PYT 2019 Station Names and Instructions

1. “Here’s My Heart” Wall
   • Select a piece of the brightly colored paper and write at the top something you care passionately about.
   • Under that write down a way or ways that you could use your intelligence, imagination, energy, and love, along with your passion, to make a difference in the life of at least one person in the next two weeks. Be specific!
   • Copy down your goal into your journal.
   • Roll up your piece of colored paper and tuck it into wire wall.
   • Spend a few moments in prayer offering your “heart” and asking God to help you accomplish your goal.

2. Prayer Fitness Bands
   • Select one of the long strips of paper.
   • Write a list of ten people or situations for which you are willing to pray during your time at Triennium.
   • Ask someone nearby to tape the band around your wrist as a sign of your commitment to prayer.
   • Later you can tuck your band into your Bible or journal as a reminder to keep praying.

3. Paint Swatch Scripture
   • Pick a paint swatch in a color family that you like.
   • Use colored markers to copy your favorite Scripture passages from among those posted at the station onto each of the colored squares on your swatch.
   • Tuck the swatch in your journal and try to read through the Scripture passages daily, working to understand God’s specific message for YOU in the verses.

4. Leave a Prayer - Take a Prayer
   • Use any of the supplies available to write a simple prayer or use art/images to create a visual prayer on your tag that represents a person or situation of concern to you.
   • Hang your prayer tag on the wall using a push pin.
   • Select a prayer tag someone else has made and take it with you as your commitment to pray for that person or situation during the week of Triennium. You don’t have to know the details of the situation - God already does!

5. Take a Soldier
   • Select a postcard and find the name of someone serving in the military from the posted list of names. Address the card to that person and then cross that person’s name from the master list.
   • Spend a moment to write a short note of appreciation to them for their service to our country and let them know that you are praying for them.
   • If you have been to the Heart Art station, you may want to glue one of the small colored hearts on your postcard.
   • Drop the completed postcard in the “mailbox”.
   • Take a toy soldier and tuck it in your pocket as a reminder of those who serve in our military and your commitment to pray for one specific person.
6. Origami Dove
• Read the Acts 1:6 - 11 passage posted in the station. Decide on one key word from that passage that you think God might be speaking to you today.
• Select a doily from the table and use a pencil to lightly write that word in the center of the doily.
• Follow the folding instructions that are posted to fold the doily into a dove.
• Tuck the finished dove into your journal or Bible as a reminder of the word God spoke to you through Scripture.

7. “I Am” Affirmation Art
• God has made each of us as uniquely gifted and blessed but we are guilty of taking those gifts and blessings for granted.
• Select one of the brightly colored strips of paper and a marker.
• Think of three or four words that describe you (not physically but in terms of personality, talents, interests, etc.)
• Write those words on one side of your strip of paper.
• Use a glue stick on the back of your strip of paper and then attach it to the art piece in the appropriately labeled color area, thanking God as you do so for the gift of who you are.

8. Praying in Color Confessions
• Select one of the paper designs to be colored.
• Spend a few minutes coloring in the design with colored pencils while reflecting on some of the things that cause you to wander away from God.
• When you are finished coloring, turn the block over and write down one word that “confesses” something that causes you to wander and for which you are sorry.
• Use a glue stick to cover up that confession and stick your block on the black background next to others on the wall, committing to God to try to change the behavior that causes you to wander.

9. DIY Meditation Gardens
• Sit down before one of the terra cotta meditation gardens and spend a moment appreciating the design left by the previous artist.
• Remove any stones that may be in the dish and use an old gift card to smooth the surface of the sand.
• Close your eyes and slowly breathe in and out several times and try to become aware of God’s presence with you in this space.
• Open your eyes and focus on the sand in the terra cotta “garden.” Use the chop sticks and the combs to create a design on the surface of the sand that is pleasing to you.
• Add the smooth stones as desired to enhance your design.
• When you are finished, close your eyes once more and express thanks for God’s presence in your life.
• Walk away knowing that the beauty you have created is temporary but that God’s presence is forever.

10. Written on my Heart
• Read the Scripture passage posted on the wall in the station
• Find one of the cardboard heart templates and a page from an old hymnal.
• Trace the heart pattern onto the hymn page.
• Use scissors to cut out the heart.
• Write a word or short phrase from the Scripture text in the center of the heart.
• Follow the instructions on the poster to fold the heart shape into a tiny envelope.
• Tuck the envelope in your journal as a reminder of what God has written on your heart.

11. Gazing Prayer for the World
• Wander around the outside of the photo area and look at the photos of faces until you find one that speaks to you.
• Sit down on one of the cushions and focus on that face while trying to visualize that person’s story - what might their name be? where do they live? who are their family? what are they good at? what challenges do they face?
• Spend a few moments praying for that person.

12. Heart Art
• Select one of the coffee filters and three different colors of markers and a paper plate.
• Place the coffee filter on the paper plate and color the surface of the coffee filter.
• Lightly mist the filter just until the marker begins to bleed a little and the colors begin to blend.
• Fold coffee filter in half, in half again, and in half a third time.
• Cut out half of a heart shape along the fold, tracing a template if necessary.
• Use a baby wipe to clean up the marker from your hands.
• You should end up with multiple hearts. Once they are dry, put one in your journal, take one to the “Take a Soldier” station to use on a postcard there, and pass the remaining ones out to your friends and to strangers you meet with the greeting “Here’s My Heart.”

13. When Love Takes Over
• Trace a cardboard heart pattern onto a piece of the notebook paper using a pencil.
• Use a marker to trace the lines on the notebook paper OUTSIDE the heart pattern.
• INSIDE the heart pattern, draw the lines from edge to edge with a slight arcing curve, trying to keep the curve consistent from line to line.
• Use individual curved lines when you reach the two upper sections of the heart. (See the poster as an example).
• Tuck your drawing in your journal as a reminder of how our hearts feel fuller and bigger when we allow love to take over.

14. Labyrinth
• Physically walk a path that symbolizes moving toward an encounter with God as you approach the center and as you walk back out, carry the experience of that encounter back out into a hurting world.
• Remove your shoes before stepping into the labyrinth.
• Walk in silence.
• Walk slowly and try to focus on breathing in the love of God and breathing out those things that separate you from God.

15. Tune Our Hearts
• Listen to the song “Here’s My Heart, Lord” while reading the words.
• With gratitude, think of some of the ways God has shown love to you.
• Choose one of those ways you have experienced God’s love and write about it in your journal as a prayer of thanksgiving.

16. Come Thou Fount
• Put on a set of earphones, close your eyes, and listen to the words to the song Come Thou Fount.
• Pay particular attention to any words or phrases that jump out at you.
• After listening, spend a few minutes writing in your journal about some of the words and phrases that “spoke to you.”

17. Journal-Making
• Using any of the available art supplies, decorate the covers of the mini journal which will be yours to use for the week in the Prayer Center as well as during worship.
• Make sure your name is inside the front cover in case it is misplaced.

18. “I Heart Cookies”
• God gave us different senses so that we could experience God’s presence in a wide variety of ways. Savor the TASTE of a heart shaped cookie while remembering that God loves us more than we can possibly imagine.

19. Heart Health
• We can experience God through our hearts, but also through our minds and bodies.
• On each quarter hour, a brief stretching and yoga workout will be directed in this space. Choose a vacant mat, remove your shoes, and sit quietly until you are instructed to begin.
• Please maintain silence while in the space and focus on being aware of your breathing, your movements, and on God.

20. Key Chain Art
• Select a small formica square and place it on a paper plate in front of you.
• Choose one of the heart stamps, lightly pat it onto the surface of the Staz On ink pad, and stamp it onto the surface of the formica. Press down firmly to ensure a clear image. Allow to dry completely (just takes about a minute).
• Choose 2 - 3 different colors of alcohol inks.
• Lightly spritz your formica square ONE TIME with one of the spray bottles of alcohol.
• Place one or two drops of each of the colors of alcohol inks on the spritzed formica surface.
• Use the plastic straws to blow the ink around on the surface and to force it to blend. Continue to blow until the ink has dried completely.
• Take your square over to the “spray station” and lightly mist the surface with the acrylic spray sealer. Allow a couple of minutes for the sealer to dry.
• Choose one of the keychains from the bowl and thread it through the hole in your formica.
• Carry the keychain daily as a reminder of your commitment to allow your heart to guide your decisions and relationships.