

# Novena prayer pack



# Novena - Nine days of Prayer within Canterbury Diocese

Welcome to this prayer pack, designed to accompany the Novena materials produced by the Diocese of Canterbury. The 'Novena' refers to the period of time that goes from Ascension Day to Pentecost - traditionally a time of prayer for Christians.

The pack was produced by the ChYP's team at Diocesan House, aided by Revds. Stephen and Lesley Hardy. Our thanks to them. We're looking forward to the next pack, working on prayers for Lent 2018.

Please let us know what you think before we start on Lent for 2018 - it is only through feedback and reflection that we can hone these packs to make them both useful and helpful as you journey through the year with your friends and families, at church, home or school.

As with Advent, there are some prayer station ideas, and then prayer activities for you to use each day. They are designed to be used with the special images that have been produced (see them at [www.canterburydiocese.org/novena](http://www.canterburydiocese.org/novena)). Please use them wherever and whenever you can!

Ronni Lamont

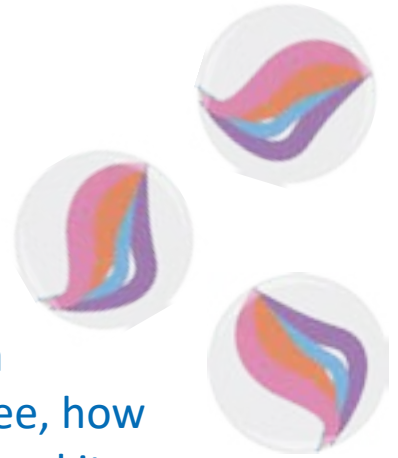
Faith and Nurture Adviser

# Prayer station ideas

For a church or a school to install over the Novena period, to support the other daily prayer suggestions:

## Marble prayer activity

You need a bag of marbles and some foil, cut into small squares that are big enough to wrap a marble in, and a container for the discarded foil.



Choose a marble from the bag, and look at it for a while - how beautiful is it, what colours can you see, how was the colour put inside? Now wrap the foil around it - this is how sin - the times we muck up and do things wrong, or upset people - can cover the person we really are, and God wants us to be, underneath.

Hold the marble and think of the wrong things you have done this week. Ask God to forgive you and take away the foil as a sign that your sins have been removed. Now look at the beauty revealed...

## Jigsaw intercessions



You need a broken up jigsaw. If you are well ahead of the game, you could get a photo of your home/school/church community made up into a puzzle by one of the online retailers.

Instructions for the prayers are found at:

[flamecreativekids.blogspot.co.uk/p/hands-on-intercessions.html](http://flamecreativekids.blogspot.co.uk/p/hands-on-intercessions.html)

## Using sand to pray

You need some sand - if your church/school has Godly Play resources, use the desert bag;

Or you could put some sand into a large litter tray. Make sure that it's 'play sand' rather than builder's sand.

Let your fingers run through the sand...how does that make you feel? Now smooth the surface, as if God is smoothing your heart.

Now write in the sand, either something that is hurting you, or something you are sorry about, and then rub it out as you are forgiven, or you forgive.

# Daily Novena activities

## Day 1: Between Generations

Luke 2:33-35, 39-40, 51-52



Stick post-it notes on a giant heart shape, writing on them a time when we felt really warm and loved. Thank God for all the good experiences you had during childhood and youth. Pray for today's children and young people with the problems they face.

Make a family tree with a real twig in a pot, and fix on labels showing people you are connected with. Pray for each one today as you go about your life.

## Day 2: Between Seeking and Finding

John 1:38-46

Fold a piece of paper in 4, like a concertina. Cut out the shape of a person, with hands and feet joining at the folds. Then either try to draw in the faces of three people you would like to invite to know Jesus, or put an initial letter on each person. You are the fourth. Try to pray for each of those three for one minute each day.



If you've not made these before, there's a helpful demo:

[www.youtube.com/watch?v=qxa66E63xaU](http://www.youtube.com/watch?v=qxa66E63xaU)

Print out a finger labyrinth (link below) and then think about the fact that Jesus is with you wherever you go, even when you think you are going in a different direction.

<http://flamecreativekids.blogspot.co.uk/search?q=Labyrinth>

Or make a giant map of your community on the church/school hall floor, made in masking tape, for people to do a prayer walk around.

## Day 3: Between Bystander and Game-Changer

Esther 4:13-16



Find a newspaper or magazine and cut out several stories that concern you. What might God be saying about those situations? How could you pray for the situations? Arrange them on a large sheet of paper/card and write a short prayer for them all below. If you have time, think about what needs to be said in each situation.

A practical action – could you give some food to a food bank, or send money to a charity helping refugees? Or decide to sponsor a child. Or offer some help in church or school?

## Day 4: Between Chaos and Courage

Exodus 14:10-14

Imagine that your life is like a journey, going from birth to where you are now. Now try to depict that like a map, naming the various points along the way (birth, baptism, starting school, joining church, moving house, becoming aware of Jesus, etc.) You might also like to put in a possible destination or two for the next stage of life.



You might like to do this for your family - find out when and how your parents met, and all the events along the way since that have brought your family to where you are today.

## Day 5: Between Us Two

Luke 1:39-45



As a group or a family, each write down something about yourselves that probably no one else knows. Then swap the pieces of paper around, and try to guess who wrote which one. Say a short prayer for each other at the end.

## Day 6: Between Breaths

Genesis 1:30b-2:3

Create a cartoon strip of the six (seven) days of creation. See [www.canterburydiocese.org/media/novena/prayerpack\\_creation.pdf](http://www.canterburydiocese.org/media/novena/prayerpack_creation.pdf) for the outline with blank boxes and captions. Use the last box to illustrate what **we** do by way of relaxation on 'the seventh day'.



## Day 7: Between Sunset and Sunrise



John 19:38-42

If you have access to a garden, spend some time tidying up a small area, or getting a plant or a herb and planting it, either for yourself, or perhaps as a love gift for someone else.

If you don't have access to a garden, perhaps tidy up a room at home, thinking about whoever normally does this chore, and being thankful for them.

### Make a reflection bottle with glitter glue

You need a 'Kilner' type jar, some glitter glue and some water.

Half fill the jar with water, and then pour some of the glitter glue in. Top up to three quarters full with water, give it a good shake and place on a shelf. After about a day, the glue merges into the water,

and if you shake it up, you can watch the glitter slowly settling. Does this make you think about how our emotions, and even our lives, can churn up and then slowly settle?

## Day 8: Between Despair and Thanksgiving

### Jonah 2:1-7

Take a stone and think about the deepest darkest part of your life. Thank God that you have come through it, and cast the stone into a bucket of water. With permission, you could put it in the font at your church or go down to the beach and throw it in the sea.



## Day 9: Between Endings and Beginnings



### 2 Kings 2, 9-15

Elisha was keen to 'carry on the job'. Make a list of tasks that you could do within the church or school family, using the gifts God has already given you. Or perhaps everyone write them on a large outline of a person. How will you contribute to the community of faith over the next year?

Do you feel as if you are doing too many jobs? If so, think about which ones you need to give up, and then talk to the person in charge. Everyone is a part of the Body of Christ.