

Preparation Note: Before you begin, take some time to gather together some supplies to enhance your prayer time. It will help to do this in advance so you can focus better during the prayer vigil time.

Supplies needed:

- Quiet, meditative music (instrumental is a good choice)
- Bible
- Candle (real or battery-powered)
- Cross
- Items/Props, if you have them, or Pictures (drawn or cut out of magazines-kids can do in advance):
 - Coins, Bowl & Pitcher, Challis (cup), Ivy, Praying Hands, Rooster, Whip, Crown of Thorns, Purple Cloth, Nail, Dice, Sponge, Spear, White Cloth, Stone, Flower
- A Christian song or a quiet meditative music
- A pitcher of water and a cup
- Pictures or names written down of your family, elderly, children, people in 3rd world countries, government officials, anyone else you wish to pray for in the world
- Tape

AT HOME PRAYER GUIDE
Prayer Vigil – April 11, 2020

Welcome to this Prayer Time. You may wish to create different stations around the house, or keep them all in one spot and pull them out as you move through the different stations. This vigil can include the whole family and there are activities for all. If you have more than one person doing the vigil, it makes it a little easier to have different spots for each station so you can move through at your own pace. It is only a guide, so feel free to modify as needed for your family. The focus is to be in prayer during this Easter season.



Station #1

Supplies Needed: Candle and Bible

Prayer continues to be our time to talk with God and to listen and hear God’s answers. You can choose to have quiet, meditative music playing in the background or you can just have quiet.

As you begin this time of prayer, take a few deep breaths and look around this special place you have chosen in which to pray. Calm your mind and your spirit as you approach God in prayer. You are invited to light a candle to represent the presence of the Holy Spirit with you in this place. At this time settle your soul and when you are ready, begin talking with God. During this time of confession and prayer may you remember Jesus’ final hours on this earth and prepare your hearts and spirit to sing Alleluias on Easter Sunday morning with new understanding and hope.

ADORATION

Who is God? *He is the God of creation.*

The greatness of God assures the worth of mankind. God, the all-powerful Creator, cares for his most valuable creation—people.

Read Psalm 8

LAY YOUR BURDENS DOWN

Kneel (if you're able) or sit in a chair

Matthew 11:28 says "Come to me, all you that are weary and are carrying heavy burdens and I will give you rest."

Invite God to help you rest in this moment. Consider what burdens you are carrying around; those doubts, fears, obligations, worries, and feelings of inadequacy that are weighing you down. We cannot peacefully concentrate or calmly receive when our thoughts are elsewhere or when our whole being wants to sing or dance, to yell or moan or cry. If you carry any strong emotions right now, tell God about them. As you do, focus on an image of God taking those burdens from you and carrying them for a while, as you seek rest and peace.

Pray: *Lord, I release to you for this time, the thoughts, concerns and activities which were on my mind as I came here. Into Thy hands I commend my spirit. Bless the Lord, O my soul, and all that is within me, bless God's holy name.*

During This Time: God will listen while you speak. In meditation, listen for God who is always speaking to us. Isaiah 41:1 says, "Listen to me in silence..."

PRAYERS OF CONFESSION

Am I worthy of His sacrifice and pain? The Scriptures teach us to acknowledge our many sins and offenses and to not conceal them from our heavenly Father. We are to confess them with humble and obedient hearts that we may obtain forgiveness by his infinite goodness and mercy. We ought at all times humbly to acknowledge our sins before Almighty God.

Turn now to a time of confession adding your own concerns.

Pray: *I humbly confess my sins to Almighty God. Almighty and most merciful Father, we have erred and strayed from Your ways like lost sheep. We have followed too much the devices and desires of our own hearts. We have offended against Your holy laws. We have left undone those things which we ought to have done; and we have done those things which we ought not to have done; and there is nothing good in us. O Lord, have mercy upon us. Grant that we may hereafter live a godly and righteous life; to the glory of His name. Amen*

During your Time of Reflection: recite to God the sins that are on your heart.

Merciful Father, I have strayed from your guidance.

(Time of Reflection)

I have offended against Your holy laws.

(Time of Reflection)

I have followed my own thoughts and desires of my own heart.

(Time of Reflection)

I have done many things that I should not have done.
(Time of Reflection)

I have left undone those things that I should have done.
(Time of Reflection)

Almighty Father, apart from you...who am I?
(Time of Reflection)

Forgive me, Father for separating myself from your guidance and love.

Now Hear God's Voice Telling You:

"My forgiveness, peace and blessings are yours, my child. We will walk closely during this time. Be aware of my love for you. I have called you by name, you are mine."

Station #2

Supplies needed: Pictures (drawn or cut out of magazines) or real props if you have them of: Coins, Bowl and Pitcher, Challis (cup), Ivy, praying hands, Rooster, whip, crown of thorns, purple cloth, nail, dice, sponge, spear, white cloth, stone and a flower. Also a Bible and a cross.

THE LAST DAYS OF JESUS

At this station, you will be using the props to walk through the last days of Jesus. After you place each item, think about them. Think how each piece was a brick on the road to the cross, how it could just as easily have been you betraying Jesus and how much each item represents how much Jesus loves you.

PALM SUNDAY.

Jesus' last days begin with this day. Take a Palm and wave it over your head or lay it on the floor. Imagine yourself on the side of the road as Jesus passed by riding on a donkey. You also were saying Halleluiah, Praise to the King!

1. Read Matthew 26: 14-16

Place the coins at the foot of the cross.

MAUNDY THURSDAY

Jesus celebrated the Passover feast with the disciples.

2. Read John 13: 1-17

Place the bowl and pitcher at the foot of the cross.

3. Read Matthew 26: 26-29

Place the challis at the foot of the cross.

THE GARDEN OF GETHSEMANE

4. Read Matthew 26: 36-45

Place the ivy and praying hands at the foot of the cross.

5. Read Matthew 26: 69-75

Place the rooster at the foot of the cross.

GOOD FRIDAY

6. Read Matthew 27: 21-26

Place the whip at the foot of the cross.

7. Read Matthew 27: 27-31

Place the crown of thorns and the purple cloth at the foot of the cross.

8. Read Acts 2: 23

Place the nail at the foot of the cross.

9. Read John 19: 23-24

Place the dice at the foot of the cross.

10. Read John 19: 28-30 and 32-34

Place the sponge & spear at the foot of the cross.

GOOD FRIDAY PRAYER

Lord Jesus, you carried our sins in your own body on the tree so that we might have life. May we and all who remember that day find new life in you now and in the world to come. Amen.

11. Read Matthew 27: 57-60

Place stone at the foot of the cross.

EASTER SUNDAY

12. Read Matthew 28

Place the white cloth at the foot of the cross.

13. Read Romans 5:8

Place flower at the foot of the cross.

These are amazing words. God sent Jesus Christ to die for us, not because we were good enough, but because he loved us. Whenever you feel uncertain about God's love for you, remember that he loved you even before you turned to him. What an awesome thought. And though we are sinners, now we know the ultimate Easter Miracle!

Station #3-Music as Prayer

Supplies: Christian or Quiet meditative music

Prayer and songs of praise go together. When we pay attention to the words, many times we will hear a prayer in the song.

Sing to the tune of Edelweiss (or say the words to the tune in your head):

Bless our friends, bless our church

Come O Lord and sit with us.

May our talk, glow with peace

May your blessings surround us.

Friendship and love, may they bloom and grow,

Bloom and grow forever.

Bless our church, bless our work,

Come O Lord and sit with us.

Prayer doesn't need words to be a prayer; the Bible says that the Holy Spirit intervenes with sighs too deep for words. The focus is to listen.

Turn on your chosen music. Listen to what God is saying to you. Sometimes it's in music. God gave us music so we could pray without words. Sit and listen to the music. Rest in God. Be aware that as you breathe, the air you take in is God. Spend some time breathing and listening.

Station #4-Water and the Spirit

Supplies: Pitcher of water and a cup (best to do this over a sink, bowl or bucket)

“But we have this treasure in jars of clay to show that this all surpassing power is from God and not from us.” (2 Corinthians 4:7)

Take some time to settle down, taking deep breaths and relaxing your body. Acknowledge God's presence with you here, and ask God to help you be open to whatever God wants to reveal to you.

We are like jars of clay. God's Spirit not only fills us with love, grace and hope, but those things spill over and begin to splash on others. That is why smiles, generosity, and laughter are considered contagious!

Take a cup and a pitcher of water (do this over a bowl/bucket or sink). Ask God to fill you with love, and as you do so, slowly fill the cup with water until it is full and over flowing. Let the water flow over your hand into the bowl/bucket. As you do this, imagine God filling you with the Spirit to the point of overflowing. You may do this again while thinking of grace, hope or any other good thing that comes to mind.

Station #5

Supplies needed: Pictures or names written on paper, and tape

WITH THE BLESSINGS OF OUR SAVIOR IN MIND

Tape up the pictures or names on the wall. Look at them all hanging on the wall. These are the faces of God's children. After studying the faces, use the Prayer Partner Card*(below) to pray for each one individually by plugging in their name, or the name of the group of people they represent, while reading the prayer. This Prayer Partner Card is the same one used every week after the worship service when people request prayer at *The Prayer Place*, located by the baptismal font. Remember, you are always welcome to come and be prayed for or to be a prayer partner and pray for someone else. It is easy to pray when you have a written prayer to guide you, like the Prayer Partner Card and the Holy Spirit. Praying for others helps you realize how meaningful it is for those who need prayer.

Pray for those who are:

- | | | |
|-----------------------|------------------------|-------------------------|
| -hungry | -in power | -facing death |
| -in pain | -in danger | -grieving |
| -poor | -without the Good News | -victims |
| -at war | -alone | -working for the Gospel |
| -neglected | -scared | -happy + content |
| -in our CV family | -fighting for justice | -elderly |
| -victims of terrorism | -confused + conflicted | -sick |

...other requests/needs

***PRAYER PARTNER CARD**

Lord, I thank you for the opportunity to come to you in prayer. I pray that you would help (name) to trust in you. Give (him/her) whatever (he/she) needs to live life in your name. Help them to know your will, as you lead them to new life. Lord, you hold everything together. Help (name) to trust in your saving grace. You healed many through your son Jesus Christ and we trust that you are still healing people today. I pray that you would heal (name) in body, soul and mind. Restore them and guide them. In your holy name we pray. AMEN

Pray the Lord's Prayer

ponder each sentence, take it line by line, allowing 5-10 minutes to finish the prayer.

Our Father, who art in heaven,

hallowed be thy name,

thy kingdom come,

thy will be done,

on earth as it is in heaven.

Give us this day our daily bread;

and forgive us our trespasses,

as we forgive those

who trespass against us;

and lead us not into temptation,

but deliver us from evil.

For thine is the kingdom,

and the power, and the glory,

forever and ever. Amen.

Station #6-At the Cross

Position yourself to be standing looking at a cross or have one on the table in front of you

The Good News is that the cross is empty. And so is the tomb which held our Lord.

Read John 20: 1-16.

Read it a second time, this time using **your name** in place of Mary's.

We all have a part in our Lord's death and because of God's love for us, He gives us a part in Christ's resurrection. Alleluia!

Read John 21: 12-17.

Read it a second time, this time using **your name** in place of Simon Peter's.

Look up at the cross and pray what you feel. Tell Jesus what is in your heart.

Now kneel (or sit on a chair) and pray:

God be merciful to me, a sinner. I want to re-dedicate myself to Your will and way. Fill my heart, mind and life with a desire to follow You. Holy Spirit, fill my heart, mind and life with a desire to be what you would have me be. Give me cause for joy which is a living witness to your love and grace. Go with me now. Continue to walk with me every day, working in me to bring me closer and closer to you.

Now simply be still in God's presence.....

End the silence by praying: "Amen."