

HOPE SPACES

REST

Instruction Sheet



You will need

- Water feature - please check the reviews of the one you buy, as you need one where you can hear the sound of the water.
- Lavender oil and an oil burner
- Fabric to create the space - blue lining fabric is cheap and works well and gives the idea of a river
- Pebbles and stones
- Small strings of battery operated LED lights
- Printed poster of a river picture A3 on card
- Psalm 23 printed large so people can read it without needing to hold a Bible
- Instruction sheet printed large A3

How to arrange the prayer space

- Pin the fabric up behind the prayer space and drape it over a couple of small coffee tables
- Use stones to hold the fabric in place like a riverbed
- Place the cards on stands or lean them against the tables
- Use strings to the small LED lights to flow along with the fabric
- Place the water feature on the highest table on the fabric
- Place the oil burner on the other table
- Place a chair in front of the prayer space
- Download this Instruction sheet for those at the prayer space

Rest

We invite you to stop here and rest a while.

To unwind, to breathe deeply and to leave your troubles and cares with God.

Listen to the water flowing and imagine being by a river.

God is like a river bringing life to those who rely on him.

Read and pause, thinking about the poem and the piece of writing from the Bible (The Bible is a book that tells us about God).

Tell God what you need to take a break from and what you need peace about.

[Download - instruction sheet to display in the prayer space](#)

[Download: the poem 'Rest'](#)

[Download: Psalm 23 to display](#)