



## Connecting to God in Prayer

All bold type shows what the presenter says.

**Preparation:** You'll need a Bible, a large jar, rocks, sand, a pan or washtub, a rock for each person, prayer stations with signs, two pitchers and basins for every 100 people, one flat bedsheet and markers per 100 people, sticky notes, a cross, boxes of tissues placed at prayer stations, a CD player, soft music, and the "Connecting to God in Prayer" Guide.

### Part 1: Prayer as a Priority

[Suggested Time: 6 mins]

**Welcome to Connecting to God in Prayer.**

**We live in a busy world. Our "things to do lists" are long and overwhelming. In addition to caring for our families and working long hours, we serve Jesus with all our heart, mind, soul and strength. All of these responsibilities can make us tired, dreary—exhausted even. Because you are constantly giving of yourself to others, your spiritual life can run dry. Pouring God's love on others leaves us dry if we're not constantly connected to his living water.**

**Right now I'm going to minister to you and lead you in prayer.**

**So come be refreshed and renewed. Lighten your load to reconnect with God, and go back refueled to serve.**

*[Props: Large jar, rocks, sand, pan or washtub]*

Choose a strong person and have that person come forward.

**This jar represents one of our days in ministry, and we have many things to fit into that day.**

Have your helper hold up the jar for the entire activity so everyone can see.

**Let's see if we can get all these activities inside it.** Begin putting the sand in, a little at a time, asking the people to tell things that fill their days.

**Now that we have all that in our day, let's see if we can fit the important things in our day. What are the important things you need to do to ensure that your relationship with Christ is strong?**

Place the rocks in the jar as you repeat what they say...and add things if they don't say enough. The rocks will not all fit with the sand in the container.

**Hmm. This is a lot like some of our ministries. We get so busy doing “things” that we often leave out the most important things.**

As you talk, take the rocks out and pour the sand back into its empty container.

**Crowds followed Jesus everywhere he went. They wanted to hear him teach, and they wanted him to heal sick friends and family members. Jesus was a busy man, but in Luke 6:12 we see something very important. It says, “One day soon afterward Jesus went up on a mountain to pray, and he prayed to God all night.”**

**Jesus made time to pray because he knew how important it was to talk to God. We need to make time to pray, too, or else prayer will get squeezed right out of our lives and our ministries.**

**We can follow Jesus’ example and make the most important things a priority.**

Repeat the important things as you put the rocks in the jar first.

**As we lead people, we have to make sure we put the most important things first in our day. By fitting them first every day, we’re able to fit many other things into our ministries.**

After the rocks are in, pour in the sand. It will fill in the cracks, and everything will fit into the jar.

**Think of the many things you have to do in your ministries, such as programs, setup, and so on.**

## **Part 2: Prayer Stations**

[Suggested Time: 14 minutes]

**Stand up, pick up all your belongings, and hold them in your outstretched hands. Continue standing until I tell you to stop.**

After 60 seconds say “stop.”

**Now talk to God about how you felt during that activity. Pray about all the things in your life that sometimes weigh you down and make you uncomfortable.**

Allow one minute.

*[Props: Rock for each person; prayer stations with signs, two pitchers and basins for every 100 people, one flat bedsheet and markers per 100 people, sticky notes, a cross, boxes of tissues, CD player, soft music]*

Give each person a rock.

**Use this rock to represent any sin that’s weighing you down now. Keep it in your shoe, pocket, hand, or lap. You can move it around, but it must stay near you or on you until you’re ready to lay it down.**

Look at the “Guided Prayer” box on your prayer guide  
Travel to the prayer stations for 10 minutes or so.  
You may not be able to participate in each station.  
Use the time of silence while you wait for each station to talk to God. There are three stations you can choose from:

**Come to the Water**—Perhaps you need to confess something to God. You need cleansing. Or you’ve been sensing a dryness in in your spirit and need to be renewed. Have your hands washed for cleansing and renewal.

**Lend a Hand**—Think of someone who needs special prayer today. Perhaps it’s a family member, friend, child, or even yourself. Go to the sheet at the front of the room and trace your hand. Then write a prayer in your handprint. Before leaving, place your hand on someone else’s print, and pray for that need also.

**Stained Glass**—God has done so much for us. Go to the area with the notepads and markers, and write your praises and thanks to God on the notes provided. Then place your praise and thanksgiving notes on the cross.

You can leave your rock at any of these prayer stations.

Start the music.

Allow 10-12 minutes.

Gently give people a 2-minute warning before prayer time ends. After two minutes, stop the music and gather people together.

### **Part 3: Praying at All Times**

[Suggested Time: 6 minutes]

Bring people back together.

**God waits to speak to us all day long. God created us to have fellowship with him and each other.**

**Take a moment to discuss with a partner how you felt during the prayer stations. How did God speak to you? Share as little or as much as you feel comfortable.**

Allow a few minutes for people to share.

**Listening to God is hard. Sometimes we’re more in tune to his voice than others.**

**Chances are we’ll leave this place and rush back to our busy lives. Before you leave, I want to give you a prayer tool that you can use anytime, anywhere.**

**It's very handy. (hold up your right hand.)**

***Point to each finger and share the prayer prompts:***

thumb...someone close to my heart;

index finger...someone far away;

middle finger standing tall...someone in leadership;

ring finger...someone who is weak;

pinky...someone special—you!

**Let's pray.**

Pray a closing prayer.

## Prayer Guide

**Come to the Water**—Perhaps you need to confess something to God. You need cleansing. Or you've been sensing a dryness in in your spirit and need to be renewed. Have your hands washed for cleansing and renewal.

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**Stained Glass**—God has done so much for us. Go to the area with the notepads and markers, and write your praises and thanks to God on the notes provided. Then place your praise and thanksgiving notes on the cross.

**My Thoughts and Reflections:**