

# MIRROR

*For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*

*Rom. 8:38-39*

While looking in the mirror, examine the reflection that stares back at you. Meditate on God's abundant love for you. Are you able to give thanks to God for the amazing creation that is YOU?

**As you consider your reflection, perhaps use this centering prayer, praying it over and over, meditating upon and sinking deeply into the meaning of the words:**

**Thank you God, for I am fearfully and wonderfully made.**

# IDOLS

*Put to death, therefore, whatever belongs to your earthly nature.  
Col. 3:5a*

Pray and ask God to reveal what things have become idols in your life – possessions, activities, attitudes and relationships that get in the way of your relationship with God?

What worries or challenges in your personal life, work, or ministry seem to loom bigger than your trust in God?

**Use the Playdough to create a symbol of those items, then smash this idol as a sign of your desire to move closer to God's center.**

# LAYING IT DOWN

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*Be still, and know that I am God.*

*Psalm 46:10*

Sometimes we're so caught up with the **BUSYNESS OF LIFE** that we **TUNE OUT GOD**. Even now as you came into this place, you may have many thoughts going through your mind.

*Take a moment to acknowledge the noise and messiness of your mind.*

Breathe. Quiet your spirit before God.

Take a moment to **BE STILL** and **KNOW** that He is God.

*Ask God to quiet your thoughts and put aside distractions so you can focus on Him and hear His voice.*

**Now close your eyes and block out the noise**

# Fruits of the Spirit

**“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 small, hard, unripe fruit that, over time, grows and develops to full maturity. This process takes time.

On the table are small bags of fruit chew. Consider which of the fruit of the Spirit you have the least in your life. Take a bag of fruit chews. Pray that God would fill you with that fruit and grow it in you. Then eat. Let the symbol of you eating be a symbol of your openness to God changing you and filling you.

# Footprints in the Sand

Read the well-known poem, “Footprints in the Sand.” Let the reality of the poem seep into your heart and mind. Take a half-sheet footprint and write on it how God is “carrying” (taking care of you), then place your footprint on the walkway.

## Footprints in the Sand

One night I dreamed I was walking along the beach with the Lord.  
Many scenes from my life flashed across the sky.  
In each scene I noticed footprints in the sand,  
Sometimes there were two sets of footprints,  
Other times there were one set of footprints.

This bothered me because I noticed  
that during the low periods of my life,  
When I was suffering from  
anguish, sorrow or defeat,  
I could see only one set of footprints.

So I said to the Lord,  
“You promised me Lord,  
That if I followed you,  
You would walk with me always.  
But I have noticed that during the most trying periods of my life  
there have only been one set of footprints in the sand.  
Why, when I needed you most, you have not been there for me?”

The Lord replied,  
“The times when you have seen only one set of footprints in the sand,  
Is when I carried you.”



# **WALL OF PRAISE**

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*Sing to GOD! All praise to GOD!  
He saves the weak from the grip of the wicked.  
Jer. 20:13*

**This is the Wall of Praise.**

**Take a sticky note and  
leave your praises to the Lord!**

# **THE WHOLE WORLD IS IN HIS HANDS**

*This is how much God loved the world: He gave his Son, his one and only Son. And this is why: so that no one need be destroyed; by believing in him, anyone can have a whole and lasting life. God didn't go to all the trouble of sending his Son merely to point an accusing finger, telling the world how bad it was. He came to help, to put the world right again.*

John 3:16-17 (MSG)

The needs of the world are vast and so is God's love for us all.  
What area of the world are you drawn to today.

**Place a sticky on the area your heart is drawn to  
and ask the Lord to lead you in prayer  
for the people in that area.**



# CREATION STATION

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*We don't yet see things clearly. We're squinting in a fog, peering through a mist. But it won't be long before the weather clears and the sun shines bright! We'll see it all then, see it all as clearly as God sees us, knowing him directly just as he knows us! But for right now, until that completeness, we have three things to do to lead us toward that consummation: Trust steadily in God, hope unswervingly, love extravagantly.*

*And the best of the three is love.*

*1 Cor. 13:12-13 (MSG)*

**Turn your prayers into a picture.  
Spend time creating like the one who created you.**

Take your art with you  
or leave it to share with others.

# **HAND PRAYER**

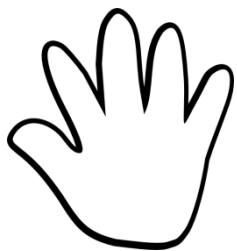
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*I call to you, LORD, every day; I spread out my hands to you.  
Ps. 88:9*

Here's a way to pray using your hands.

The five fingers on your left hand represent *who* to pray for, and the five fingers on your right hand represent *what* to pray for.

**Take a handout and use it as a guide for prayer.**



# THE RIGHT HAND TEACHES US WHAT TO PRAY FOR.

## **Right Thumb:**

Once again, the thumb is closest to your heart, so pray about your heart. “God, is my heart right with you? Is there anything between you and me that is creating a barrier? Is there anything I need to confess?” You can also pray for the hearts of people around you: your family, friends, neighbors, and co-workers.

## **Right Index Finger:**

Again, we use the index finger to point the way, so use this as a reminder to ask God about your priorities and schedule. What is most important? What should I let go of?

## **Right Middle (Tallest) Finger:**

Use this finger to remind you to pray about your influence. It’s ok to ask God to give you more influence or to help you be an example to others. You can pray, “Lord, I’m getting ready to start a new day. People are going to see things in my life, and I want to be a good influence today.”

## **Right Ring (Fourth) Finger:**

We refer to the fourth finger on each hand as the ring finger, so the fourth thing to pray for is relationships. Ask God to bless the people in your small group, those you work with or go to school with, and the people serving alongside you in ministry.

## **Right Small (Fifth) Finger:**

Use this finger as a reminder to pray for material blessings. There’s nothing wrong with asking God to bless you materially. The Bible says, “You can be sure that God will take care of everything you need, his generosity exceeding even yours in the glory that pours from Jesus.” Philippians 4:19 The Message.



# THE HAND PRAYER

## THE LEFT HAND TEACHES US WHO TO PRAY FOR.

### **Left Thumb:**

If you hold your hands together in prayer position, you'll notice that your thumbs are closest to your heart. This is a reminder to pray for those who are closest to your heart such as family and friends.

### **Left Index Finger:**

We use the index finger to point the way, so this is a reminder to pray for those in our lives who point the way for us – such as teachers, pastors, and leaders.

### **Left Middle (Tallest) Finger:**

The Bible says we're to pray for the people who influence the world, such as those in authority. Our tallest finger can remind us to pray for them.

### **Left Ring (Fourth) Finger:**

Some people believe this is our weakest finger, suggesting that it's difficult to hold anything with it. This can be a reminder to pray for those who need our extra support. This would include the sick, the poor, children, and the elderly – or people challenged by a handicap or mental health issue.

### **Left Small (Fifth) Finger:**

Finally pray for yourself and your own needs. It's ok to pray for yourself, but by using this model you are putting other people first.