



Instructions

Station One: Prayer

1. Begin in the **reflection space**. Take some time to read Mark 1:35-39 and Collosians 4:2-6.
2. In a small group or by yourself, think about the questions on the posters:
 - Why do you pray?
 - What would the world look like if God answered all your prayers in the way you wanted?
 - Where do you feel most connected to God in prayer?
 - What activities help you feel connected to God?
3. Write words or short sentences in response to these questions on post-it notes and stick them on the wall alongside the posters.
4. Move to the **prayer space** and choose a photo of an intercultural team member/s to pray for. Use the labyrinth to stay focused and mindful.

Pray for:

- Them to experience God's presence, love and joy in their life
- Their own faith and relationship with Jesus
- The conversations they are having about Jesus with their local friends
- Their physical, mental and spiritual health