

STATION NAMES AND OBJECTIVES

1. "Here's My Heart" Prayer Wall

Reflect on how God may be calling you to use your passions, imagination, energy and love to make a difference in the life of one or more individuals in the immediate future.

2. Fitness Bands

Intentionally pray for ten different people or situations throughout the week.

3. Paint Swatch Scripture

Reflect on Biblical passages that remind us of the various themes from the week.

4. Leave a Prayer - Take a Prayer

Reflect on a prayer concern that you leave on the prayer wall and intentionally pray for a concern raised by someone else.

5. Take a Soldier

Reflect prayerfully on those serving in the military and express gratitude for their service.

6. Origami Doves

Reflect on the idea of being commissioned to go out into the world and make a difference.

7. "I Am" Affirmation Art

Identify and label a personal gift, passion, or characteristic that, when joined with those of the body of Christ, can impact the world.

8. Praying in Color

Reflect on ways we wander away from God.

9. DIY Meditation Gardens

Reflect on the ways God is seeking and confronting us.

10. Written on My Heart

Identify a risk that must be taken or a fear overcome in order to commit to God's purpose.

11. Gazing Prayer for the World

Focus beyond our immediate community and pray for a stranger and those who are often overlooked.

12. Heart Art

Create visual reminders that God calls us to give our hearts to God and others.

13. When Love Takes Over Optical Illusion Heart Art

Reflect on how God can transform our hearts and use us to transform others when we allow love to take over.

14. Labyrinth

Explore walking the labyrinth as a symbolic way to approach God, experience God, and carry God out to the world.

15. Tune Our Hearts

Reflect on the words to “Here’s My Heart, Lord” and, with gratitude, identify some ways that God has shown love to you.

16. Come Thou Fount

Invite reflection on the words of the hymn “Come Thou Fount” and respond creatively.

17. Journal Making

Engage the creative process in designing a cover for a journal to be used throughout the week.

18. Taste the Love Cookie Station

Engage the sense of taste in enjoying a symbolic heart cookie.

19. Heart Health Station

Engage the whole body in meditative movement using yoga and stretching.

20. Key Chain Station

Create an art piece that becomes a daily reminder of our commitment to let our hearts and faith drive our choices and decisions.