

## MORE INFORMATION

Prayer Stations are easy to set up and use. Each Prayer Station comes to you complete... everything you need in a labelled backpack.

### AVAILABLE PRAYER STATIONS INCLUDE:

*Ties That Bind*

*Warrior David*

*Speaking Words of Wisdom*

*Whole Armor of God*

*Eagle's Wings*

Request one or more of these  
**Prayer Stations**  
or contact us to design one based on your  
interests or needs.

#### CHAPLAINCY ACADEMY FOR RELIGIOUS EDUCATION

A GENERATING POINT AND A DESTINATION  
FOR LEADER & WORKFORCE DEVELOPMENT

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# PRAYER STATIONS



## A RESOURCE FOR UNIT MINISTRY TEAMS

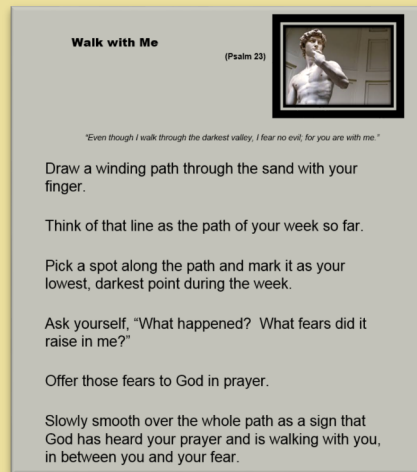


U.S. ARMY CHAPLAINCY—FOR GOD AND COUNTRY

## HOW DO WE USE A PRAYER STATION?

Once the Prayer Points have been set up, the instructions included will guide participants.

All necessary materials are included in the kit. Communication with your target group will be key to inform these potential participants of the dates, times and location(s) of the Prayer Station.



Depending upon placement and duration, you may want to put up signs directing people to the Prayer Station (and perhaps the individual Prayer Points).

## PRAYER STATIONS THIS WAY



## WHY PRAYER STATIONS?

Prayer Stations guide individuals or groups into prayer experiences that deepen faith and increase spiritual resiliency.



The activities of the individual Prayer Points expose Soldiers and their Families to prayer practices that they may not have experienced before and use materials that may be familiar or new.



Clear instructions with each Prayer Point make the Prayer Station self-directed. Because of this, no leader needs to be present as they are being used. A leader may be present to respond to questions and provide support to those using the Prayer Station. The purpose is for participants exploring the Prayer Stations to connect with God in this moment and in this space. \*

## WHAT IS A PRAYER STATION?

A Prayer Station is a collection of several Prayer Points. Prayer Points are a place/space/center containing materials and instructions/directions prepared for individuals or groups to explore and experience practices, both ancient and contemporary, which lead to an encounter with God's presence.



***(Exodus 3:5 and Acts 7:33 "... for the place on which you are standing is holy ground.")***

Prayer Stations can help to make any space a sanctuary where God's presence is made known. The contents of Prayer Stations may vary with a unifying theme or scriptural text connecting the individual Prayer Points. Usually there are five to seven Prayer Points in each Prayer Station that offer different materials to explore and different approaches to prayer.

## \* PRAYER STATIONS AND BRAIN RESEARCH

Brain research has shown that prayer/meditation simultaneously activates multiple places in the brain in a way that no other activity creates. Although neuroscientists admit that they still have a vague idea of what the brain does, they have begun to explore what happens in the brain during religious experiences, and have determined that any brain in deep religious experience is functioning in the same manner no matter what religion is being practiced.

"Neuroplasticity" results when individuals engage in repeated prayer experiences (or any other repeated practice).



This actually changes our brains as they become "rewired" in response to experiences/practices. Neuropsychologist Warren Brown claims that soul is "not an essence apart from the physical self, but the net sum of those encounters in which embodied humans relate to and commune with God..." With this in mind, the use of Prayer Stations can play a key role in developing spiritual resiliency.

## WHEN CAN WE USE A PRAYER STATION?

A special time can be set aside and communicated for a Prayer Station to be set up or the Prayer Points may be left set up in an area that is quiet but not remote from the activity around them so that individuals or groups can engage the stations whenever they have available time.

Prayer Stations can be set up during a specific liturgical season, or specific day of the week, or specific military activity time (for example, if a group is heading to deployment/training/mission).

A connection can also be made to a theme of exploration led by Chaplains or Commanders at an installation.



**Family Readiness Group**  
**Strong Bonds**  
**Prayer Breakfast**  
**National Day of Prayer**  
**UMT Training**  
**Congregation Retreat**  
**Seasonal Event**

## WHERE CAN WE SET UP A PRAYER STATION?

Because the Prayer Stations that have been created for ARMY use are compact, they can be set up in almost any available space.



Concerns for privacy and quiet can be addressed in many ways. A corner of a larger room could be curtained off for privacy. A niche between rooms could be a space to set up a Prayer Station. The Prayer Points in a particular Prayer Station could be grouped together in one area or set up in different places around a building or installation. Some Prayer Stations may work well outdoors. Be aware of high traffic areas, noise levels, and other distractions in the area where you plan to set up the individual Prayer Points.

