

# CONTEMPLATIVE PRAYER STATIONS

for the church or the individual

DESIGNED  
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# THANKING

## READ



- 2 Chronicles 7:3
- Read this verse from your own Bible or one of the versions provided.

## ASK



- What have you waited for and received?
- What are you thankful for in your life?

## WAIT



- Use one of the timers provided. Turn it over and wait before the Lord.

## RESPOND



- Write a thank you card to God.
- Put it on the cross as testimony to his goodness.

# SEEING

## READ



- Habakkuk 2:1-3
- Read these verses from your own Bible or one of the versions provided.

## ASK



- Use the binoculars or just your eyes to look at the picture or stained glass window of Jesus.
- Fix your eyes on him.
- What would you like him to show you?
- What has he shown you?

## WAIT



- Use one of the timers provided. Turn it over and wait before the Lord.

## RESPOND



- Take a piece of paper and write/draw what he has show you, or what you would like him to show you.
- Take this paper home with you and wait for God to reveal more of what he has for you.

# HURTING

## READ



- Psalm 56:8
- Read this verse from your own Bible or one of the versions provided.

## ASK



- He keeps all our tears in a bottle.
- What are you waiting for that hurts to wait for?

## WAIT



- Use one of the timers provided. Turn it over and wait before the Lord.

## RESPOND



- Using the eyedropper, put drops of water in a bottle to represent giving that hurt to Jesus.

# BELIEVING

## READ



- Hebrews 11:6
- Read this verse from your own Bible or one of the versions provided.

## ASK



- Do you believe that God exists?
- What questions do you have for God?
- Ask him those questions now.

## WAIT



- Use one of the timers provided. Turn it over and wait before the Lord.

## RESPOND



- If you can, write, “I BELIEVE,” on the whiteboard or paper as a declaration of faith today.

# HEARING

## READ



- John 10:27, Joel 2:28-29
- Read these verses from your own Bible or one of the versions provided.

## ASK



- How do you hear from God?
- How would you like to hear from God?
- Ways people hear: pictures, scripture, a still small voice (internal), audible voice, dreams, etc.
- Take time to listen for what God has for your church.

## WAIT



- Use one of the timers provided. Turn it over and wait before the Lord.

## RESPOND



- Write down any pictures, words, or scripture that you heard while praying for your church.

# WALKING

## READ



- Colossians 3:15-17
- Read these verses from your own Bible or one of the versions provided.

## ASK



- What is God calling you into today?
- What is a next step he is wanting you to take with him as you walk with him?
- Is there something you want to say YES to today?

## WAIT



- Use one of the timers provided. Turn it over and wait before the Lord.

## RESPOND



- Write down your next step as it has been shown to you by God.