Prayer Prompt:

Pray for God to illuminate hidden places of darkness—for trafficking networks to be exposed and dismantled, for survivors to be rescued and restored, and for justice and healing to flood places where darkness has ruled.

Ask God if there is a step you can take to speak up, to give, to serve, to pray, or to contend for those who are being trafficked with greater faithfulness and consistency.

Prayer Station Cards

We encourage you to download the premade prayer station cards and station resources for use in your prayer room. We've provided 5 premade station cards, along with [a free Canva prayer station card template](#) so you can customize or create additional cards.

Google '*Human Trafficking Prayer Stations*' to explore more creative ways to set up your Anti-Trafficking Prayer Room.

The Activism Station

Scripture: Proverbs 31:8-9

This station asks you to respond to God's heart for justice with a tangible, public act of obedience—using your voice, influence, and presence to raise awareness.

What to Do:

- Reflect on the command in Proverbs 31:8-9.
- Reflect on how you use your social media platforms and influence.
- If you can commit to raising awareness of human trafficking through your social media platforms or social influence in some way over the course of 2026, write "Here am I, send me" on the paper and sign your name under it.

God, give me courage, boldness, and wisdom to faithfully advocate for the exploited and oppressed.

The Nation Station

Scripture: Psalm 121

This station invites you to ask the Lord to watch over our nation's teenagers.

Minors are particularly vulnerable to being trafficked in the US. When they are first targeted, the average age of a minor is between 12 and 15 years old.

The number of youth at risk of being sex trafficked in America is estimated to be between 100,000 and 325,000 annually.

What to Do:

- Reflect on what the Lord does in Psalm 121.
- Take three pushpins and place each pin in different places on the map of our nation where you have relatives or friends with teenagers.
- Then, wrap a length of yarn around the pins to connect all three locations.

Father, rescue the teenagers currently being trafficked, and protect those vulnerable to becoming trafficked in each of these cities.

The City Station

Scripture: Galatians 6:9, 2 Corinthians 9:8

This station guides you to see human trafficking as a local issue and to pray for those working to combat it.

What to Do:

- Read the clipboard and consider the impact of anti-trafficking efforts in your city.
- Reflect on the promises in Galatians 6:9 and 2 Corinthians 9:8.
- Take a sticky note and write a prayer for local anti-trafficking agencies working to raise awareness, for policymakers and law officers striving for justice against traffickers, or for caregivers working to restore the hearts and lives of trafficking survivors.
- Place the sticky note near your city on the map.

Lord, strengthen those in my city who are exhausted in doing good, because I believe they will see a breakthrough at the right time if they do not give up.

The Weight of the World Station

Scripture: Psalm 88

This station helps you sense the burden carried by labor-trafficked workers.

What to Do:

- Read and reflect on the anguish and laments of Psalm 88.
- Hold a stone in your hand and think about a type of labor trafficking, such as being forced to work in a sweatshop, on a fishing boat, or in childcare in terrible conditions.
- Use the marker to write a word that represents the victim's burden, such as "fatigue," "despair," "fear," or "humiliation".
- Place the stone at the foot of the cross, symbolizing how Jesus takes on the burdens of the oppressed.

I cry to you for help, Lord. Do not reject those who are trapped and trafficked around the world, in the US, and in my city. Will you show them that you are listening and give them a glimpse of who you are?

The Villain Station

Scripture: Matthew 5:44-46

This station asks you to see local traffickers as people radically in need of our prayers and God's help to change their harmful ways.

What to Do:

- Reflect on the command in Matthew 5:44-46.
- Draw these three things using one sticky note for each doodle:
 - A heart or a door.
 - Handcuffs or a police badge.
 - A lamb or a cross.
- Place all three sticky notes on the poster board.

God, help traffickers in my city experience dramatic changes of heart and seek a way out of their destructive lifestyles. Shut down trafficking rings, capture traffickers, and bring them to justice.

Help traffickers hear the gospel and receive Jesus as Savior.

 24-7 PRAYER USA

**Learn more
about our focus
on Anti-Trafficking
intercession and
action in 2026**



Scan the QR code to explore more
Anti-Trafficking Campaign resources
from 24-7 Prayer USA.