



## On your marks

An introduction to prayer and into understanding the different ways in which we can approach God  
With links to Jesus' teaching on prayer in Matthew chapter 6

### Get set

You need plenty of chairs available and space!

### Go:

1. Ask the group to tell you different ways people can pass messages to each other: in the same room; between different rooms; between different towns and countries.  
Which ways are most efficient? Why? Which ways are fastest?  
Christians believe that if we talk with God, our prayer messages on behalf of others can reach anywhere and anybody at any time, faster than anything else! Even e-mail!  
So how do we get on line with God?
2. In twos or threes give each group two chairs and ask them to decide how many different ways they can arrange these chairs so that they are in some way linked or connected to each other.  
e.g. facing each other; on top of each other; behind each other; one upside down in front of the other; etc  
What do the different ways of arranging the chairs tell us about the different connections or "conversations" that could be taking place between people on the two chairs?
3. Link this to prayer. How do we sit down with God?  
Side by side? Opposite each other? In his arms?
4. Prompt more thoughts about prayer with the following questions:

*I wonder if there is any one way of talking with God that is best?*

*I wonder how God wants to sit down with you?*

*I wonder if different ways of sitting or arranging yourselves are linked to different sorts of conversations?*

*I wonder whether having an empty chair nearby might help you pray?*

*I wonder which arrangement for prayer you like best?*

5. Christians believe that through prayer we can support and stand by anyone, anywhere, any time, because God's Spirit takes our prayers and uses them to make a difference for good in God's world.