

Lent prayer stations

Throughout Lent, we will be inviting you to build a series of prayer stations that can be positioned around your church space.

Each weekly activity can become a station that can be revisited throughout Lent as a focus of ongoing prayer and reflection

22-28 February 2026 Testing times

Pray for God's creation **E S A**

You will need: images of all kinds of trees (both big and small, healthy and unhealthy, weathered, pushing through fences, burned, cut down, etc.); a tree outline drawn on a large sheet of white card or paper; an ink pad; wet wipes.

- Spread the images of the trees around your space and invite the group to look at the images and reflect on how they make you feel.
- Introduce the idea that we might sometimes feel like things are hopeless, especially when we are going through testing times. But hope is never truly lost with God, who longs to restore and redeem all parts of creation.
- Encourage everyone in the group to come forward, in turn, and use the ink pad to add their fingerprints to the tree outline, creating a tree of hope as a symbol of God's restored and redeemed creation. Display this tree as one of your Lent prayer stations.

1-7 March 2026 Keep asking questions

Star questions **W E S A**

What questions do you have?

You will need: gold or silver paper star cut-outs, pens or pencils, a basket, a large sheet of dark-coloured paper, glue.

- Explore together how, sometimes, we have questions about faith that we feel we can't ask or are too embarrassed to ask – maybe this is why Nicodemus came to Jesus at night. Explain that we are going to ask a question and display them on the dark-coloured paper, so they shine out in the night sky, rather than getting hidden away.
- Invite people to write their questions on a star and place them in a basket.
- When everyone has completed this activity, read out each question and, as you do so, stick the stars to the sheet (or ask someone to do this).

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8-14 March 2026 Who are you?

Living water **E S A**

Pray for those who are excluded

You will need: a large sheet of card or paper, paper water droplet shapes large enough to write on (ideally cut out of blue paper), pens or pencils, image of a well, glue.

- Remind the group that the Samaritan woman was someone who had been pushed to the edge of her society and community. Encourage everyone to think about which individuals and groups are on the edges of our society today.
- Give each person or small group a paper water droplet shape and ask them to write a word, phrase or draw something to represent these people, and then stick their droplet to the well image.
- Encourage everyone to pray that barriers of exclusion and marginalisation for these individuals and groups are broken down.

15-21 March 2026 What do you see?

Mud glorious mud **E S**

Celebrating the healing power of the natural world

You will need: clay or play dough; magazines, scissors, glue, a large sheet of card or paper.

- This activity provides a chance for people to stop and give thanks for the earth and all it sustains and allows to grow, as well as how Jesus used the mud to heal the man born blind.
- First, provide an opportunity for everyone to touch and feel the clay or play dough as you recall that part of the passage. Then, reflect together about why Jesus used mud to heal the man and where we see the healing power of nature in our lives.
- Next, invite people to cut out anything from the magazines that is mud coloured – chocolate, brown clothes, animals with brown fur, images of the earth, etc. Make a collage while they thank God for all the amazing things the earth sustains.

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22-28 March 2026 Wake me up!

The cross as a sign of hope E S A

Symbolising grief and resurrection

You will need: one large cross made out of card/paper, small paper crosses, pens/pencils, glue.

- Display the large cross and discuss how, at this time of year, our focus turns to the cross as a sign of the death of Jesus, but remind people that it is also a sign of hope.
- Remind the group that in the moment of mourning and death, Martha and Mary were very sad and brought their hurt and anger to Jesus, wondering where he was and why he hadn't done anything to help.
- Ask the group to quietly consider times when they may have felt or feel like this, and to use this opportunity to bring aspects of grief and loss in our lives to God. Encourage everyone to write or draw something on a small paper cross to represent this, e.g. the name of a loved one or a situation in their lives. Invite them, if they would like to, to bring them and stick them on the large cross as a sign of offering this to God, and asking Jesus to bring new life to these situations and our feelings about them.

29 March - 4 April 2026 Journey to the cross

The shadow of the cross E S

Symbolising the journey of Holy Week

You will need: one large, light-green, paper palm leaf; smaller pieces of a pale green, dark-green paper; glue.

- Display the palm leaf and reflect together on the atmosphere at Palm Sunday, which was full of celebration.
- Reflect together on the coming week and how, soon, the atmosphere will shift to grief at the foot of the cross.
- Ask the group to think about their experiences with celebration and pain. Encourage each person to take a small piece of dark-green paper to stick onto the large palm leaf along some of the fronds and down the centre to make a cross shape that stands out against the light-green leaves. As they do this, ask them to pray and think about asking Jesus to journey with them through this Holy Week.