

# Prayer Activities: Pray for Reconciliation and Oneness

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## Eleven Creative Prayer Activities from 24-7 Prayer

### INCLUDING:

- Be Still
- Imago Dei (group)
- Empty Chair
- Acknowledge (South Africa)
- Thankfulness Tree
- Love your neighbour (group)
- Search me and know me
- Hope Rope
- Freedom Stones
- I have a dream
- Love Letter



One Heart Guide

This prayer stations guide has been created with the One Heart Prayer Guide towards Reconciliation and Oneness. The intention of this Prayer Guide is praying through Christ's prayer in John 17, "Father make them one". We believe the time is right for the Church to take the lead and assist our countries to heal. Let us move from fear, hatred and distrust to rebuilding the ruined walls, as in Nehemiah's time, helping each other to overcome the past and walking in faith, believing that the King of Kings is still empowering us. Encourage participants to attend with a friend, maybe someone not of the same culture as this is a journey of forgiveness, understanding and becoming one.

Go to page 14 for printable versions of prayer station instructions to use in your prayer room

## PRAYER ACTIVITY GUIDE

# Be Still

### For the organiser

#### You will need:

- A cosy, comfortable place to sit
- Print out the Creator God Prayer
- Optional: a small tent
- Optional: pillows and blankets
- Optional: string lights

#### How to set up:

This can be as simple as some cushions and blankets on the floor or a comfortable sofa or armchair. Create a cosy space and place the instructions and Creator God Prayer in clear view.

### For the prayer station

“You are worthy, our Lord and God, to receive glory and honour and power, for you created all things, and by your will they were created and have their being.” **Revelation 4:11**

By the word of the LORD the heavens were made, and by the breath of his mouth all their host.  
**Psalm 33:6**

#### Instructions:

- This space is a space for you to rest with God and to adore Him as the creator God. To remind yourself that He created mankind in His image. That He is worthy of all praise and honour.
- If you find being still challenging, the set a timer on your phone for 10 minutes so you're not watching the clock.
- Read through the Creator God Prayer, slowly.
- Be attentive to what God might be saying – does a word, picture, Bible verse or something else come to mind?
- After 10 minutes, thank God for spending this time with You.

## PRAYER ACTIVITY GUIDE

# Imago Dei

## For the organiser

### You will need:

- Mirror or series of mirrors hung on a wall
- Positive self-image quotes (from the Bible – who God says we are)
- Fabric or sheets (optional)
- Lamps (optional)
- Paper and pens where people can write prayers or what they took away from their time



### How to set up:

Securely attach the mirrors to the wall, or if it is free standing, ensure that it is well supported. Hang positive quotes around the mirror. This activity will be great to do in pairs, to look into the mirror with a friend, especially with someone not your own culture.

## For the prayer station

So God created man in his own image; he created him in the image of God; he created them male and female **Genesis 1:27**

It was you who created my inward parts; you knit me together in my mother's womb **Psalms 139:13**

I chose you before I formed you in the womb **Jeremiah 1:5**

### Instructions:

- Look in the mirror. If you have a friend with you, look into it with a friend and see God's image in both of you. Especially with someone not your own culture.
- Read some of the quotes (scriptures) around the mirror. Take your time.
- Christians believe that God made everyone, and more importantly, that God loves everyone. Each person is unique and special.
- Spend some time with God contemplating what you see and what he puts on your heart. Write your prayer or thoughts on a piece of paper of what you will take away from this time and experience. If the Spirit moves, engage with your prayer partner.

## PRAYER ACTIVITY GUIDE

# Empty Chair

### For the organiser

#### You will need:

- A nice chair (preferably not a regular chair),
- Pieces of string, luggage tag labels or paper or Post-it notes
- Pens
- Box of tissues
- Cushions

#### How to set up:

Put the chair on a carpeted area or surround it with cushions. Make the chair look special with some fabric or spotlights. Then put the labels or Post-it notes and pens on the floor beside the chair.

### For the prayer station

Thus says the Lord, "A voice is heard in Ramah, Lamentation and bitter weeping. Rachel is weeping for her children; She refuses to be comforted for her children, because they are no more. **Jeremiah 31:15**

When Mordecai learned all that had been done, he tore his clothes, put on sackcloth and ashes, and went out into the midst of the city and wailed loudly and bitterly. **Esther 4:1**

#### Instructions:

- This is a station for lament. When someone that we love leaves or dies, we miss them. It's like they leave an empty chair at the table of our lives.
- Do you know of someone that has died or been 'lost' because of sinful actions. Consider how division, hatred, anger and violence has stolen from you, from your community, from your church, from your nation.
- Write a memory, a name or lament you feel rise up as you consider this and attach it on the chair. Take your time. Take it to God. Let him comfort you if you need that.

## PRAYER ACTIVITY GUIDE

# Acknowledge - South Africa

### For the organiser

#### You will need:

- Cargo net / chicken wire fence frame
- Ribbons cut to 10-20cm lengths
- List of Acts that were enacted against people of colour (provided)
- Optional: Prayer of Repentance for Racism

#### How to set up:

Hang the cargo net up or set up the framed wire and place the instructions, list and ribbons close by (and optional prayer).

### For the prayer station

"... your sorrow led you to repentance. For you became sorrowful as God intended and so were not harmed in any way by us. Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. See what this godly sorrow has produced in you: what earnestness, what eagerness to clear yourselves, what indignation, what alarm, what longing, what concern, what readiness to see justice done." **2 Corinthians 7:9-11 NIV**

#### Instructions:

- Have a look at the list of Acts that were enacted against people of colour in South Africa. Is there one that really stands out to you?
- Consider the impact of that Act on yourself if you were to walk in someone of colours shoes in that time.
- Choose a piece of ribbon and as you pray tie your ribbon onto the fence. Stand like Daniel stood on behalf of his people - for the demographic of people that you represent, past and present. Stand in the gap for those whose hearts are hard and who will never say sorry or I forgive you. Pray for mercy.
- (A prayer has been provided for white people in South Africa as an example, feel free to pray it and pray it with a partner if there is someone in the prayer room with you, especially someone of colour. Take your time.)

## PRAYER ACTIVITY GUIDE

# Thankfulness Tree

### For the organiser

#### You will need:

- Ribbon or string
- Paper
- Pens
- Somewhere to tie the ribbons, such as a plant, tree, door handle, or wall

#### How to set up:

Cut the ribbon or string into lengths the right size to tie on the tree. Lay out your supplies in front of your tree or equivalent. You may want to hang a few 'thank you' cards on the tree from the beginning to help people get the idea.

### For the prayer station

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

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

**Galatians 2:20**

#### Instructions:

- Take a moment in silence with God.
- What are you thankful to Him for? In the context of your right standing with Him and his sacrifice on the cross, in the context of reconciliation with the Father and with your fellow man, in your country, your city, your church, your community, your home.
- Begin writing down your responses on your paper – feel free to get creative and draw, too.
- Thread your paper onto string or ribbon and hang it up.

## PRAYER ACTIVITY GUIDE

# Love your Neighbour

### For the organiser

#### You will need:

- Chair
- Bucket of water
- Towels (paper towels)
- Optional (Prayers provided)



#### How to set up:

Set up a feet washing station with a chair, trough (bucket) for feet washing with water and towels. This will need to be changed regularly and clean towels or sufficient paper towels provided.

Place the instructions, pens and paper nearby

### For the prayer station

In your relationships with one another, have the same mindset as Christ Jesus:  
Who, being in very nature[a] God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature[b] of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death— even death on a cross! **Philippians 2:5-8**

#### Instructions:

- Consider this scripture and prepare your heart and mind.
- Find a partner in the prayer room and wash their feet. The washing of feet may end with prayer.

## PRAYER ACTIVITY GUIDE

# Search me and know me

### For the organiser

#### You will need:

- Torches
- Paper
- Pens

#### How to set up:

Place each torch with a stack of paper and a few pens, along with the instructions.

### For the prayer station

O Lord, you have searched me and known me! You know when I sit down and when I rise up; you discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways.

**Psalm 139:1-3**

#### Instructions:

- Take a torch and a piece of paper.
- Shine the torch on to the piece of paper, and place your hand in the light, creating a shadow on the paper.
- As you look at the shadow formed, is there anything God is highlighting to you? In the conversation of Reconciliation, did you cause pain?
- If you feel led, engage in a time of confession and repentance before God as you enter this time of prayer with Him. Is there anything in 'shadow' that God is bringing into the light today?
- Feel free to write down anything you feel led to pray on your piece of paper if you find it helpful.
- If you are reminded of specific people who were involved in these incidents and you have the opportunity to personally speak to them to ask for forgiveness or to forgive, please try to do so at the first opportunity in a face-to-face meeting or via telephone. (Matthew 5:24-26).

## PRAYER ACTIVITY GUIDE

# Hope Rope

### For the organiser

**You will need:**

- A long thin piece of rope or string

**How to set up:**

Tie lots of loose knots along the rope/string

### For the prayer station

"Is not this the kind of fasting I have chosen:  
to loose the chains of injustice  
and untie the cords of the yoke,  
to set the oppressed free  
and break every yoke?  
Isaiah 58:6

**Instructions:**

- The circumstances that lead to the division in our country, our churches, our communities and families are often very complicated. Riddled with oppression, ideological differences, long histories of violence and revenge, and economic concerns all contributing to the conflict and distrust.
- Pick up the rope and spend some time slowly untying some of the knots. As you untie them, imagine God untangling the mess that led to division and oppression, injustices, hate and anger. Ask Him to break the chains of oppression and unpick the cycles of retribution. Pray for His freedom and justice to reign.
- Pray that he would make you a Peacemaker showing you where he wants you to go. Maybe Pray:

*"Lord, make me an instrument of Thy peace Where there is hatred, let me sow love Where there is injury, pardon, Where there is doubt, faith. Where there is despair, hope. Where there is darkness, light. Where there is sadness, joy. O Divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive. It is in pardoning that we are pardoned. It is in dying that we are born to eternal life. Amen." ~Francis of Assisi.*

## PRAYER ACTIVITY GUIDE

# Freedom Stones

### For the organiser

**You will need:**

- Smooth stones
- Chalk, or water-soluble marker
- A bowl of water or a tap

**How to set up:**

Fill the bowl with water and place it on a table with the stones and chalk/marker and the instructions next to it. You may need to change the water every day.

### For the prayer station

Everyone who makes a practice of sinning also practices lawlessness; sin is lawlessness.

**1 John 3:4**

But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.

**1 John 1:7**

**Instructions:**

- What things have you said or done that you want to say sorry for? Especially words or actions that do not speak life over Gods people and nation.
- Write or draw a word, a symbol, or the word 'sorry' on the stone with the chalk. Hold the stone as you say sorry to God.
- Now hold the stone under the water and watch what you wrote be washed away.
- Thank Jesus that his sacrifice wipes out everything you've ever done wrong.

## PRAYER ACTIVITY GUIDE

# I have a Dream

## For the organiser

### You will need:

- Giant dream bubble shape (you could draw or paint this onto a big piece of paper or white sheet)
- Post it notes & pens

### How to set up:

You could do this on a wall, on tables or even on the floor. Just make sure there is space to read and take time.



## For the prayer station

And he answered, "You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself." **Luke 10:27**

There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus. **Galatians 3:28**

After this I looked, and behold, a great multitude that no one could number, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, clothed in white robes, with palm branches in their hands. **Revelations 7:9**

### Instructions:

- Martin Luther King Jr. had a dream of unity, love and equality.
- He made a difference, he was the change he wanted to see, he practiced what he preached, he was bold enough to share his heart and dream, he marched with people and spoke love and kindness.
- Do you have a dream for how the world (your home, your community, your church, your city, your country) could be different?
- Write your hope/prayer on a post it note and stick it onto the giant 'dream bubble'.

## PRAYER ACTIVITY GUIDE

# Love Letter

### For the organiser

**You will need:**

- Envelopes and Pens
- The Fathers love letter

**How to set up:**

Print the Fathers Love Letter provided. Fold these and place into the envelopes for people to leave with. Place on a table with pens and the instructions next to it. You may need to replace these as needed.

### For the prayer station

And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.

**Ephesians 3:18 - 19**

**Instructions:**

- Take an envelope and write your name on the front in the To: position.
- Open the letter and read it slowly. Hear your Father's voice and heart for you.
- Take this letter with you and place it in your bible to look at regularly or somewhere you will see it often.

# Prayer Activities: Pray for Reconciliation and Oneness

## Printable instructions

The following pages have been optimised to print out, so that the instructions can be printed and placed in your prayer room by each prayer station.

When printing this PDF, select just pages 14 – 29 and print in black & white at 100%, single sided.

# Be Still

"You are worthy, our Lord and God, to receive glory and honour and power, for you created all things, and by your will they were created and have their being." **Revelation 4:11**

By the word of the LORD the heavens were made, and by the breath of his mouth all their host. **Psalms 33:6**

## Instructions:

- This space is a space for you to rest with God and to adore Him as the creator God. To remind yourself that He created mankind in His image. That He is worthy of all praise and honour.
- If you find being still challenging, set a timer on your phone for 10 minutes so you're not watching the clock.
- Read through the Creator God Prayer, slowly.
- Be attentive to what God might be saying – does a word, picture, Bible verse or something else come to mind?
- After 10 minutes, thank God for spending this time with You.

## **Creator God:**

In bright light and dull darkness  
In the energy of each day and the rest that comes with night  
**We remember the goodness of God**

In the heavens high above our heads  
In waters that run deep around the world  
**We remember the goodness of God**

In solid land and flowing seas  
In vivid flowers and fruit laden-trees  
**We remember the goodness of God**

In the rising and setting of the sun and the cycles of the seasons  
In the patterns of the shining stars  
**We remember the goodness of God**

In oceans teeming with fish  
In skies filled with birds  
**We remember the goodness of God**

In a world filled with animal life  
And in ourselves as human beings  
**We remember the goodness of God**

And God looked and saw all that he had made, and indeed it was  
very, very good.  
In rest and reflection, in wonder and worship  
**We remember the goodness of God.**  
**Amen**

*From The Church of England – Creation Care Prayers*

# Imago Dei

So, God created man in his own image; he created him in the image of God; he created them male and female. **Genesis 1:27**

It was you who created my inward parts; you knit me together in my mother's womb. **Psalm 139:13**

I chose you before I formed you in the womb **Jeremiah 1:5**

## Instructions:

- Look in the mirror. If you have a friend with you, look into it with a friend and see God's image in both of you. Especially with someone not your own culture.
- Read some of the quotes (scriptures) around the mirror. Take your time.
- Christians believe that God made everyone, and more importantly, that God loves everyone. Each person is unique and special.
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# Empty Chair

Thus says the Lord, "A voice is heard in Ramah, Lamentation and bitter weeping. Rachel is weeping for her children; She refuses to be comforted for her children, because they are no more. **Jeremiah 31:15**

When Mordecai learned all that had been done, he tore his clothes, put on sackcloth and ashes, and went out into the midst of the city and wailed loudly and bitterly. **Esther 4:1**

## Instructions:

- This is a station for lament. When someone that we love leaves or dies, we miss them. It's like they leave an empty chair at the table of our lives.
- Do you know of someone that has died or been 'lost' because of sinful actions. Consider how division, hatred, anger and violence has stolen from you, from your community, from your church, from your nation.
- Write a memory, a name or lament you feel rise up as you consider this and attach it on the chair. Take your time. Take it to God. Let him comfort you if you need that.

# Acknowledge – South Africa

"... your sorrow led you to repentance. For you became sorrowful as God intended and so were not harmed in any way by us. Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. See what this godly sorrow has produced in you: what earnestness, what eagerness to clear yourselves, what indignation, what alarm, what longing, what concern, what readiness to see justice done." 2 Corinthians 7:9-11 NIV

## Instructions:

- Have a look at the list of Acts that were enacted against people of colour in South Africa. Is there one that really stands out to you?
- Consider the impact of that Act on yourself if you were to walk in someone of colours shoes in that time.
- Choose a piece of ribbon and as you pray tie your ribbon onto the fence. Stand like Daniel stood on behalf of his people - for the demographic of people that you represent, past and present. Stand in the gap for those whose hearts are hard and who will never say sorry or I forgive you. Pray for mercy.
- (A prayer has been provided for white people in South Africa as an example, feel free to pray it and pray it with a partner if there is someone in the prayer room with you, especially someone of colour. Take your time).

# Acts of Separation

- Slavery in South Africa existed from 1653 in the Dutch Cape Colony until the abolition of slavery in 1834. Land was dispossessed from that time onward and Khoikhoi men and women became incorporated into colonial society as low-status servants.
- Laws and regulations that the Dutch brought in, in 1788 that separated White people from Black people. Continuing after the British occupation of 1795.
- Land and livestock dispossession that resulted in wars between the colonial settlers and Khoikhoi, San, Xhosa, Zulu, Sotho and a number of other ethnic groups.
- Racist legislation; The Parliamentary Voters Registration Act of 1887, The Franchise and Ballot Act that was passed in 1892 and The Glen Grey Act of 1894.
- Black people not included when SA became a Union in 1910. Architecture of the Union buildings depicts only English and Afrikaans White South Africans and not Black, Coloured, Khoi, San and Indian South Africans. Rejected our fellow South Africans.
- Land act of 1913. - Many acts of segregation and Apartheid that came after that Act.
  - Deprived from the right to own land in their own country.
  - Major socio-economic repercussions turning people of colour from independent people to dependent people.
  - Ruthless manner in which the Land Act was imposed.
  - Many evictions and abuse through this Act to get cheap forced labour.
  - Made to feel like outcasts in their own country.
  - Ill treatment of the Indian and Chinese workers who were brought to SA as migrant labourers.
  - Oppressive legislation - The 1927 Native Administration Act. The Natives (Urban Areas) Amendment Act of 1930. The 1936 Native Trust and Land Act. The Prohibition of Mixed Marriages Act, of 1949. The Population Registration Act of 1950. The Group Areas Act of 1950. The Natives Urban Areas Act of 1952. The Separate Amenities Act of 1953. The Native Labour Act of 1953.
  - Under Apartheid representation of Black, Coloured, Khoi, San and Indian black voters was ended.
  - Cattle culling. Loss of 87% of the land. Homelands. Unfair taxes.
  - Many murdered under the evil system of Apartheid.
  - Inferior education. Forced to be educated in Afrikaans.
  - Pass laws. Detentions. Imprisonments. Tortures. Violence.

# Prayer of Repentance for Racism

(Anneke Rabe)

Father, I submit to You

I stand before You and every black person across the world. I stand in the gap as an intercessor and as a (white woman). I stand like Daniel stood on behalf of his people - for white people of the past and present. I also stand in the gap for those white people whose hearts are hard and who will never say sorry. Have mercy on us Lord.

I ask forgiveness today to all black people. We, as white people have sinned against you, over and over again. Today we repent unconditionally.

I ask forgiveness for slavery and colonialism.

I ask forgiveness for the forced removal of people from their homes, lands, countries and continents

I ask forgiveness for the way slaves were treated by white people across the world. I ask forgiveness for the land that was dispossessed and for the way black men and women became incorporated into colonial society as low-status servants.

I ask forgiveness for the white domination and the human rights violations.

I ask forgiveness to the other countries in Africa for the way we as white South Africans looked down on you.

I ask forgiveness of the plundering of Africa by white people.

I ask forgiveness for all oppressive legislation.

I ask forgiveness for the mutilations

I ask forgiveness for the way Africa was cut up during colonialism

I ask forgiveness for the way we treated you. I repent of the pride of the white people. I repent that we thought that we are better than you. It is a sin. I repent for the way that we shamed, humiliated and oppressed you, your mothers, your fathers, your brothers, your sisters, your uncles, your aunts and your children. I ask forgiveness for the derogatory names we called you. I ask forgiveness for not treating black leaders with respect.

Lord, forgive us for racist jokes.

I ask forgiveness for the killings.

I ask forgiveness for the inferior education.

I ask forgiveness for the pain, anguish, the fear and shock that you had to endure by the hands of white people.

I ask forgiveness for our ignorance.

I ask forgiveness for the detentions.

I ask forgiveness for the imprisonments.  
I ask forgiveness for the tortures.  
I ask forgiveness for the violence.

As a woman and a mother, I repent on behalf of all white women that influenced our husbands and children to be racist and to treat you harshly.

I ask forgiveness that not more of us stand for justice. I ask forgiveness to you and to God that our racism even entered our churches. I ask forgiveness that those of us who know God do not do more to reflect to you the love of Christ in our words and actions.

Forgive us for the many that turned away from the Gospel, for the way we, as white people brought it. I thank God and those of you who stayed true to the Gospel of Jesus Christ.

Lord, I pray that You will open our eyes to those things we as white people continue to do that still cause offence and hurt to others.

I would also like to ask forgiveness to every nation on earth for the pride and atrocities of white people towards black people through all the centuries.

Lord, I acknowledge Your Word as the supreme truth and Your Word says there is only 'one race' – the human race, made from one man, Adam – forgive us that we made the colour of our skins the reason to hate those that do not look like us.

Lord, please quiet the blood of those who died because of racist injustices.

Lord, please forgive us for not doing more to understand and implement true restitution. Lord, please show us the way. Lord, please bring conviction of the sin of racism across the world. Lord, lead Your church into repentance. Help us to lament with our black brothers and sisters and to not always justify ourselves. Help us to do more to seek Your healing and restoration for the pain of the past.

Lord, please turn the tide, root out racism and heal Africa and the nations. Lord, make us truly One in You.

Your kingdom come, your will be done in Africa and in all the nations on the earth

I ask this in the name of Jesus Christ  
**Amen**

# Thankfulness Tree

Therefore, if anyone is in Christ, the new creation has come :

The old has gone, the new is here!

**2 Corinthians 5:17**

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

**Galatians 2:20**

## Instructions:

- Take a moment in silence with God
- What are you thankful to Him for? In the context of your right standing with Him and his sacrifice on the cross, in the context of reconciliation with the Father and with your fellow man, in your country, your city, your church, your community, your home.
- Begin writing down your responses on your paper – feel free to get creative and draw, too.
- Thread your paper onto string or ribbon and hang it up.

# Love your Neighbour

In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!

**Philippians 2:5-8**

## Instructions:

- Consider this scripture and prepare your heart and mind.
- Find a partner in the prayer room and wash their feet. The washing of feet may end with prayer by Common Worship: Times and Seasons

## Prayer:

*Lord Jesus Christ,  
you have taught us that what we do for the least of our brothers and sisters  
we do also for you:  
give us the will to be the servant of others as you were the servant of all,  
and gave up your life and died for us,  
but are alive and reign, now and for ever.  
Amen.*

# Search me and Know me

O Lord, you have searched me and known me! You know when I sit down and when I rise up; you discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways.

**Psalm 139:1-3**

## **Instructions:**

- Take a torch and a piece of paper.
- Shine the torch on to the piece of paper, and place your hand in the light, creating a shadow on the paper.
- As you look at the shadow formed, is there anything God is highlighting to you? In the conversation of Reconciliation, did you cause pain?
- If you feel led, engage in a time of confession and repentance before God as you enter this time of prayer with Him. Is there anything in 'shadow' that God is bringing into the light today?
- Feel free to write down anything you feel led to pray on your piece of paper if you find it helpful.
- If you are reminded of specific people who were involved in these incidents and you have the opportunity to personally speak to them to ask for forgiveness or to forgive, please try to do so at the first opportunity in a face-to-face meeting or via telephone. (Matthew 5:24-26).

# Hope Rope

"Is not this the kind of fasting I have chosen:  
to loose the chains of injustice  
and untie the cords of the yoke,  
to set the oppressed free  
and break every yoke?  
Isaiah 58:6

## Instructions:

- The circumstances that lead to the division in our country, our churches, our communities and families are often very complicated. Riddled with oppression, ideological differences, long histories of violence and revenge, and economic concerns all contributing to the conflict and distrust.
- Pick up the rope and spend some time slowly untying some of the knots. As you untie them, imagine God untangling the mess that led to division and oppression, injustices, hate and anger. Ask Him to break the chains of oppression and unpick the cycles of retribution. Pray for His freedom and justice to reign.
- Pray that he would make you a Peacemaker showing you where he wants you to go. Maybe pray:

*"Lord, make me an instrument of Thy peace. Where there is hatred, let me sow love. Where there is injury, pardon. Where there is doubt, faith. Where there is despair, hope. Where there is darkness, light. Where there is sadness, joy. O Divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive. It is in pardoning that we are pardoned. It is in dying that we are born to eternal life. Amen." ~ Francis of Assisi.*

# Freedom Stones

Everyone who makes a practice of sinning also practices lawlessness; sin is lawlessness.

**1 John 3:4**

But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.

**1 John 1:7**

## Instructions:

- What things have you said or done that you want to say sorry for? Especially words or actions that do not speak life over Gods people and nation.
- Write or draw a word, a symbol, or the word 'sorry' on the stone with the chalk. Hold the stone as you say sorry to God.
- Now hold the stone under the water and watch what you wrote be washed away.
- Thank Jesus that his sacrifice wipes out everything you've ever done wrong.

# I Have a Dream

And he answered, "You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself." **Luke 10:27**

There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus.  
**Galatians 3:28**

After this I looked, and behold, a great multitude that no one could number, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, clothed in white robes, with palm branches in their hands.  
**Revelations 7:9**

## Instructions:

- Martin Luther King Jr. had a dream of unity, love and equality.
- He made a difference, he was the change he wanted to see, he practiced what he preached, he was bold enough to share his heart and dream, he marched with people and spoke love and kindness.
- Do you have a dream for how the world (your home, your community, your church, your city, your country) could be different?
- Write your hope/prayer on a post it note and stick it onto the giant 'dream bubble'.

# Love Letter

And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.

**Ephesians 3:18 - 19**

## Instructions:

- Take an envelope and write your name on the front in the To: position.
- Open the letter and read it slowly. Hear your Father's voice and heart for you.
- Take this letter with you and place it in your bible to look at regularly or somewhere you will see it often.

My child,

You may not know me, but I know everything about you. *Psalm 139:1* I know when you sit down and when you rise up. *Psalm 139:2* I am familiar with all your ways. *Psalm 139:3* Even the very hairs on your head are numbered. *Matthew 10:29-31* For you were made in my image. *Genesis 1:27* In me you live and move and have your being. For you are my offspring. *Acts 17:28* I knew you even before you were conceived. *Jeremiah 1:4-5* I chose you when I planned creation. *Ephesians 1:11-12* You were not a mistake, for all your days are written in my book. *Psalm 139:15-16* determined the exact time of your birth and where you would live. *Acts 17:26* You are fearfully and wonderfully made. *Psalm 139:14* I knit you together in your mother's womb. *Psalm 139:13* And brought you forth on the day you were born. *Psalm 71:6* I have been misrepresented by those who don't know me. *John 8:41-44* I am not distant and angry but am the complete expression of love. *1 John 4:16* And it is my desire to lavish my love on you. Simply because you are my child, and I am your Father. *1 John 3:1* I offer you more than your earthly father ever could. *Matthew 7:11* For I am the perfect Father. *Matthew 5:48* Every good gift you receive comes from my hand. *James 1:17* For I am your provider and I meet all your needs. *Matthew 6:31-33* My plan for your future has always been filled with hope. *Jeremiah 29:11* Because I love you with an everlasting love. *Jeremiah 31:3* My thoughts toward you are countless as the sand on the seashore. *Psalm 139:17-18* And I rejoice over you with singing. *Zephaniah 3:17* I will never stop doing good to you. *Jeremiah 32:40* For you are my treasured possession. *Exodus 19:5* I desire to establish you with all my heart and all my soul. *Jeremiah 32:41* And I want to show you great and marvellous things. *Jeremiah 33:3* If you seek me with all your heart, you will find me. *Deuteronomy 4:29* Delight in me and I will give you the desires of your heart. *Psalm 37:4* For it is I who gave you those desires. *Philippians 2:13* I am able to do more for you than you could possibly imagine. *Ephesians 3:20* For I am your greatest encourager. *2 Thessalonians 2:16-17* I am also the Father who comforts you in all your troubles. *2 Corinthians 1:3-4* When you are broken-hearted, I am close to you. *Psalm 34:18* As a shepherd carries a lamb, I have carried you close to my heart. *Isaiah 40:11* One day, I will wipe away every tear from your eyes. And I'll take away all the pain you have suffered on this earth. *Revelation 21:3-4* I am your Father, and I love you even as I love my son, Jesus. *John 17:23* For in Jesus, my love for you is revealed. *John 17:26* He is the exact representation of my being. *Hebrews 1:3* He came to demonstrate that I am for you, not against you. *Romans 8:31* And to tell you that I am not counting your sins. Jesus died so that you and I could be reconciled. *2 Corinthians 5:18-19* His death was the ultimate expression of my love for you. *1 John 4:10* I gave up everything I loved that I might gain your love. *Romans 8:31-32* If you receive the gift of my son Jesus, you receive me. *1 John 2:23* And nothing will ever separate you from my love again. *Romans 8:38-39* Come home, and I'll throw the biggest party heaven has ever seen. *Luke 15:7* I have always been Father and will always be Father. *Ephesians 3:14-15* My question is... Will you be my child? *John 1:12-13* I am waiting for you. *Luke 15:11-32*

– Love, your Dad, Almighty God.