



## I WAS THERE

# LENTEN HOME PRAYER STATIONS

Our church was not able to hold prayer stations this year because of the Covid-19 virus. Even though the virus may be up front and center in our lives right now, we should take time to remember there are other needs in the world, there are people with other burdens, and there are praises to give each day. It is time to turn our focus to Holy Week and the story of our risen Lord and the power of prayer

### SUPPLIES:

- **CANDLE**
- **LIGHTER (TO LIGHT CANDLE)**
- **A CROSS TO TOUCH OR HOLD**
- **A BOWL OF WATER**
- **A MEDICAL MASK**

The theme for this year's prayer stations was to be, "I Was There." Imagine yourself in the places Jesus appeared on his journey to the cross. Praise, pray, offer, in the same places He did, as you participate in prayer at your home.

We can celebrate Jesus' journey through prayer at home, using items in our home environment as reflection tools rather than items at a prayer station. If you don't have these items, hold a palm cross each time, or simply fold your hands to pray. There are 7 prayers. You can do these prayers in one day or spread them out from Holy Thursday to Easter Sunday.

God bless you on your prayer journey. Love, Lynn

## PLACE: THE ROAD TO JERUSALEM

Hosanna! Imagine you are standing near the road to Jerusalem, ready to praise Jesus and welcome him as he comes through town. Imagine waving a palm leaf as you praise Jesus.

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*PRAY: Hold out your hands. Welcome Him into your life. Praise Jesus for His remarkable journey. Praise Him for anything in your life you wish to thank Him for. Ask Him to guide you on your journey.*

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## PLACE: THE GARDEN OF GETHSEMANE

Jesus chose to pray in a garden when He needed to talk to His Father. Go to a place in your home where you like to pray. In your favorite place, talk to your Father as Jesus did in the garden.

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*PRAY: Talk to God about a fear you might have, something you are worried about. Read aloud the same prayer Jesus prayed in the garden:*

*"My Father, if it is possible, let this cup pass Me by. Nevertheless, let it be as You, not I, would have it."*

## **PLACE: THE UPPER ROOM**

Sit at your dining table and imagine you are sitting with the disciples in the Upper Room, listening to Jesus say, “do this in remembrance of me.” Besides participating in the sacraments, how often and when do we “remember” Him?

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*Pray: Ask Jesus to help you remember Him in all circumstances of each day.*

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## **PLACE: THE TOMB**

(Place an unlit candle in front of you.)

Imagine you have arrived at the tomb... and He is not there! Are there times now when you wonder, ‘Where is He? Has he left me? Have I left Him?’

Light a candle or close your eyes and pause to feel His presence and know He is with you ALWAYS.

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*Pray: Pray that the Holy Spirit will always allow you to feel God’s presence, especially when you think you’ve lost Him.*

## PLACE: THE ROAD TO THE CROSS

(Place a cross in front of you.)

Imagine you are on the road of Via Dolorosa, the “way of sorrow,” the stone street in Jerusalem along which Jesus carried the cross to his own crucifixion. There are marks left on the road from Jesus dragging his cross! Jesus also carried many burdens that day, suffering, sadness, disappointment.

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*Pray: Hold the cross or close your eyes and pray for someone you know carrying a burden today. Thank Jesus for his ultimate sacrifice.*

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## PLACE: BEFORE PONTIUS PILATE

(Place a bowl of water in front of you.)

What is truth?” retorted Pilate. With this he went out again to the Jews gathered there and said, “I find no basis for a charge against him.” Because of the people’s threat to inform the emperor that Pilate hadn’t eliminated a rebel against Rome, Pilate went against what he knew was right. In desperation, he chose to do wrong.

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*Pray: Pray for our leaders in communities, churches, state, and country to make decisions based on what God would want and not on desperation or pure circumstance. Now, empty your bowl of water, representing “in God we trust.”*

## **PLACE: WITH MARY AND JOHN**

(If you have a medical mask, place it in front of you.)

Imagine sitting with Mary and John at the cross. Mary cared for her son, Jesus, and while on the cross, Jesus asked John to take care of her.

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*Pray: Place your hand on your medical mask.  
Ask God to care for all those who are sick and  
in need. Thank Him for all those who are caring  
for others and giving of themselves in this time  
of need.*

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