



Printable Prayer Stations

for Children and
Young People



Seek



THE METHODIST CHURCH
IN IRELAND

SEEK: LENT 2024

1

SEEK PRESENCE

God Around Us

'God wrote, "I love you" – he wrote it in the sky, and on the earth, and under the sea. He wrote his message everywhere! Because God created everything in his world to reflect him like a mirror – to show us what he is like, to help us know him, to make our hearts sing. The way a kitten chases her tail. The way red poppies grow wild. The way a dolphin swims.' (Jesus Storybook Bible, p12)

"The revelation of God is whole and pulls our lives together. The signposts of God are clear and point out the right road. The life-maps of God are right, showing the way to joy. The directions of God are plain and easy on the eyes. God's reputation is twenty-four-carat gold, with a lifetime guarantee. The decisions of God are accurate down to the nth degree. God's Word is better than a diamond, better than a diamond set between emeralds. You'll like it better than strawberries in spring, better than red, ripe strawberries." Psalm 19:7-10 (MSG)

So, let's take a moment, to use our senses, and to focus on God all around us.

continued...

1

SEEK PRESENCE

God Around Us

Sight

Look around the room, what colours can you see? How many different colours are there? As we see all the different colours, they remind us that God created things to be filled with colours. As we see the colours we are reminded of his presence.

Smell

What can you smell in the room. As we smell we are taking breathes in and out. God gave us our lungs to breath in and out. Practice doing that now a few times, in and out. It is God who gives us lungs so we can breathe and take in smells. It is God who breathes life into us.

Touch

Keep your eyes closed. Feel how soft the cushion is underneath you. Imagine someone giving you a hug. Know that however you are feeling, God has his arms wrapped around you in an invisible hug.

Hear

What sounds can you hear? Are there birds chirping? Is there traffic going past? Are people shuffling? Maybe you can just hear your own gentle breathing. God loves to talk to us through sounds. What might he be saying to you?

Taste

Open your eyes and take one of the sweets. Eat it. How does it taste? God created all the ingredients which go into making food so yummy.

Sight, smell, touch, hear, taste – God is all around us. Thank you, God.

2

SEEK FORGIVENESS

Sorry Bubbles

At one last dinner Jesus had with his disciples, only a couple of days before he died on the cross, Jesus explained why he would have to die. Jesus said, 'This is how God will rescue the whole world. My life will break and God's broken world will mend. My heart will tear apart – and your hearts will heal ... I will die instead of you. **My blood will wash away all of your sins. And you'll be clean on the inside – in your hearts.** So whenever you eat and drink [during communion], remember I've rescued you.' (Jesus Storybook Bible, p292).

Hold the tube of bubbles in your hand (*an adult can hold and blow the bubbles if needed.*) Think of the words you have said, the things you have done, and the thoughts you have had that have hurt other people and hurt God. In your head, say sorry to God. Blow the bubbles. Watch them as they float. Imagine that each bubble carries all the words, actions, and thoughts you have just said sorry for. As the bubbles burst and disappear, **know that God forgives and forgets the bad things you have said, done and thought.** Thank you, God.

For Older Children or Young People:

2

SEEK FORGIVENESS

Rubbish Bin

Think of the things you have said, the things you have done and the thoughts that you have had that have hurt people in the past. Write down some of the things that you feel you have done wrong. Sin hinders our relationship with God, but the bible is clear that God forgives our sins. Write down some things that you want God to forgive you for. Spend some time praying and asking God to forgive your sins. When you are finished tear up the paper and throw it in the bin. Thank God that he has forgiven you through Christ.

3

SEEK JOY

Joy from Jesus

Jesus said to Mary Magdalene, **“Go and tell the others that I’m alive!”**

Mary ran and ran, all the way to the city. She had never run so fast or so far in all her life. She felt she could have run forever. She didn’t even feel like her feet touched the ground. The sun seemed to be dancing and gleaming and bounding across the sky, racing with her and shining brighter than she could ever remember in the clear, fresh air. And it seemed to her that morning, as she ran, almost as if the whole world had been made anew, almost as if the whole world was singing for joy – the trees, tiny sounds in the grass, the birds ... her heart.’ (Jesus Storybook Bible, p316).

I wonder how the disciples might have been feeling when Jesus died. Point to the Mr Men or Little Miss which shows this feeling.

Now think about Mary, running to tell her friends that Jesus was alive. Which of the Mr Men or Little Miss might show how Mary was feeling?

I wonder how you are feeling today. Which of the Mr Men or Little Miss best describe you? Whether you are feeling worried, or happy, or grumbly, or brave, or however you are feeling, you can have joy deep in your heart from knowing that Jesus is alive, that he loves you, and he wants to be your friend.

Take a moment to thank God for the joy he gives us. For Older Children or Young People:

continued...

SEEK JOY

Picturing Life

What is your relationship with God like?

There are a handful of photos around you spend some time and pick one that connects with you and helps describe your relationship with God.

What made you pick this photo?

How does it describe your faith?

Maybe the photo makes you feel proud, maybe you feel alone, maybe you feel happy or maybe there is something that is holding you back?

Whatever photo you picked, spend some time focusing on the photo and how it makes you feel. Spend some time praying. If the photo you picked described you as happy, or exciting then spend some time thanking God and think of the joy that He has brought to your life.

If the photo you have makes you feel angry, annoyed, or maybe sad. Spend some time with God, be open and honest about why you might feel like this. Ask God to give you more of His joy.

SEEK RENEWAL

Prayer Through Colour

*'A few days later, as they walked together, Jesus told his friends, "It's time for me to go home to my Father ... Go everywhere and tell everyone the happy news! Tell them I love them so much that I died for them. It's the truth that overcomes the terrible lie. God loves his children. Yes, he really does!" Suddenly the whole sky was filled with a dazzling light. **"Now everyone can come home to God,"** Jesus said. "Death is not the end of you. You can live forever with your Father in heaven because I have rescued the whole world!"*
(Jesus Storybook Bible, p332-333).

When we become friends with Jesus, we become part of his family which is called the Church. **Jesus wants everyone to be part of his family, so he asks us to tell all our friends and family about how much he loves them.** Then they can choose to be a part of his family too, and his family will grow and grow. Take one of the colouring pages. Think of a friend or a family member who you would like to tell about God's love. As you colour the page in, maybe you could pray this prayer for that person, and for everyone in God's family:

Dear God, you are all around us, and you know everything about us. You know how sometimes we don't like change, and sometimes we rush to change things. You know how sometimes our thoughts can feel very messy, or like there are lots of knots in our head. Help us to focus on you in everything we do. Holy Spirit, help us to see people around us who we can be a friend to. Jesus, help us to remember that we are part of your family. Amen.



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