

Prayer Room Activities: Advent

7 Creative Prayer Activities from 24-7 Prayer

INCLUDING:

- Shoots of wisdom
- Earth-shaking Adonai
- God of promises
- Freedom bringer
- Morning star
- King of kings
- God with us

Advent is an exciting time as we prepare to celebrate the birth of Jesus. In the busyness of the season, these prayer activities are an invitation to pause.

Jesus's messianic titles help us reflect on the One we are waiting for.



Go to **page 9** for printable versions of prayer station instructions to use in your prayer room.

Shoots of Wisdom

For the organiser:

You will need:

- Packets of seeds
- Plant labels
- Pens

How to set up:

- Place the packets of seeds and plant labels in the middle of the table with the pens scattered around

For the prayer station:

A shoot will come up from the stump of Jesse;
from his roots a Branch will bear fruit.
The Spirit of the LORD will rest on him—
the Spirit of wisdom and of understanding,
the Spirit of counsel and of might,
the Spirit of the knowledge and fear of the LORD—
and he will delight in the fear of the LORD.

Isaiah 11:1-3 (NIVUK)

Instructions:

- Take a moment to still your heart. You may want to close your eyes.
- Think about a situation where you need Jesus's wisdom.
- As you bring it before Jesus, you may want to pray that Jesus would illuminate the situation with the Spirit of wisdom and of understanding, the Spirit of counsel and of might, and the Spirit of the knowledge and fear of the Lord.
- Take a seed to plant at home. As you watch the plant grow, you can use it as a reminder to ask for Jesus's wisdom.
- You may want to write the situation you're praying for on the plant label on one side and part of the verse on the other.

Earth-shaking Adonai

For the organiser:

You will need:

- Glass jars with lids
- Water
- Glitter
- Playdough or clay
- Super glue

How to set up:

- Stick a lump of playdough or clay on the inside of the jar lid . Use super glue to secure it if needed
- Fill the jar with water and glitter and reseal the lid
- Turn it upside down

For the prayer station:

When Moses went up on the mountain, the cloud covered it, and the glory of the LORD settled on Mount Sinai. For six days the cloud covered the mountain, and on the seventh day the LORD called to Moses from within the cloud. To the Israelites the glory of the LORD looked like a consuming fire on top of the mountain. Then Moses entered the cloud as he went on up the mountain. And he stayed on the mountain forty days and forty nights.

Exodus 24:12,15–18 (NIVUK)

Instructions:

- Sometimes we can forget that Jesus is all powerful. Adonai is a name which reminds us of Jesus's sovereignty and control
- Think about a situation where you need to see Jesus's power at work. Where only Jesus's earth-shaking power will bring breakthrough
- As you think about it, shake the jar and ask Jesus to move
- As the glitter swirls, focus on the unmoving lump of clay or playdough
- Remind yourself that Jesus is in control, that he is an unshakeable rock who we can depend on

God of Promises

For the organiser:

You will need:

- Bracelet string
- Different beads including letters
- Scissors

How to set up:

- Set up a table with all the equipment: the bracelet string, the beads, and scissors

For the prayer station:

In that day the Root of Jesse will stand as a banner for the peoples; the nations will rally to him, and his resting-place will be glorious. In that day the Lord will reach out his hand a second time to reclaim the surviving remnant of his people from Assyria, from Lower Egypt, from Upper Egypt, from Cush, from Elam, from Babylonia, from Hamath and from the islands of the Mediterranean. He will raise a banner for the nations and gather the exiles of Israel; he will assemble the scattered people of Judah from the four quarters of the earth.

Isaiah 11:1,10–12 (NIVUK)

Instructions:

- Jesus is the root of Jesse because he is the one who will fulfil the promises made to Jesse and his descendants. In him, all things will be made glorious
- Take a moment to be still and invite Jesus into the space
- As you do, ask Jesus to highlight any situations – perhaps a past hope or unfulfilled promise – that feels forgotten, cut off, or buried like a fallen tree or a half-dead root.
- As you ask Jesus to speak into it, spend some time creating a beaded item: it could be a bracelet, something to add to your keyring or a Bible bookmark
- Each time you see it, you can remind yourself that “he who began a good work in you will carry it on to completion until the day of Christ Jesus” (Philippians 1:6) and that in the end, the “resting place will be glorious.”

Freedom Bringer

For the organiser:

You will need:

- Padlocks with keys

How to set up:

- Set up the padlocks so that they are locked, with the key that opens in each lock

For the prayer station:

And he will be a father to the people of Jerusalem and Judah. I will give him the key to the house of David—the highest position in the royal court. When he opens doors, no one will be able to close them; when he closes doors, no one will be able to open them.

Isaiah 22:21b-22 (NIVUK)

Instructions:

- Take a moment to be still and invite Jesus into the space
- As you do, ask Jesus to highlight any areas where he would like bring freedom
- If Jesus highlights something, you may want to unlock a padlock to show your willingness to surrender and invite Jesus in

Morning Star

For the organiser:

You will need:

- LED tea lights / artificial candles

How to set up:

- Place the LED lights on the table, ensuring that they're switched off

For the prayer station:

'I am the Root and the Offspring of David, and the bright Morning Star.'

Revelation 22:16 (NIVUK)

Instructions:

- We live in a fallen and broken world. But Jesus is the light of the world
- Where in your life do you need Jesus to bring light to today?
- As you ask him to come, switch on an LED tealight, knowing that he is at work even when you can't see him

King of Kings

For the organiser:

You will need:

- Physical invitations to Christmas services your church is running
- Pens
- Post-it notes

How to set up:

- Place the invitations, pens and post-it notes on the table so that they're easy to access.

For the prayer station:

For to us a child is born,
to us a son is given,
and the government will be on his shoulders...
Of the greatness of his government and peace
there will be no end.
He will reign on David's throne
and over his kingdom,
establishing and upholding it
with justice and righteousness
from that time on and for ever.
The zeal of the Lord Almighty
will accomplish this.

Isaiah 9:6a,7 (NIVUK)

Instructions:

- Jesus' arrival is good news for everyone
- Take a moment to thank him for the good news of his kingdom and places where you've seen him at work
- Ask Jesus to highlight the name of someone you know who needs to hear this good news
- Take a moment to fill out an invitation, add a post-it note, or send a message to that person to invite them to church this Christmas

God with Us

For the organiser:

You will need:

- Printed headlines and articles of current news stories.
- Pens
- Post-it notes

How to set up:

- Scatter the pens, post-it notes, and articles and headlines around the table

For the prayer station:

All this took place to fulfil what the Lord had said through the prophet: 'The virgin will conceive and give birth to a son, and they will call him Immanuel' (which means 'God with us').

Matthew 1:23 (NIVUK)

Instructions:

- Jesus came to Earth to be with us
- As you think about the stories you see in the news, ask Jesus to intervene, praying:

*O Emmanuel, our king and our lawgiver,
the hope of the nations and their Saviour:
Come and save us, O Lord our God.*

- As you ask Jesus to come, remind yourself that Jesus is able to rewrite stories and redeem all situations
- Take the post-it notes and write the headlines you long to see, instead of the current reality. You can add the post-it notes to the table around the news story or stick it to your phone or wallet to remind you to continue to pray for the situation

Prayer Room Activities: Advent



Printable instructions

The following pages have been optimised to print out, so that can be printed and placed in your prayer room by each prayer station as instructions. When printing this PDF, select **pages 10 – 16** and print in black & white at 100%, single-sided.

Shoots of Wisdom

For the organiser:

You will need:

- Packets of seeds
- Plant labels
- Pens

How to set up:

- Place the packets of seeds and plant labels in the middle of the table with the pens scattered around

For the prayer station:

A shoot will come up from the stump of Jesse;
from his roots a Branch will bear fruit.
The Spirit of the LORD will rest on him—
the Spirit of wisdom and of understanding,
the Spirit of counsel and of might,
the Spirit of the knowledge and fear of the LORD—
and he will delight in the fear of the LORD.

Isaiah 11:1-3 (NIVUK)

Instructions:

- Take a moment to still your heart. You may want to close your eyes.
- Think about a situation where you need Jesus's wisdom.
- As you bring it before Jesus, you may want to pray that Jesus would illuminate the situation with the Spirit of wisdom and of understanding, the Spirit of counsel and of might, and the Spirit of the knowledge and fear of the Lord.
- Take a seed to plant at home. As you watch the plant grow, you can use it as a reminder to ask for Jesus's wisdom.
- You may want to write the situation you're praying for on the plant label on one side and part of the verse on the other.

Earth-shaking Adonai

For the organiser:

You will need:

- Glass jars with lids
- Water
- Glitter
- Playdough or clay
- Super glue

How to set up:

- Stick a lump of playdough or clay on the inside of the jar lid . Use super glue to secure it if needed
- Fill the jar with water and glitter and reseal the lid
- Turn it upside down

For the prayer station:

When Moses went up on the mountain, the cloud covered it, and the glory of the LORD settled on Mount Sinai. For six days the cloud covered the mountain, and on the seventh day the LORD called to Moses from within the cloud. To the Israelites the glory of the LORD looked like a consuming fire on top of the mountain. Then Moses entered the cloud as he went on up the mountain. And he stayed on the mountain forty days and forty nights.

Exodus 24:12,15–18 (NIVUK)

Instructions:

- Sometimes we can forget that Jesus is all powerful. Adonai is a name which reminds us of Jesus's sovereignty and control
- Think about a situation where you need to see Jesus's power at work. Where only Jesus's earth-shaking power will bring breakthrough
- As you think about it, shake the jar and ask Jesus to move
- As the glitter swirls, focus on the unmoving lump of clay or playdough
- Remind yourself that Jesus is in control, that he is an unshakeable rock who we can depend on

God of Promises

For the organiser:

You will need:

- Bracelet string
- Different beads including letters
- Scissors

How to set up:

- Set up a table with all the equipment: the bracelet string, the beads, and scissors

For the prayer station:

In that day the Root of Jesse will stand as a banner for the peoples; the nations will rally to him, and his resting-place will be glorious. In that day the Lord will reach out his hand a second time to reclaim the surviving remnant of his people from Assyria, from Lower Egypt, from Upper Egypt, from Cush, from Elam, from Babylonia, from Hamath and from the islands of the Mediterranean. He will raise a banner for the nations and gather the exiles of Israel; he will assemble the scattered people of Judah from the four quarters of the earth.

Isaiah 11:1,10–12 (NIVUK)

Instructions:

- Jesus is the root of Jesse because he is the one who will fulfil the promises made to Jesse and his descendants. In him, all things will be made glorious
- Take a moment to be still and invite Jesus into the space
- As you do, ask Jesus to highlight any situations – perhaps a past hope or unfulfilled promise – that feels forgotten, cut off, or buried like a fallen tree or a half-dead root.
- As you ask Jesus to speak into it, spend some time creating a beaded item: it could be a bracelet, something to add to your keyring or a Bible bookmark
- Each time you see it, you can remind yourself that “he who began a good work in you will carry it on to completion until the day of Christ Jesus” (Philippians 1:6) and that in the end, the “resting place will be glorious.”

Freedom Bringer

For the organiser:

You will need:

- Padlocks with keys

How to set up:

- Set up the padlocks so that they are locked, with the key that opens in each lock

For the prayer station:

And he will be a father to the people of Jerusalem and Judah. I will give him the key to the house of David—the highest position in the royal court. When he opens doors, no one will be able to close them; when he closes doors, no one will be able to open them.

Isaiah 22:21b-22 (NIVUK)

Instructions:

- Take a moment to be still and invite Jesus into the space
- As you do, ask Jesus to highlight any areas where he would like bring freedom
- If Jesus highlights something, you may want to unlock a padlock to show your willingness to surrender and invite Jesus in

Morning Star

For the organiser:

You will need:

- LED tea lights / artificial candles

How to set up:

- Place the LED lights on the table, ensuring that they're switched off

For the prayer station:

'I am the Root and the Offspring of David, and the bright Morning Star.'

Revelation 22:16 (NIVUK)

Instructions:

- We live in a fallen and broken world. But Jesus is the light of the world
- Where in your life do you need Jesus to bring light to today?
- As you ask him to come, switch on an LED tealight, knowing that he is at work even when you can't see him

King of Kings

For the organiser:

You will need:

- Physical invitations to Christmas services your church is running
- Pens
- Post-it notes

How to set up:

- Place the invitations, pens and post-it notes on the table so that they're easy to access.

For the prayer station:

For to us a child is born,
to us a son is given,
and the government will be on his shoulders...
Of the greatness of his government and peace
there will be no end.
He will reign on David's throne
and over his kingdom,
establishing and upholding it
with justice and righteousness
from that time on and for ever.
The zeal of the Lord Almighty
will accomplish this.

Isaiah 9:6a,7 (NIVUK)

Instructions:

- Jesus' arrival is good news for everyone
- Take a moment to thank him for the good news of his kingdom and places where you've seen him at work
- Ask Jesus to highlight the name of someone you know who needs to hear this good news
- Take a moment to fill out an invitation, add a post-it note, or send a message to that person to invite them to church this Christmas

God with Us

For the organiser:

You will need:

- Printed headlines and articles of current news stories.
- Pens
- Post-it notes

How to set up:

- Scatter the pens, post-it notes, and articles and headlines around the table

For the prayer station:

All this took place to fulfil what the Lord had said through the prophet: 'The virgin will conceive and give birth to a son, and they will call him Immanuel' (which means 'God with us').

Matthew 1:23 (NIVUK)

Instructions:

- Jesus came to Earth to be with us
- As you think about the stories you see in the news, ask Jesus to intervene, praying:

*O Emmanuel, our king and our lawgiver,
the hope of the nations and their Saviour:
Come and save us, O Lord our God.*
- As you ask Jesus to come, remind yourself that Jesus is able to rewrite stories and redeem all situations
- Take the post-it notes and write the headlines you long to see, instead of the current reality. You can add the post-it notes to the table around the news story or stick it to your phone or wallet to remind you to continue to pray for the situation