

## PRAYER ACTIVITY | *Prayer Bowl*

*To participate in this prayer activity, you will need a few simple household items on hand: a small or medium sized bowl, a pen, and a few small pieces of paper.*

- There are a lot of feelings in the air these days – we’re in uncharted waters, and at times it can feel like there are more questions than answers.
- 1 Peter 5:7 holds one of the best invitations in all of scripture, and I love it for its tenderness: **“Cast all your anxiety on him, because he cares for you.”**
- Instead of letting your anxieties and fears control you in this time, what would it look like, for you to let God hold your cares this week? To believe that God is big enough to handle whatever we’re going through.
- We asked you to grab a bowl for this experience, which might seem a little odd. But in the book of Revelation John tell us that the prayers of the saints are placed before God as bowls of sweet smelling incense.
- And so we want to take some time to name the anxieties and cares that are weighing us down right now. And then we’re going to – symbolically and prayerfully – place those things before God by placing them into the bowl. Trusting him to carry them for us.
- So set your bowl out on a table, or chair, or the floor near you. Grab one of the papers, and take a moment with God to be honest about the worries and concerns you’re holding, that maybe need to be placed into his hands.
  - Fear over lost income
  - Cost of isolation, financially or emotionally
  - Worry about your health, and your loved ones
  - Grief over what’s happening in the world at large
  - Concern about how long this is going to last, what it means for the future
  - Stress of having kids home all day every day
  - Maybe you’re wrestling with something completely unrelated to viruses and quarantines, and you feel utterly unseen because of everything else going on
- What is weighing your heart down today? Write it (all) down.

**[Pause now and take all the time you need to write your cares and worries down]**

- Once you’ve written your cares down, I invite you to make the choice to release & entrust your cares to the only One who can do anything about them, remembering that He cares for us, better than we could ever care for ourselves.

- **Go ahead and place your cares into the bowl now.**
- This doesn't have to be a one-time experience. In fact whenever you feel overwhelmed or anxious, I'd encourage you to grab another piece of paper, write it down and place it in this bowl as a way of casting it onto God. Consider leaving this bowl somewhere in your home where you'll see it regularly and be reminded that God is actively caring for you.
- Finally, I want to pray for you, that you would experience peace and feel God's care for you. As I pray for you, I'd like to invite you to hold your bowl up before God, as a physical demonstration of the prayer that we are lifting these things to him. Let's pray:
- *Father, would you receive our cares now, and all of the raw feelings that come with them. You see our hearts, you know our minds, you're well-acquainted with the wrestle. And it's ok. We need you so much right now, to show us how to walk in light and life. How to be Kingdom people full of love and hope and compassion and courage. Would you make us strong where we are weak, and brave where we are afraid, would you help us to experience your love and care in ever-deepening ways, and then let us share your love and care in ever-deeper ways with those around us. We trust you to be faithful to carry us through, because that's who you are, and that's how you love. In Jesus' name we pray, Amen*