

RECOMMENDED MATERIALS FOR CONTEMPLATIVE PRAYER STATIONS

“THANKING” station

- Several blank thank-you cards
- Large cross
- A few one-minute sand timers
- Small pieces of paper to write on
- Writing utensils (pens, pencils, markers, etc.)

“SEEING” station

- Binoculars
- Artistic rendering of Jesus (such as a painting or stained-glass window)
- A few one-minute sand timers
- Small pieces of paper to write on
- Writing utensils (pens, pencils, markers, etc.)

“HURTING” station

- Several eyedroppers
- Bowl of water
- Beautiful bottle to put drops of water in
- A few one-minute sand timers
- Small pieces of paper to write on
- Writing utensils (pens, pencils, markers, etc.)

“BELIEVING” station

- Whiteboard with dry erase markers or large pad of paper (like an easel pad)
- A few one-minute sand timers
- Small pieces of paper to write on
- Writing utensils (pens, pencils, markers, etc.)

“HEARING” station

- Whiteboard with dry erase markers or large pad of paper (like an easel pad)
- A few one-minute sand timers
- Small pieces of paper to write on
- Writing utensils (pens, pencils, markers, etc.)

“WALKING” station

- A few one-minute sand timers
- Small pieces of paper to write on
- Writing utensils (pens, pencils, markers, etc.)