

Reflect & Journal

“I will remember the deeds of the Lord; yes, I will remember your miracles of long ago. I will consider all your works and meditate on all your mighty deeds.”

Psalm 77:10-15

Instructions:

Choose your materials.

Use the paper provided or your own journal, and pick a writing utensil you like.

Invite God into the moment.

Life can be busy — take a moment to ask God to reveal what He’s been doing in your life recently. Write down whatever comes to mind.

Write freely.

Let your thoughts flow. Writing can clear your mind and help you see your life more clearly.

Notice themes.

Highlight any recurring thoughts or patterns. These may reveal what God is showing you or where He’s leading.

Continue the conversation.

Talk with God about what you’ve discovered — thank Him, ask questions, or listen for His guidance.

Exploring Scripture

For everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope.

Romans 15:4

Instructions:

Choose a passage

Select a verse or short passage from the Bible (you may use the Bible app or one provided here).

Read and write

Read the verse slowly, then write it out on a piece of paper to help it settle in your heart and mind.

Highlight key words

Notice any words or phrases that stand out.

Reflect and explore

- Who wrote this verse, and who was it written to?
- What is the context? (Read the surrounding verses.)
- What might God be saying to you through this passage?

Pray.

Talk with God about what you've discovered. Ask Him to show you how to apply His Word in your daily life.

Praise Wall

May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had, so that with one mind and one voice you may glorify the God and Father of our Lord Jesus Christ.

Romans 15:5-6

Instructions:

Reflect

Take a moment to think about prayers God has answered in your life or in the life of our church.

Write your praise

On the black wall, write a short note — a Bible verse, an encouraging Scripture, or a personal word of praise and thanksgiving to God.

Share and inspire

Let your words encourage others as we celebrate God's faithfulness together.

Give it to God

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

Instructions:

This station is a space to release your worries, concerns, and burdens to God. This moment is between you and Him.

Reflect

Is there something weighing on your heart that you need to surrender to God?

Write

On a piece of paper, write down what you need to give to Him.

Pray

Hold the paper in your hands and pray, symbolically handing it over to God.

Release

Place the paper into the shredder as a sign of letting go and trusting God with it.

Rest

Remain in prayer or quiet reflection as you rest in His peace.

Fizzy Forgiveness

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:31-32

“Come now, let us settle the matter,” says the LORD. “Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool.”

Isaiah 1:18

Instructions:

We all carry pain from ways that people have hurt us, and we all have made mistakes in our turn.

1. Do you need to ask for forgiveness, or do you need to forgive someone else? Spend some time in quiet, asking the Holy Spirit to show you.
2. Pick up a tablet and think about what you are surrendering to God – either the pain and resentment from a difficult situation, or the sin you are turning away from.
3. When you feel ready, drop the tablet into the water.
 - If you are forgiving someone else, watch the tablet dissolve and imagine letting go of the grudge you have been holding.
 - If you are receiving forgiveness for yourself, watch the tablet dissolve and imagine it is your sin being dissolved in God’s mercy and love.

Words of Life

Therefore encourage one another and build up one another, just as you also are doing.

1 Thessalonians 5:1

Instructions:

Pause and reflect

Take a moment to still yourself and invite God into this time.

Ask God for guidance

Pray and ask Him to bring to mind someone who would benefit from encouragement today.

Give thanks

Thank God for the person who comes to mind.

Encourage creatively

- Option 1: Write a card with words of encouragement.
- Option 2: Send a quick text message, email, or social media note to encourage them live in this moment.

Pray as you send it

Ask God to bless your words and use them to uplift and strengthen the person receiving them.

Be Still

*He says, "Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth."*

Psalm 46:10

Instructions:

1. This station is a space for you to rest with God.
2. If you find being still challenging, then set a vibrating timer on your phone for 10 minutes so you're not watching the clock.
3. Sit comfortably and notice your breathing; breathe deeply.
4. Welcome the Holy Spirit.
5. From your head to your feet, notice how your body feels; relax any tense muscles.
6. Random thoughts filling your head? Don't feel discouraged – keep handing them to God.
7. Try using a breath prayer to help you focus – a short phrase or bible verse that focuses your attention on God (e.g. 'I love You Father' or 'Speak Lord, Your servant is listening')
8. Be attentive to what God might be saying – does a word, picture, bible verse or something else come to mind?
9. After 10 minutes, thank God for spending this time with You.

Be Bold

On the day the Lord gave the Israelites victory over the Amorites, Joshua prayed to the Lord in front of all the people of Israel. He said, "Let the sun stand still over Gibeon, and the moon over the valley of Aijalon." So the sun stood still and the moon stayed in place until the nation of Israel had defeated its enemies. Is this event not recorded in The Book of Jashar? The sun stayed in the middle of the sky, and it did not set as on a normal day.

Joshua 10:12-13

Instructions

Make a list

Write down five big, bold prayers — for a friend's salvation, healing, a breakthrough in your life, or something only God can do.

Pray over your list

Lift each prayer to God with bold faith.

Seal it

Place the list in an envelope and write a date one year from today on it.

Store and wait

Keep the envelope somewhere safe. Next year, open it, reflect, and celebrate what God has done. Consider putting it in your Bible or setting a phone reminder.

A Ripple Effect

Your kingdom come, Your will be done, on earth as it is in heaven...

Matthew 6:10

Instructions:

Take a stone

Think of it as the power of your prayer.

Drop it in the water

Watch the ripple effect and imagine the impact your prayer can have.

Pray for God's Kingdom

As you call for His Kingdom to come, reflect on the ripples in our world and local community.

Suggested prompts:

- Pray for justice, peace, and love to be evident in our neighbourhoods.
- Pray for unity and reconciliation among local churches and community groups.
- Pray for opportunities to serve and meet the needs of those around us.
- Pray for leaders and decision-makers in our town to seek God's wisdom.
- Pray for spiritual awakening in families, schools, and workplaces.
- Pray that God's love and truth would reach those who feel lost or marginalised.

Reflect

Take a moment to visualize your prayer ripple spreading outward — influencing hearts, families, and communities for God's glory.

Seeds for the Barossa

Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

Matthew 28:19-20

Instructions:

This station is a space to pray and “speak life” over our vision to church plant in the Barossa Valley.

Focus your prayer

Take a moment to pray for the communities, towns, and people in the Barossa Valley.

Write your prayer or hope

On a post-it, write a short prayer for the future church plant e.g. for leaders, volunteers, outreach opportunities.

Plant a “prayer seed”

Place a seed on the map at the location you are praying for.

Visualise growth

Each seed represents prayers for spiritual growth, new disciples, and God’s work in the Barossa Valley. See the map “coming alive” with your prayers.

Reflect and continue praying

Spend a moment in silent prayer, asking God to nurture these seeds and bring His vision to fruition.

Kneel at the Cross

“Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.”

Luke 9:23

Instructions:

Pause

Sit or kneel before the cross and take a moment to quiet your heart.

Reflect

Consider what the cross represents — God’s love, forgiveness, and the surrender of Jesus for our sake.

Surrender

Ask God to show you what you need to lay down before Him — fears, burdens, sin, or control — and offer it to Him in prayer.

Respond

You’re welcome to write a Bible verse, prayer, or word of surrender on a Post-it note and place it on the Bible as a sign of your prayer.

Rest

Remain in prayer and let God’s presence bring peace and renewal.

Refiner's Fire

In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, so that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honour at the revelation of Jesus Christ. Though you have not seen him, you love him. Though you do not now see him, you believe in him and rejoice with joy that is inexpressible and filled with glory, obtaining the and filled with glory, obtaining the outcome of your faith, the salvation of your souls.

1 Peter 1: 6-9

Instructions:

- Look at the stones at various places around the fire. Which stone represents your heart today? How close does it feel to the fire of God's passion and presence?
- As you identify a stone, what would it look like for your heart to move closer to the fire? Spend some time in conversation with God.
- Place your stone in the 'fire', surrendering to the work of the Refiner.
- As you pray, reflect on where God may be refining you right now — shaping your character, deepening your faith, or renewing your heart.
- Take a moment to thank Him for His refining work and for making all things beautiful in His time.