



Prayer Walk: Hope, Affliction, Prayer

[Please provide: the materials and facility needed by reading the following pages and making note of what is needed. Each participant will need a copy of the participant's guide that follows these directions.]

Prayer Walk Introduction

- Theme: *Be joyful in hope, patient in affliction, faithful in prayer* (Romans 12:12 NIV).
- The walk is divided into three themes, one for each attribute in the verse. There are two stations that relate to each theme. The stations of the prayer walk do not have to be completed in the order of the verse (e.g. hope, affliction, and then prayer). However, both stations of one attribute should be completed before moving to the next theme.
- Before beginning, walk through the location of each station. [Invite participants to write down this information.]
- This is a time for silent meditation and personal reflection. [Exceptions depend on the activities of the customizable station.]
- Encourage participants to complete at their own pace.
- Allow 45-50 minutes for this activity.

Prayer Walk Materials

The following is a list of materials needed for the stations. [Please provide tables and chairs if the facility does not already have them available.]

Pens*
Notecards*
Mustard Seed devotions* (optional)
8d 2 ½ nails*
Hole-punched notecards*
4-6 hand towels
6-8 plastic plates
Ice bucket or large container
Ice cubes*(x2)
Large poster paper or white board
Markers

*Enough for each participant plus a few extra

HOPE Station Set Up Instructions

HOPE Station 1: Place blank notecards and pens on table(s) with chairs around each for participants to sit. [Mustard Seed devotions may be incorporated into this activity if desired.] Print, cut apart, and tape the directions for this station at the prepped table(s).

HOPE Station 2: [Set up dependent on choice of activity for your group/event. Tape the directions for this section at the prepped table(s).]

HOPE STATION 1 DIRECTIONS

*Be **joyful in hope**, patient in affliction, faithful in prayer.*

- Using a notecard provided, write an encouraging note of hope. The recipient can be someone you know or a total stranger. Consider using this note as a means to interject joy into someone's day. Ideas include paying it forward at the drive thru or leaving the note and a devotion with the check binder at a restaurant. Share a message of hope and joy in Christ Jesus!
 - When you are finished, pray that God would work through your words to touch the life of the person receiving the note.
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HOPE STATION 2 DIRECTIONS

*Be **joyful in hope**, patient in affliction, faithful in prayer.*

[This station is customizable. Tie it into a mission project or other activity which relates to serving joyfully or sharing the hope we have in Christ Jesus. Remember to include written directions for the participants.]

Affliction Station Set Up Instructions

AFFLICTION Station 1: Place hole-punched notecards, nails, and pens on table(s) with chairs around each for participants to sit. Include an example card with a nail threaded through it. Print, cut apart, and tape the directions for this station at the prepped table(s).

AFFLICTION Station 2: Place a bucket of ice cubes on a central table or stand. [Do this as close to the start of the prayer walk as possible to avoid ice melting.] Set up chairs in a circle/semi-circle. Plastic plates and towel can be spread out among the chairs or laid on a table for participants to access as needed. Print, cut apart, and tape the directions for this station at the prepped table(s).

AFFLICTION STATION 1 DIRECTIONS

*Be joyful in hope, **patient in affliction**, faithful in prayer.*

- Take a nail.
- Think of the affliction Jesus faced for your salvation. He, too, suffered physically, mentally, and emotionally as you do. He, too, was tempted by Satan and had His faith tested. However, He patiently endured the aches and pains, trials and tears, thorns and nails that ultimately led to the most devastating anguish of all: separation from God. Thankfully, His sacrifice on the cross saves you from that fate of sin.
- On a hole-punched notecard [See example on last page], write a reminder to strengthen you next time you face affliction. You could draw a picture or use Scripture. For example, John 16:33:
"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world" (NIV).
- Thread the nail through the holes so it stays securely [See example on last page].

Take this home and place it somewhere it will bring you comfort next time you are feeling impatient or afflicted.

AFFLICTION STATION 2 DIRECTIONS

*Be joyful in hope, **patient in affliction**, faithful in prayer.*

Affliction is uncomfortable. As a result, our human nature wants us to focus on the pain we are experiencing – instead of fixing our eyes on the One who walks us through it.

- Take an ice cube. [Please position your hand over a plate or towel to minimize mess.]
- Using a clock [watch, or phone timer], clench the cube in your fist and hold for 1 minute.
- When the time is up, dispose of ice and dry your hand.
- Next, take another ice cube. [Please position your hand over a plate or towel to minimize mess.]
- In your OPPOSITE hand clench the cube for 1 minute.
- This time, pray as you patiently wait for the discomfort to be over.
- When the time is up, dispose of the ice and dry your hand.

Wasn't the pain easier to endure when you focused on the Father?

Prayer Station Set Up Instructions

PRAYER Station 1: Place chairs in a circle/semi-circle. When choosing a location for this station, take into consideration that it will be distracting and noisy, since talking out loud is encouraged as part of the activity.

PRAYER Station 2: Use multiple pieces of poster paper or a large white board for this activity. Make sure you have markers. Print, cut apart, and tape the directions somewhere visible for this station. After the prayer walk is concluded, please share the written prayer advice with all the participants.

PRAYER STATION 1 DIRECTIONS

*Be joyful in hope, patient in affliction, **faithful in prayer.***

Sometimes our excuses for not praying faithfully result from feelings of discomfort or self-consciousness.

- In your guide is a prayer by Martin Luther. Pray it out loud, amidst the distractions.
- Pray about anything you have on your heart. Remember to pray out loud – not focusing on who else is speaking but to Whom you're speaking.

PRAYER STATION 2 DIRECTIONS

*Be joyful in hope, patient in affliction, **faithful in prayer***

On the poster paper write some helpful hints for remembering to pray faithfully.

- What are some strategies you use?
- What are some "prayer pointers" or resources you recommend for those who want to strengthen this area of their spiritual walk?

Prayer Walk: Hope, Affiliation, Prayer
Written by Alli Bauck, Olathe, Kansas
Published by Lutheran Women's Missionary League, 2017

Prayer Walk: Hope, Affliction, Prayer – Participant’s Guide

PROCEED TO THE HOPE STATION.

Be joyful in hope, patient in affliction, faithful in prayer
(Romans 12:12 NIV).

What is the difference between being “happy” and being “joyful”?

We often use these terms interchangeably and without really considering what they mean.

Happiness is a feeling influenced by our outward circumstances. Picture the moon. It gives off light – but only when it is reflecting the light from an exterior source. Its brightness is dependent on its environment. Therefore, since I enjoy not having to cook dinner I can express my happiness when someone else makes it for me, or I can show how happy I am when I celebrate holidays with loved ones. But these events fade, along with my feelings.

Joy is a state of great happiness created by our inward condition. Now picture the sun. Its light comes from within; and in response to this powerful occurrence, the sun shines brightly – despite the darkness which surrounds it.

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand (Romans 5:1-2a NIV). Praise be to the God and Father of our Lord Jesus Christ! In His great mercy He has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade (1 Peter 1:3-4a NIV).

Now that is reason to rejoice! (For further reading on the certainty of our hope and cause for our joy see Romans 5 and 1 Peter 1:3-9.)

HOPE Station 1: Using a notecard provided, write an encouraging note of hope. The recipient can be someone you know or a total stranger. Consider using this note as a means to interject joy into someone’s day. Ideas include paying it forward at the drive thru or leaving a note and a devotion with the check binder at a restaurant. Share a message of hope and joy in Christ Jesus! When you are finished, pray that God would work through your words to touch the life of the person receiving the note.

HOPE Station 2: [This station is customizable. Tie it into a mission project or other activity which relates to serving joyfully or sharing the hope we have in Christ Jesus. Remember to include written directions for the participants.]

PROCEED TO THE AFFLICTION STATION.

*Be joyful in hope, **patient in affliction**, faithful in prayer*
(Romans 12:12 NIV).

† Think of a time you experienced a trial or hardship.

Write down one good thing that resulted from your affliction.

Read the following excerpt from Psalm 119:

It was good for me to be afflicted so that I might learn your decrees. The law from Your mouth is more precious to me than thousands of pieces of silver and gold. Your hands made me and formed me; give me understanding to learn your commands. May those who fear you rejoice when they see me, for I have put my hope in your word. I know, O Lord, that your laws are righteous, and that in faithfulness you have afflicted me (Psalm 119:71-75 NIV).

† What is the psalmist's attitude towards his affliction?

AFFLICTION Station 1: Take a nail. Think of the affliction Jesus faced for your salvation. He too suffered physically, mentally, and emotionally as you do. He too was tempted by Satan and had His faith tested. However, He patiently endured the aches and pains, trials and tears, and thorns and nails that ultimately led to the most devastating anguish of all: separation from God. Thankfully, His sacrifice on the cross saves you from that fate of sin.

On a hole-punched notecard, write a reminder to strengthen you next time you face affliction. You could draw a picture or use Scripture. For example, John 16:33:

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world" (NIV).

Thread the nail through the holes so it stays securely [See example]. Take this home and place it someplace where it will bring you comfort next time you are feeling impatient or afflicted.

AFFLICTION Station 2: Ice Cube Challenge, an object lesson on enduring affliction. [Follow the directions provided.]

PROCEED TO THE PRAYER STATION.

*Be joyful in hope, patient in affliction, **faithful in prayer***
(Romans 12:12 NIV).

† What does prayer mean to you? Write down your definition of “prayer.”

In the Preface to the *Lutheran Book of Prayer*, the author shares that, “ ... prayers of Christians are not futile gestures or mere pious exercises, but mighty means by which we call upon God for help and strength for the various needs of faith and life.” A note in the Lutheran Study Bible adds that, in order to be faithful in prayer, “ ... one must not only pray in hard times, but also maintain communion with God through prayer at all times.”

Using no more than six words, describe your current prayer life.

PRAYER Station 1: Sometimes our excuses for not praying faithfully result from feelings of discomfort or self-consciousness. Pray the following out loud, amidst the distractions:

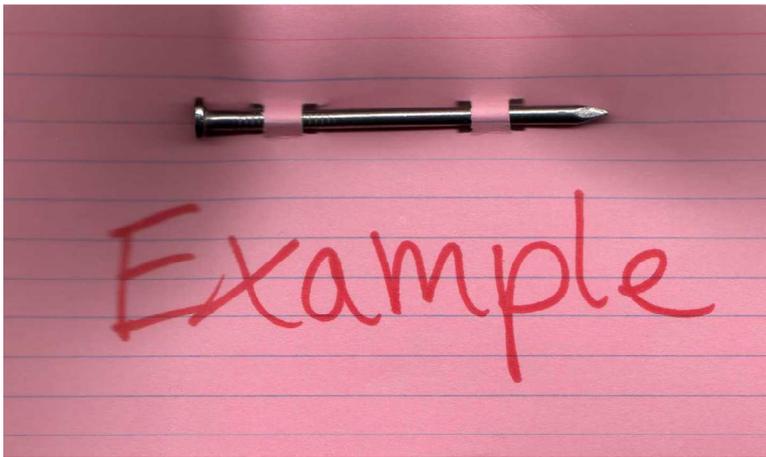
“Dear, Lord! You know that I cannot come before You on account of my own self, my presumption, or my worthiness. Just as I might desire to look upon You, yet in the same way I would not be permitted to do so and would not even know how I might begin to pray. Nevertheless, I do come before You because You Yourself have commanded it, and You earnestly encourage that we should call upon You. You have even pledged a promise. You sent Your Son, He who teaches us what we should pray, and You have promised to give us the words that we use in prayer. Therefore I know that such prayer indeed pleases You, and that my claim, that I may commend myself as a child of God before You, as great as that may seem, comes from the fact that I must obey You as You would have it. May I never inflict lies upon You and through other greater sins trespass against You, thereby despising Your command and rejecting the gift of faith in Your promise. – Martin Luther” (*Lutheran Book of Prayer*. St. Louis: Concordia Publishing House, Revised Edition, 2005, 9.)

Pray for any additional petitions – remember to say them out loud, not focusing on who else is speaking but to Whom you’re speaking.

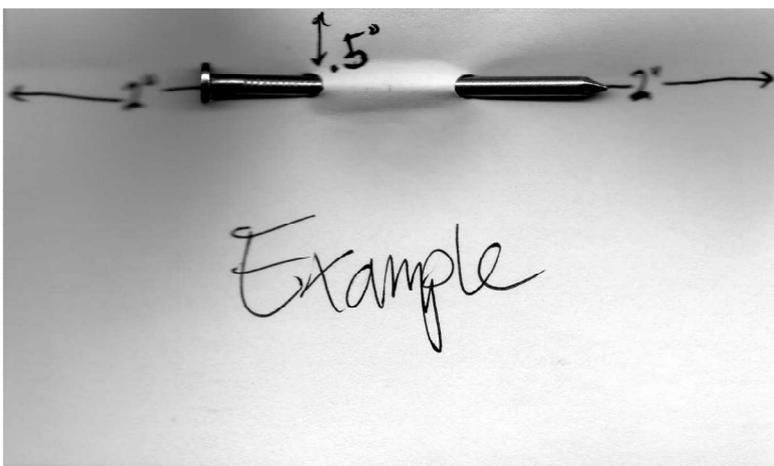
PRAYER Station 2: On the poster paper write some helpful hints for remembering to pray faithfully.

What are some strategies you use? What are some “prayer pointers” or resources you recommend for those who want to strengthen this area of their spiritual walk?

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