

Global justice prayer stations: instructions

Overview

These prayer stations provide a range of interactive, adaptable ideas to help young people consider global justice issues in the context of prayer and worship.

HOW TO USE

Prayer stations can be set up in any space - a church, classroom or hall. People are encouraged to circulate in their own time. They do not need to visit every station.

Space and atmosphere matter. Set the mood with dimmed lighting and background music.

Consider the number of participants – is there enough space? Are there enough things to do?

Start the time together in some way – use scripture and help people to feel at ease.

Either finish with prayer together or let people finish when they're ready. In a workshop, finishing at the same time may be important; on a retreat, perhaps not.

You could use one station at the end of a workshop or as part of a whole day looking at global issues. Or use all the resources here, as a series of interactive prayers around a space.

Most of the prayers are designed to be self-guided, but you could lead any of them from the front of the group, asking those gathered to take part at the same time.

BE PREPARED

Consider how to introduce the stations – perhaps begin with scripture. And many of the stations need preparation, so collect resources beforehand so that things run smoothly.

RESOURCES

For extra materials, contact us, youth@cafod.org.uk or your local CAFOD office, cafod.org.uk.

SOLIDARITY PRAYER WALL

You will need:

- A wall/ noticeboard /flipchart stand
- Variety of paper (textured, patterned, coloured)
- Coloured pens
- Blu-tac or pins
- Starts of prayers (see below for ideas)

Concept

People approach in their own time to read some of the starts of prayers on the wall, and continue the prayer with their own words, or just write a line or two. The next person who comes to the prayer can continue that prayer or work on another one. By the end of the session, people will have read one another's prayers, reflecting and praying through them.

Differentiate, providing starter prayers at differing levels.

Possible starts for prayers:

- Our Father, who art in heaven ...
- Here and now, Lord, we place before you simply some of the seven billion people with whom we share this world...
- Compassionate and loving God, you created the world for us all to share...
- God of peace and justice, you give us the capacity to change...
- Bless the Lord, all you works of the Lord...
- Sun and moon, O bless the Lord, to him be highest glory and praise forever...

SONGS FOR ONE WORLD

You will need:

- Music devices
- Songs with a solidarity/world link, such as:
 - Coldplay, We live in a beautiful world,
 - James, Sit down,
 - Ash, Shining light
- Lyrics written out with reflection points

Concept

People listen to a song, reflect on the lyrics, and hold in prayer the situations that come to mind. Offer as many songs as you like and the chance to pick one at random.

NEWSPAPER PRAYER

You will need:

- Newspapers – preferably a mixture of national and local (check the appropriateness of articles!) – and magazines
- Pens
- A focal point (eg. globe and candle)
- Music for background (optional)

Concept

People are encouraged to look through a newspaper or magazine for people, situations, countries, which they want to hold before God in prayer.

They are invited to rip out the story or picture, and write over it a prayer. Then place it by the prayer focal point.

GLOBE PRAYER

You will need:

- An inflatable globe
- A way to mark the globe – finger paints, stickers, or post-it notes and pens
- If using finger paints, think about how people will clean their fingers afterwards
- Background music (optional)

Concept

Invite people to come forward and mark the globe at the country for which they are praying.

Consider: is there enough room for everyone to make their mark? Is it big enough for more than one person to do it at the same time so people aren't waiting too long to have their chance to make their mark? Can you use washable paint so as to use the globe again?

MAP OF THE WORLD PRAYER 1

You will need:

- A map of the world
- Tealights – consider safety issues.
- Matches
- Music for the background (optional)

Concept

Invite people to place a candle on the map on a country they wish to pray for. They may be

praying for one person, a community, or the whole country depending on what they know or have been learning about.

Instead of using candles, you could place stones or stickers on the map, make a mark with a pen or use post-it notes.

MAP OF THE WORLD PRAYER 2

You will need

- A blank map/outline of the world
- Coloured pens, pencils or pastels
- Music for background (optional)

Concept

Place the map in the centre. Place information about the world nearby for information and inspiration. Invite people to come forward and to colour in a country they wish to pray for. As they colour it in, encourage them to pray silently for the people who live there.

WE ARE ONE BODY

You will need

- Masking tape and a floor you can stick it to without leaving a mark
- Images of people from around the world, from newspapers or the internet
- A5 mirrored card (available from stationers)
- Permanent marker pens for the mirrored card
- Prayer cards (optional)

Concept

Mark out on the floor an outline of a body (like a crime scene from a detective show). Spread out inside the body the different images of people. Read out, or have printed out around the body copies of 1 Corinthians 12.12-13.

People approach and look at the images of other members of the Body of Christ from around the world. Invite them to choose one, and hold the person they see in prayer before God.

Next, invite them to pick up a piece of mirrored card and to look at themselves in it. Remind them that they, too, are a special, unique part of the Body of Christ, loved and cherished by God.

Using a marker pen, encourage them to sign their name on the mirrored card and place it inside the body as a symbol of their part in it. As they leave, they take a card printed with the following prayer, or read it together:

Here and now, Lord,
we place before you simply some
of the seven billion people
with whom we share this world.
Although we may never meet them,
nor even know their names,
we place them in your loving care.
Guide them. Support them. Be with
them.
May they be full of your love,
and share it with those they meet,
as we, once more, commit
ourselves to do the same.

Amen.

Stephen Davies/CAFOD

ROMERO CROSS PRAYER

You will need:

- Romero cross, available to purchase from shop.cafod.org.uk
- Outline of a Romero cross (search 'Romero cross reflective activity' on our website)
- Pens/pencils/pastels

Concept

Romero crosses come from El Salvador, Latin America. They have symbols of the lives of the community where the cross was made, with Christ at the centre, a sign of his presence at the heart of the community. Each cross is made by hand and is unique.

Invite people to take an outline of a Romero cross and colour it in. As they do so, encourage them to pray for the people of El Salvador, and any other people or situations they wish to pray for.

You may wish to have CAFOD's Romero film or PowerPoint in the background, with information about Romero and El Salvador.

Oscar Romero background:
cafod.org.uk/secondary/romero

GLOBAL PRAYER POETRY

You will need:

- A series of words on cards (template at end of this pack)
- Blank cards for people to add extra words

Concept

Like fridge poetry, people are encouraged to use the words they have to write a prayer, or just a prayer phrase. They can start their own prayer, or add to other prayer phrases which have been created already.

The words could just be laid out on a table. Or they could be on a wall using sticky-tac, or using spray mount on a large piece of backing paper so the cards can be moved around.

At the end, you may wish to read aloud some of the newly created prayers, letting the whole group pray them.

LECTIO DIVINA

You will need:

- A series of justice-related scripture passages on individual sheets (ideas below)
- Background music (optional)
- Candle (optional)

Concept

People are given space to pray through some scripture passages which they choose at random. Spread around the space the sheets with scripture on them. Encourage people to take one at random, read and reflect on it, and pray through it.

You may wish to add a series of reflection points to the piece of scripture. These may relate to the individual passage, or be more generic. A set of example questions can be found on the handout in this pack.

You could do something similar using quotations from Catholic Social Teaching.

Consider: is this group used to silence and reflecting by themselves? If not, perhaps save this one for another time.