

# Welcome to the Prayer Room

## **Sit Down & Light The Candle**

Begin in the presence of the Father, Son, and Spirit.

## **Center Yourself with Breath Prayer**

Allow yourself to slow down and focus on God and his love for you.

## **Prayers of Honesty & Confession**

Move to the first station to write your prayers of failure or disappointment.

## **Wash Your Hands With Water**

Remember the cleansing forgiveness of Jesus by washing your hands in the bowl.

## **Prayers for Family & Friends**

Pause to write down prayers of gratitude and salvation for others.

## **Pray a Psalm**

Try kneeling and praying an ancient prayer from the Psalms.

## **Prayers for Portland**

Join your prayers to ours for the renewal of our city.

## **Prayers for the World**

Intercede on behalf of people and their needs in our world.

## **Remember the Lord with the Bread and Cup**

Reflect on what Jesus has done for you and draw close to him through this tangible act.

## **Create on the Back Wall**

This is a space for creativity - draw, scribble, write prayers or write poems. Get messy!

## **Journal Your Thoughts & Impressions**

Return to the sofa to reflect and write down your impressions.