

Prayer Room Ideas

Ever thought it would be nice to create a quiet space at one of your women's ministries events—a place where the attendees could go to be still, pray, connect with God? Here are a few ideas for creating a prayer room for your next women's event whether it's a one-day retreat, a tea or luncheon, or other program, you can create a quiet space simply and easily with things you may already have on hand or could purchase inexpensively. (Or maybe your women's ministries team could sponsor a prayer room at camp meeting.)

Choose a few ideas from below to create prayer stations or areas. You don't want to create too many and over crowd your room. (And you can save some ideas for the next event so that the prayer room is different each time.) You may have ideas of your own—please share them with me and I'll add them to the list!

Create a sign with the scripture verse and instructions for what participants can do at each prayer station. You can decorate the room simply with tables and tablecloths and low lighting, if possible (lamps, battery operated candles, for instance instead of overhead lights.)

Ideas for Prayer Stations

Scripture: *You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.* Psalm 56:8 NLT

Instructions: God collects your tears in a bottle. Reflect on the things that bring you to tears. Give them to God, putting one “tear” in the bottle for each heartache you're experiencing.

Items needed: A bottle (I found a heart shaped bottle at the craft store)
Small glass beads (I found them in the jewelry making aisle at the craft store. The ones I chose are a little iridescent.)
Put them on a table with a pretty cloth tablecloth—I chose a soft velvety material and stacked books under to give different heights, then “spilled” the “tears” all over the cloth and put the bottle on top.

Scripture: *Behold what manner of love the Father has bestowed on us, that we should be called children of God!* 1 John 3:1

Instructions: God calls you His daughter. He is the King of the Universe. That makes you a Princess. Put on the crown. Look in the mirror. Ask Him to help you believe what He says about you instead of the lies of the enemy.

Items needed: Crown
Mirror
Pillow or something “royal” to put the crown and mirror on

Scripture: *Love the Lord your God with all your heart, with all your soul, all your strength, and all your mind.* Luke 10:27

Instructions: Show God your love for Him by making Him a “Valentine” and pinning it to the bulletin board. Talk to Him about how much you love Him. Ask Him to deepen your love for Him.

Items needed: Bulletin board
Push pins
Hearts and paper supplies to make Valentines
Glue, glitter, markers

Scripture: *I have hidden Your Word I my heart that I might not sin against You.* Psalm 119:11
Instructions: God's Word is powerful. The Holy Spirit uses it to remind us of who God is. To speak to us about what God does. When we pray His Word back to Him, there is power. His Word is full of power in our lives. What does His Word mean to you? Create a word that describes what God means to you and add it to our Scrabble board. Then choose a scripture promise to take with you.
Items needed: Scrabble game
Bible promises – place in a box (or gift bag) near the game

Scripture: *You must have no other gods but Me.* Exodus 20:3
Instructions: God doesn't want us to have any other gods but Him. What are idols that come before Him in your life? What do you spend time with instead of hanging out with Him or worshipping Him with other believers? (Anything that we give more importance to than God becomes an idol.) Ask God to reveal what is taking His place in your life. Create something to symbolize those idols, then crush them, praying and asking God to help you put Him your top priority each day.
Items needed: Play dough
Can include a small rubber sledge hammer to crush the idols with

Scripture: *For God so loved the world that He gave His only begotten Son, that whosoever believes in Him should not perish, but have everlasting life.* John 3:16
Instructions: God loves and died for you, your friends, and your family. He relentlessly pursues them and invites you to continually and persistently lift them up in prayer. Pray for those you long to see surrender completely to Him, asking God to finish the work He's begun. Add their names to our "salvation" book and we will join you in praying for them.
Items needed: Blank journal style book
Pens

Scripture: *And God has appointed these in the church: first apostles, second prophets, third teachers, after that miracles, then gifts of healings, helps, administrations, varieties of tongues.* 1 Corinthians 12:28
Instructions: God has given you gifts and talents. He's given them to you to use for Him. To help others know Him more deeply and to encourage those who walk with Him. What are the gifts He's given you that you've discovered so far? Are you willing to commit them to Him? Write them down. Pray a prayer of commitment over them. Then put them in our gift box for God.
Items needed: Small pieces of paper
Pens
Gift box with slot in the top

Scripture: *For this reason, we also...do not cease to pray for you, and to ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding...* Colossians 1:9
Instructions: Let us pray for **you**.
Items needed: Comfortable chairs
People who are willing to pray for others – they simply need to be there, be available and when someone sits down, just ask, "How can I/we pray for you?" They may need to

sometimes keep refocusing people to just share how they can pray if the person keeps going on and on about problems or situations in their lives.

Scripture: *Oh, taste and see that the Lord is good; blessed is the (woman) who trusts in Him!* Psalm 34:8

Instructions: Jesus often referred to Himself as the Bread of Life. He promises to satisfy our souls. Enjoy a piece of bread and honey and think about how God has been good to you. Recount your blessings. The things for which you are grateful. Think about the ways God has been “sweet” to you. Pray a prayer of gratitude for all He’s done so far and let Him know you trust Him, asking Him to deepen that trust if needed.
OR Jesus invites us to taste—to try out—to let His goodness nourish us. Enjoy a piece of candy. While you savor the sweetness, think about how God has been good to you. Recount your blessings. The things for which you are thankful. Think about the ways you’ve experienced God’s “sweetness” in your life. Pray a prayer of gratitude and praise for all He’s done so far and let Him know you trust, asking Him to deepen that trust if needed.

Items needed: Small table with two chairs (one for the person and one for God)
Pretty place settings, candles, flowers—make the table pretty
A loaf of bread (maybe Challah)
Jar of honey (or yummy jam)
Knives to spread the honey with
OR a pretty dish or jar of candy

Scripture: *But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.* Isaiah 53:5

Instructions: Jesus died for your sins. Ask Him to search your heart and show you what sins you need to confess and repent from. Maybe there is a persistent attitude that isn’t what God desires for you to have. Or a battle with a sin you haven’t conquered—and maybe aren’t even sure you want to give up. Ask Him to reveal sin, deepen your repentance—give you the desire to stop if you want to cling to it, and give you the strength to overcome. Write any sins He convicts you of on a piece of paper and nail it to the cross as a

Items needed: Nails
Hammer
Cross
Slips of paper
Pens

Scripture: *For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.* Jeremiah 29:11

Instructions: God has plans for your life. He dreams dreams for you. Adventures that you’re not going to want to miss. Ask Him to show you what He dreams for you. Write down your dreams—what you desire. Roll them up and tie them with a ribbon. Pray and tell God your dreams, give them to Him, and ask Him to fulfill His dreams in your life. Then leave your “dreams” on the pillow.

Items needed: A pillow
Blanket
Teddy bear
Slips of paper

Pens
Ribbons
(Put this station on the floor)

Scripture: ...pray for one another... James 5:16
Instructions: God invites us to pray for one another. Join us in praying for our community/conference/each other. Write a prayer on a post it, offer it to God, and then place it on the map (or on the bulletin board by the name of the person they're praying for)
Items needed: A map of your community/state/area of ministry hung on wall
OR the names of all those in attendance scattered on a pretty bulletin board or wall
(I took a map of our state and pinned the names of our churches and schools on it and invited people to write a prayer for specific churches/schools/areas.)
Post it notes
Pens

Scripture: *When they kept on questioning him, he straightened up and said to them, "Let any one of you who is without sin be the first to throw a stone at her." John 8:7*
Instructions: Who is it that you have a problem with? An enemy—maybe you don't call them enemy, but you don't get along with them and you think not-so-great thoughts about them? Write their name on one of these stones. Then instead of "casting a stone at them," ask God to forgive you for your attitude/thoughts toward them, invite Him to help you see them as He does, and change your heart. Wash the stone and dry it, symbolizing forgiveness and a clean heart.
Items needed: Black stones
Chalk
Container of water and cloth
Towels

Scripture: *But I will restore you to health and heal your wounds,' declares the LORD, 'because you are called an outcast, Zion for whom no one cares.'* Jeremiah 30:17
Instructions: All of us are wounded. And God longs to heal us. Not just put a band aid on our hurt, but totally heal us and make us new. What are your wounds? Pray and ask God to show you, if you're not sure. Write them on a band aid and put the band aid on our teddy bear. Then pray and ask God to do whatever it takes to heal you. Pray for the healing of the others who have given Him their wounds, too.
Items needed: Band aids
Markers that will write on band aids without washing off
Something to put the band aids on—maybe a big teddy bear

Scripture: *The LORD your God in the midst of you is mighty; he will save, he will rejoice over you with joy; he will quiet you with his love, he will rejoice over you with singing.* Zephaniah 3:17
Instructions: Remember playing dress up as a little girl? Here's your chance to do it again. Pick a dress that makes you feel pretty and try it on. Then look at yourself in the mirror and be reminded that God is with you. He delights in you. You bring Him such joy that He bursts into singing about you. Take it in. Accept it. Ask God to help you believe it more.
Items needed: Pretty dresses and gowns (borrow them from people, pick up at a thrift store)

Hats, wraps, etc.—anything to dress up in
Rack to hang dresses in
Full length mirror
Picture of Jesus smiling

For this to work, you'll need to position the picture of Jesus so that when someone is looking at themselves in the mirror, they see Jesus watching them over their shoulder.

Scripture: *Above all else, guard your heart, for everything you do flows from it.* Proverbs 4:23

Instructions: God loves us. But we have an enemy who is out to destroy us. We live in a love story set in a battle. And we must fight the attacks of the enemy in order to live the life God has planned for us. What areas does the enemy defeat you in? Which of his lies do you have the hardest time not accepting as truth about you? God calls us to guard our hearts above everything else. So pick up the sword and shield. Ask God for courage to fight these battles. And tell the enemy to flee—that you do not believe his lies. Name them. This will take away some of their power. Tell yourself the truth about what God says about you. Ask God to speak to your heart and tell you what He believes about you.

Items needed: Play swords and shields

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