



I PROMISE PRAYER WALK

10 INTERACTIVE PRAYER STATIONS
BASED ON THE
JUNIOR SOLDIER PROMISE





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BASED ON THE JUNIOR SOLDIER PROMISE

The "I Promise" Prayer Walk contains ten interactive prayer stations based on the five sections of the Junior Soldier Promise. There are two prayer stations for each section:

I PROMISE

- I KNOW**  I know that Jesus is my Savior from sin. I have asked Him to forgive my sins.
- I TRUST**  I will trust him to keep me good. By His help I will be His loving and obedient child.
- I WITNESS**  I will help others to follow Him.
- I LIVE**  I promise to pray, to read my Bible, and to lead a life that is clean in thought, word and deed.
- I CHOOSE**  I will not use anything that may injure my body or my mind, including harmful drugs, alcohol and tobacco.

The "I Promise" Prayer Walk can be used as a companion resource to the "I Promise" Junior Soldier Rally material. The prayer stations may be used individually following each session.

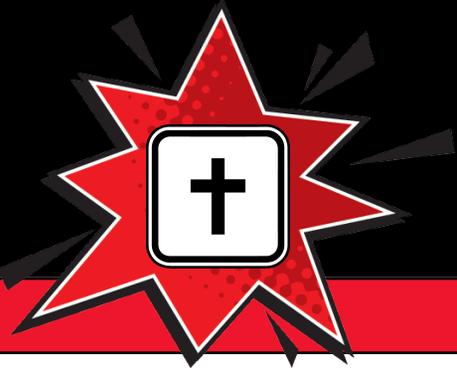
Alternatively, the prayer stations may be used together as a prayer walk/prayer event as a set of five (one from each section - for a shorter time frame or a smaller group) or as a set of ten (for a longer time frame or a larger group).

A supply checklist is included for each station, which contains instructions for preparation and set-up of stations.



I KNOW PRAYER STATION

"I KNOW THAT JESUS IS MY SAVIOR FROM SIN. I HAVE ASKED HIM TO FORGIVE MY SINS."



Pick up a marble and hold it in your hand. Think of any things that have been part of your life this week that would not be pleasing to God. These things are called sin. The Bible tells us that everyone has sinned and needs forgiveness.

Tell God you are sorry for those things and ask Him to forgive you and make your heart clean. He promises that He will do this when we come to Him.



Read 1 John 1:9

"If we admit that we have sinned, He will forgive our sins. He will forgive every wrong thing that we have done. He will make us pure."



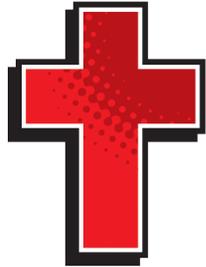
Remove the foil from the marble as a symbol of knowing that God removes our sin when we ask for his forgiveness. Throw the foil away - that's what God does with our sin!



Thank God - right now - for forgiving your sins and for giving you a brand new, clean start. Ask Him to help you live a life every day that is pleasing to Him.

I KNOW PRAYER STATION

"I KNOW THAT JESUS IS MY SAVIOR FROM SIN. I HAVE ASKED HIM TO FORGIVE MY SINS."



When Jesus died on the cross, He paid the price for our sin. When He rose again, He conquered sin and death. In Christ, we can be free from sin. He is our Savior.

Read Isaiah 53:5

"He was wounded and crushed because of our sins; by taking our punishment, He made us completely well."

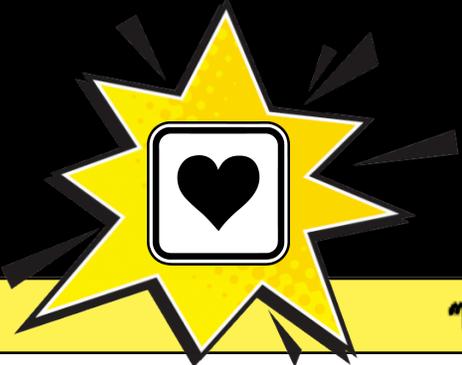


Pick up the wooden cross. As you hold it in your hands, think about Jesus' sacrifice and know that He is your one and only Savior from sin.

As you pray, think about these questions:

- 1. Have I asked Jesus Christ to be my Savior?**
- 2. Do I believe He has forgiven me and set me free from sin?**
- 3. Am I living free from sin today?**





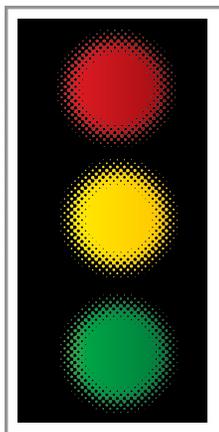
I TRUST PRAYER STATION

"I WILL TRUST HIM TO KEEP ME GOOD. BY HIS HELP I WILL BE HIS LOVING AND OBEDIENT CHILD."



Our response to the great work Jesus has done in forgiving us and saving us is love! When we love Jesus, we are obedient to Him, following His direction. Jesus says, in John 14:15: "If you love me, you will obey what I command."

Look at the traffic light. We can trust a traffic light to show us what we need to do and to help us to obey the traffic laws. God can always be trusted to help us obey His commands, too!



Stick the three foam circles to your black bookmark. As you add each one to form a traffic light, pray about these things:

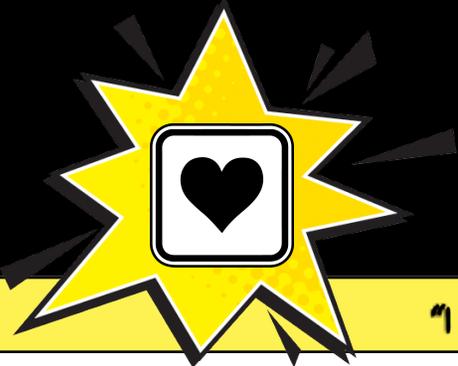
RED: Ask God to help you **STOP** doing anything that would not be pleasing to Him so that you can be fully obedient to Him.

YELLOW: Pray that God would help you to **SLOW DOWN** and listen to Him, wait for his instructions, and trust Him to help you obey.

GREEN: Pray that God would help you be willing to **GO** in the direction that He leads you; in the way that He shows us in His word.

Use your bookmark in your Bible or in another book you're also reading right now to remind you every day to trust God to help you be His loving and obedient child.





I TRUST PRAYER STATION

"I WILL TRUST HIM TO KEEP ME GOOD. BY HIS HELP I WILL BE HIS LOVING AND OBEDIENT CHILD."



Sometimes it's difficult to be loving and obedient and do the things God wants us to. But God promises that He will always be with us and that He will help do this every day. We can trust Him to do this.



Use the letter beads to spell out "I TRUST" on the safety pin. Add a heart bead at the beginning and the end of the letters.

Read Psalm 16:8

"I know that the Lord is always with me. He is at my right hand. I will always be secure."



Attach your "I TRUST" pin to the right side of your shirt. As you are pinning it, thank God that He is always close to you. Ask Him to help you every day to be His loving and obedient child. Ask Him to help you trust Him to do this every day.



I WITNESS PRAYER STATION

"I WILL HELP OTHERS TO FOLLOW HIM"



When we love Jesus, we can't help but share His love with others and encourage them to follow Him!

Read Romans 10:14

"How can people call for help if they don't know who to trust? And how can they know who to trust if they haven't heard of the One who can be trusted? And how can they hear if nobody tells them?"

It's our job to tell them and help them follow Jesus!

Take a footprint and a pen. On the footprint, write the name of one person you want to help follow Jesus. Pray that God will help you share Jesus with this person.



As you pray, think about these questions:

1. How can I share God's love with this person?
2. How can I set a good example for them as a follower of Jesus?



I WITNESS PRAYER STATION

"I WILL HELP OTHERS TO FOLLOW HIM"



When we choose to follow Jesus and live for him, He places his light within our hearts. He doesn't want us to hide this light or keep it to ourselves, He wants us to shine for Him so that others can see that we live for Jesus and will want to follow Him too!

Read Matthew 5:16:

"Make your light shine, so that others will see the good that you do and will praise your Father in heaven."



Choose a candle from the table. Think about ways you can let your light shine for Jesus in your neighborhood, your school, your home, and everywhere you go! Think about people you know who need to see the light and love of Jesus through you. Ask God to use you to shine out His light for all to see.

Light your candle and leave it on the table as a symbol of your promise to help others follow Jesus by shining His light brightly everywhere you go.





I LIVE PRAYER STATION

"I PROMISE TO PRAY, TO READ MY BIBLE, AND TO LEAD A LIFE THAT IS CLEAN
IN THOUGHT, WORD AND DEED."



As Christians, we want our lives to become more and more like Jesus. Becoming more like Jesus is a life-long process. God helps us to change and grow, but He asks us to do our part, too!



Read 1 Timothy 4:12

"Don't let anyone put you down because you're young. Teach believers with your life: by word, by demeanor, by love, by faith, by integrity."

Take a handprint and a pen. On each of the fingers is an area of our lives where we can grow to be more like Jesus: Prayer, Bible Reading, Thoughts, Words, Actions. On each finger, write down one thing you will do to become more like Jesus in this area of your life. Pray about the things that you write down.



As you pray, think about these questions:

1. How can I grow in my relationship with Jesus?
2. What things do I need to think about, speak about, and do, that reflect Jesus?

Before you leave this station, add your hand stamp to the banner as your commitment to live in a way that pleases God and in a way that helps you grow to know him and become more and more like Him.





I LIVE PRAYER STATION

"I PROMISE TO PRAY, TO READ MY BIBLE, AND TO LEAD A LIFE THAT IS CLEAN
IN THOUGHT, WORD AND DEED."



As followers of Jesus, it's important that we spend time getting to know Him and learning to be more like Him. We do this by reading His Word, the Bible, and by talking (and listening!) to Him through our prayers. Part of living more and more like Jesus means we keep our thoughts, words and actions clean and pure.



Pick up a white cloth and a marker. Think about anything that might distract you from spending time reading your Bible or praying. Also think about anything in your life that might be keeping you from having clean thoughts, words and actions. Write a word or draw a picture on the cloth to represent each of these things.

Wash your cloth out in the soapy water. Ask God to help you remove these distractions from your life and help you live a life that is focused on him, and clean and pure in your thoughts, words and actions.



As you wash out your cloth, pray the prayer that David prayed in the Bible in Psalm 51:10:

"Create in me a clean heart, O God - create pure thoughts in me - and give me a new spirit that is faithful to you." Amen.

I CHOOSE PRAYER STATION

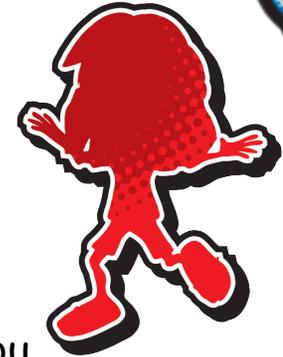
"I WILL NOT USE ANYTHING THAT MAY INJURE MY BODY OR MY MIND, INCLUDING HARMFUL DRUGS, ALCOHOL AND TOBACCO."

Christ died to set us free from sin. As we follow Him, we make the commitment to live lives of purity, free from anything that would harm our bodies, our hearts, or our minds.

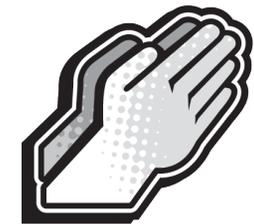


Read Romans 12:2

"Don't become so well adjusted to your culture that you fit in without even thinking. Instead, fix your attention on God. You'll be changed from the inside out."



Take a balloon, blow it up, and tie it. On the balloon, write down one thing that you need to give up in order to live a life of purity. After you have prayed about that thing in your life, pop your balloon as a symbol of your desire to get rid of it.



As you pray, think about these questions:

1. What things in my life are keeping me from living a life of purity?
2. What changes do I need to ask God to help me make, in order to live a pure and clean life for Him?



I CHOOSE PRAYER STATION



"I WILL NOT USE ANYTHING THAT MAY INJURE MY BODY OR MY MIND, INCLUDING HARMFUL DRUGS, ALCOHOL AND TOBACCO."



The Bible tells us that our bodies are temples of the Holy Spirit who is in us, and that we should honor God with our bodies (1 Corinthians 6:19-20). This means being very careful to keep out anything that would harm our bodies, and even our minds and our hearts, too!



Cut off a piece of caution tape. Caution tape reminds us not to go into a certain area, or to stay far away from something. As you hold the caution tape, think about things in your own life that you need to stay away from, that might be harmful to your body, your mind or your heart. Maybe it's something on the internet, a certain video game, bad language, or one of the things listed in the Junior Soldier promise. Ask God to help you stay away from anything that might keep you from living a clean, pure life for Him.

Keep your piece of caution tape. Place it in a special place where you will see it every day and it can remind you to stay away from things that would harm your body, mind and heart. Remember that God will help you do this!



I PROMISE

PRAYER STATION SUPPLIES & INSTRUCTIONS



I KNOW

Station 1:

- marbles (1 per child)
- bowl or basket for marbles
- aluminum foil (wrap marbles individually in foil ahead of time)
- garbage can
- guide sheet (printed and set at station)

Station 2:

- wooden cross
- guide sheet (printed and set at station)



I TRUST

Station 1:

- traffic light (picture or lamp if possible)
- black foam bookmark size (1 per child)
- sticky red, yellow and green foam circles (1 of each per child)
- guide sheet (printed and set at station)



Station 2:

- alphabet beads (one each of I, T, R, U, S, T per child)
- heart beads (2 per child)
- craft pins without twist in end (1 per child - available at orientaltrading.com)
- guide sheet (printed and set at station)



I WITNESS

Station 1:

- footprint cut-outs
- pens
- guide sheet (printed and set at station)

Station 2:

- battery-operated tealight candles (1 per child)
- basket to hold tealights
- guide sheet (printed and set at station)

I PROMISE

PRAYER STATION SUPPLIES & INSTRUCTIONS



I LIVE

Station 1:

- handprints with "Prayer, Bible Reading, Thoughts, Words, and Actions" pre-written on the fingers
- pens
- white banner or sheet with "I promise to pray, to read my Bible, and to lead a life that is clean in thought, word and deed" pre-written or painted
- washable paint
- hand wipes
- guide sheet (printed and set at station)

Station 2:

- white face cloths (1 per child)
- WASHABLE markers
- bowl of soapy water
- guide sheet (printed and set at station)



I CHOOSE

Station 1:

- balloons (1 per child)
- sharpie markers
- pins or wooden skewers (for popping balloons)
- guide sheet (printed and set at station)

Station 2:

- caution tape (enough for each child to cut off a bookmark size piece)
- scissors
- guide sheet (printed and set at station)



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"We must have new inventions of every kind."
William Booth