

Prayer Stations Journal

Prayer stations are safe spaces set apart for you to encounter the presence of the Lord and receive prayer ministry. The puzzle pieces are symbols of God's words to you during this time.

Please take your time and read through the journal prompts. As you go through each station, start to build your puzzle pieces. After every station put 8 pieces together. At the end, use the markers to decorate and write the key words you received throughout this time. Finally, place a bandaid over your masterpiece declaring, "I am healing" or "I am healed."

*Please note, you can enter each station in any order.

Please go to all stations. If a station has a 5 minute wait time, please move along to the next station and return later.



EMPOWER

Let's begin here

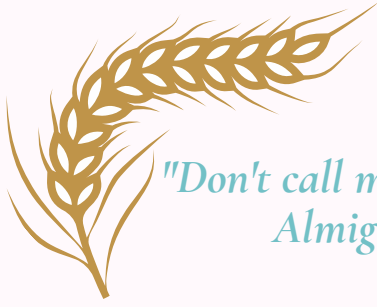
*“The deep feeling of being a spiritual orphan is one of the greatest hindrances to having our hearts healed and being free to walk in expressed love, intimacy, and healthy horizontal relationships.”
(Jack Frost)*

Our separation from God keeps us separate from others. If we cannot trust an all-powerful, all-knowing, good God, then who can we trust? The orphan spirit thrives in this distrust. It is a spirit that is self-preserving and protective. When we step into relationship with God, we release the orphan spirit and step into who we are as sons and daughters. We are not alone. We are beloved. In John 14:18, Jesus said, “I will not leave you as orphans; I will come to you.” The Father longs to come and meet you in all the places that need restoration.

Please read through these words and allow the power of them to impact you. Let the Father come and heal all the places of wounding from those who were meant to protect you.

1. God, will you remove from me any beliefs that I was not wanted or loved?
2. Father, reveal and heal all the places where I feel less than or not good enough.
I ask that you remove the limitations that have been placed on my life.
3. Holy Spirit, set me free from: heartache, disappointments, dreads, grief, or rage that I cannot resolve.
4. Lord Jesus, by the power of the Cross and your blood, set me free from any harsh or cruel words that were said over me, especially the ones I keep remembering over and over.
5. Lord, set me free from heart injuries sustained from parents, siblings, family members or parental figures, teachers, or coaches.
6. Lord, will you free me from the effects of my addictions, my anxieties, and my anger?
7. Lord, set me free from blaming people so I can be free to grow, to receive, and to achieve. Lord, I trust you to give me all the things I need that others were unable or unwilling to give me.





Station 1 - New Name

"Don't call me Naomi," she told them, call me Mara because the Almighty has made my life very bitter." Ruth 1:20

*God has something for you- a gift of freedom and a new self, your true self.
Take some time and listen to what the Father is telling you.*

What name(s) do you tend to call yourself?

Who does society say you are?

Take your time and listen for the new name God is giving you.

When you are ready, come to the first prayer station and receive a new name.



Station 2 - Victim to Valor

"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

*Therefore, if anyone is in Christ, the new creation has come: the old has gone, the new is here!"
2 Corinthians 5:17*

What areas of my life have I allowed to go dormant (purpose, dreams, calling, etc.)?

What may God be asking me to pick up again?

Everyday is a chance to prepare for or to accomplish the purposes of God. Are you ready for whatever may come?



When you are ready, come to the prayer station to reclaim all the gifts and treasures that you have forgotten.



Station 3 - Father's Love

*"The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning great is your faithfulness"
Lamentations 3:22-23*

What blocks me from giving all of my heart to God?

What area of my life do I need to receive the Father's love?



Barley, in this story, is a representation of God's deep love and bountiful provision for Ruth & Naomi.

When you are ready, come to prayer station and receive the Father's love.





Station 5 - Blessings

*"May the God of hope fill you with all joy and peace as you trust in him,
so that you may overflow with hope by the power of the Holy Spirit."
Romans 15:13*



When you are ready, enter into prayer station 5 and receive a blessing.