



Marriage Week - Prayer Stations Resource

Welcome and thank you for downloading Marriage week's prayer station activities. We pray that these resources will bless you, your congregation, bring couples closer together and every individual closer to Christ.

This prayer activity can be tailored to suit any church as you are able to choose from a selection of resources to suit your needs.

This resource includes:

1. A welcome guide
2. Setup guide
3. Prayer stations (with resource list and setup instructions)

Welcome Guide

During Marriage Week, we want to celebrate that Christ is the bridegroom and we (the church) are Christ's bride. We want to reflect and pray about our relationship with him as well as our husbands, wives or those we are in relationship with. Therefore, this prayer activity can involve everyone from children to adults and people in a relationship and those that are not. It can also take place in a church, at home or in home groups. This resource has been designed to be easily adapted to suit any space and within any time limits.

Each prayer station can be focused on our relationship with Christ as well as our partners.

As this is a celebration, we do encourage participators to share in a community 'Wedding feast' at the end of your prayer time to celebrate our newly bonded relationship with Christ and each other. A guide for this can be found on the Marriage Week website as a separate resource.

Setup Guide

1. Choose how you want to use the stations. Will they be part of a service, a mid-week activity or within a designated prayer room? If choosing the prayer room option, you will need a starting date and to decide how long you would like your prayer room set up for – will the prayer room be available for a morning, an evening, a full day, over a week or weekend? You will need time to encourage others to join in, plan it, gather the resources and get helpers together to set up the stations.

For more information/ideas on creating a Prayer Room, see our separate resource.

2. Choose the prayer stations you would like to use and print them out.

3. Look at the resources that are needed and gather them together.

4. If choosing the prayer room option, consider where you would like each station. Leave plenty of space around each station to give a sense of space and privacy.

5. Set up the stations. Put up the main card and place the resources needed around it. The resources in the list are the basics to run the prayer station. You can of course add more and put your own creativity into it.

6. Try and make each space look special so that they feel engaging for people to try them.

7. Share images of your prayer stations on social media using #marriageweek

Card 1.

II Corinthians 6:14

“Husbands and wives should be bonded together with a similarity of beliefs, goals, and objectives.”

Sit, reflect and write down your key beliefs and goals.

How do they fit in line with Christ's beliefs?

Later, discuss with your husband or partner and share with each other. Find out more about each other's interests and see what you have in common. Is there anything you can do together?

How to create this station:

II Corinthians 6:14

“Husbands and wives should be bonded together with a similarity of beliefs, goals, and objectives.”

Resources: At this station, you will need pens, pencils, paper or post it notes.

How to set it up: This station encourages you to think about those we are in a relationship with and what common goals and beliefs we have. Having paper, pens and card is important so that they can be taken away as couples may wish to share them with their partners.

Ephesians 4:2-3

“With all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the spirit in the bond of peace.”

Just sit here in silence to hear from God. Dwell in his peace and gentleness.

How to create this station:

Ephesians 4:2-3

“With all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the spirit in the bond of peace.”

Resources: This needs to be a restful place where people can relax, Use cushions, blankets and sofas etc. Play worship music for people just to dwell in.

How to set it up: This space is just meant to be a relaxing space for people to be comfortable, rest and even close their eyes and relax. Therefore, a comfortable place is really important to gain the atmosphere required. This would be good in a separate space from others but not essential. Music should be reflective.

Card 3.

Ephesians 5:21

“Submitting to one another out of reverence for Christ.”

Think of how Jesus showed people respect. What do you respect about Christ and your partner? Feel free to jot them down and then you may feel you wish to share these with your partner later.

Also, add to the paper chain writing down how to we can show deep respect to one another like just Christ did.

How to create this station:

Ephesians 5:21

“Submitting to one another out of reverence for Christ.”

Resources: Lots of trimmed paper for making paper chains, glue sticks, something to hang the paper chain from and pens and pencils.

How to set it up: This is a fun and interactive station where people can create a long paper chain. On each chain you write down areas of your character that enable you to show respect to others. It is worth starting the paper chain off so that people just add to it as they go.

Card 4.

Isaiah 62:5

“An ideal marriage relationship mirrors God’s loving relationship with his people.”

Look into the mirror and think about what you see? How does God show you love?

Creativity draw and write on the black board with chalk or on the paper showing how God shows you love, how you show love to God and/or your partner.

How to create this station:

Isaiah 62:5

“An ideal marriage relationship mirrors God’s loving relationship with his people.”

Resources: Mirrors, black board, chalk, paper and pencils.

How to set it up: You could have mirror on a table with small mirrors around, or just small mirrors. Then laying down in front a black or white board that people can then draw on giving the opportunity for it to be rubbed out if they wish.

Card 5.

Mark 10:6-9

“God instituted marriage and gives it his blessing.”

Take time to reflect on how you are blessed either by Christ or your partner. Take a piece of card and decorate how God blesses you and your marriage.

Then hang it on the twine.

How to create this station:

Mark 10:6-9

“God instituted marriage and gives it his blessing.”

Resources: Twine and something it can create a washing line from. Small pieces of card folded in half so that the card can be put over the twine so that it hangs.

How to set it up: Using two stands or chairs, tie twine between the two creating a washing line effect. Then place card or paper folded in half underneath or in front of the line. This gives space to write down how we feel blessed by Christ and our partners.

Card 6.

Ephesians 4:32

“Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you”

In the sand tray, write what you would like forgiveness for and then wipe it away showing that God has forgiven you. Also, you can write down things you would like to be forgiven for in your relationship and then share with your partner later.

You can also drop a tablet into the large jug to see your sin disappearing as God is forgiving you. Watch and no longer feel burdened.

How to create this station

Ephesians 4:32

“Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you”

Resources: Sand tray, a big jug of water and tablets that dissolve (Milton, vitamin tablets or bath bombs).

How to set it up: Lay a cloth over a table with a tray or trays of sand. Then, you will need a vase or jug full of water for people to drop tablets in.

Card 7.

Ephesians 5:25-27

“Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word and to present her to himself as a radiant church, without stain or wrinkle or any other blemish but holy and blameless.”

Take a stone and wash and cleanse it. Reflect on how Christ gave his life for you so that you can be holy and blameless.

How to create this station:

Ephesians 5:25-27

“Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word and to present her to himself as a radiant church, without stain or wrinkle or any other blemish but holy and blameless.”

Resources: A bowl of water, blemished stones and towels.

How to set it up: On a cloth or table place a bowl with water in. Then around it or in a separate bowl have muddy stones. People then wash these stones placing them in another bowl or towel.

Card 8.

Revelation 19:7-9

“Let us rejoice and be glad and give him glory. For the wedding of the lamb has come, and his bride has made herself ready. Fine linen, bright and clean was given her to wear.”

Ready yourself for the feast, as the church is ready as Jesus’s bride. Praise God for the glory he brings to you in your life. Just listen to the music playing. You can use flags and instruments if you would like.

How to create this station:

Revelation 19:7-9

“Let us rejoice and be glad and give him glory. For the wedding of the lamb has come, and his bride has made herself ready. Fine linen, bright and clean was given her to wear.”

Resources: Worship music, instruments and flags for children to use.

How to set it up: A space to play music, instruments and flags for children to use. Otherwise, just space for people to listen and worship. This can be more upbeat and encouraging worship music.

Card 9.

Zephaniah 3:17

“For the Lord your God is living among you. He is a mighty savior. He will take delight in you with gladness. With his love, he will calm all your fears He will rejoice over you with joyful songs.”

Cut a piece of string and thread some beads to create a bracelet. With each bead reflect on something that God delights in you.

How to create this station:

Zephaniah 3:17

“For the Lord your God is living among you. He is a mighty savior. He will take delight in you with gladness. With his love, he will calm all your fears He will rejoice over you with joyful songs.”

Resources: String, scissors, tray and beads

How to set it up: At a table, place a tray of beads and twine. Twine can be pre-cut or leave for those to cut for themselves. As you place a bead on your bracelet think about how God delights in you.

Card 10.

Psalm 37:4

“Take delight in the Lord and he will give you the desires of your heart.”

At this art station, create a collaborative big piece of artwork showing our love and the desires of our hearts. Use pencils, paints crafts making shapes of hearts.

How to create this station:

Psalm 37:4

“Take delight in the Lord and he will give you the desires of your heart”

Resources: Art equipment and a long stretch of paper.

How to set it up: A large piece of paper on a table where everyone can add to it. This will create a really interesting, large and creative piece of collaborative art showing the desires of your churches hearts. Use any art and crafts equipment you have.