

# Creating a prayer room

Room three: praying for people affected by conflict

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# What is a prayer room?

- A prayer room is a space in your church (or other building) that's dedicated to helping and inspiring people to pray. It will normally feature a number of prayer 'stations', each with a different prayer prompt or activity.
- Some churches choose to have their prayer rooms open 24/7, others on specific days/times. Prayer rooms can be open for anyone to use when they like, or you can implement a booking system, where people can book an hour slot to have the room to themselves.
- You can tailor your prayer room to whatever you feel will best suit your church and congregation.
- Everyone has their own preferred style of prayer. Prayer rooms enable people to pray however they like: whether through writing, drawing/painting, praying out loud, or simply sitting in silence.

# Praying for people affected by conflict

**‘Blessed are the peacemakers, for they will be called children of God.’ (Matthew 5:9)**

**Right now, more than 82 million people across the world have been forced to flee their homes due to conflict. Countless others remain in conflict zones, living with the threat of violence every day.**

All conflict is a result of broken relationships with God and others. But God’s plan – through Jesus, the Prince of Peace – is to restore these relationships and bring peace. And he asks us, as his followers, to love our neighbours (both near and far), and to ‘seek peace and pursue it’ (Psalm 34:14). One of the ways in which we can do this is through prayer.

This prayer room is designed to help you pray for people around the world who have been affected by conflict, all of whom are precious to God. There are six ideas for prayer stations, which you can either print off to put in your prayer room or use as inspiration for your own ideas. You can use all of these, mix and match, or come up with your own.

# Station one: praying for refugees

**This station will help you reflect on and pray for, those who have been forced to leave their homes due to conflict.**

*You will need a small tent or makeshift shelter that can be set up at the prayer station. Inside the tent, place a few items to represent everyday essentials eg a bottle of water, a toothbrush, soap, toilet roll etc*

- Sit inside the tent and imagine how being forced to flee your home would affect your life. How do you think you would survive without the items in the tent? Do you take any of them for granted?
- Spend some time thanking God for your home and everything in it.
- Pick up each item in the tent and, as you do, spend some time praying for people who are struggling to access these essentials. Pray that they will get the support that they desperately need.



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# Station two: praying for healing

**‘The Lord is close to the brokenhearted and saves those who are crushed in spirit’ (Psalm 34:18).**

**Survivors of conflict have often experienced unimaginable trauma. Many have lost loved ones or remain separated from them. This prayer station will help you pray for the emotional needs of people affected by conflict.**

*For this activity you will need two piles of different coloured sticky notes and a wall or board to stick them on.*

- Think about how a survivor of conflict may be feeling – angry, sad, scared, or something else. You could ask God to reveal to you how someone is feeling right now.
- Write that emotion down on one of the notes. Stick it on the left side of the display.
- Spend some time praying for survivors who are currently overwhelmed with that specific feeling. Lift them up to God, who is able to comfort and strengthen them.
- On the different coloured notes, write your prayers and/or God’s promises for those who are distressed. Stick them on the right side of the display. Thank God that he can bring his light into the darkest of situations.

# Station three: praying for world peace

God is a God of peace, and we can be confident that he wants all conflict to come to an end. Spend some time getting creative and expressing God's heart for peace on the earth.

*You will need some blank paper, pens and any other drawing or painting materials you have available.*

- Spend some time reflecting on what big and small things would change if we all lived a life of peace, as God intended.
- On the paper provided, write your own prayer or poem for world peace, or draw a picture which represents peace. If possible, display it on the wall to inspire others.



# Station four: praying for children

**Tearfund and our local partners have set up projects to ensure that children who have escaped conflict have safe places to play and heal, even in refugee camps. Here we share the story of Menara\*, who escaped violence in Myanmar.**

When Menara arrived in Cox's Bazar – the world's largest refugee camp – she no longer spoke. Just a child, she had left everything she knew behind and made the harrowing journey from Myanmar to Bangladesh with her parents.

Menara was invited to a child-friendly space in the camp, run by Tearfund's local partner. At first, she would sit quietly in the corner. But, over time, she began to join in with activities.

These spaces have given Menara a safe place to finally feel like she can be herself and to process her trauma. Menara found her voice and began to talk about her feelings. She also found a love for sewing, and now has dreams of becoming a tailor.

**Please lift up the thousands of children who have been caught up in conflict, like Menara. Pray that they will have safe spaces to play and learn. Ask God to heal them from their trauma, and give them hope for the future.**

*\*Name changed to protect identity.*

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# Station five: receiving God's peace

We have been thinking about conflict on a global scale, but peacebuilding starts with us – if we don't have peace in our own hearts, we can't extend it to those around us. Spend some time receiving God's gift of peace.

- Get into a comfortable position and close your eyes. If possible, listen to a worship song on the theme of peace, [such as this one](#).
- Ask God what he wants to say to you in this moment. Is there a specific area of your life where you need more of his peace?
- Be still in God's presence. Give him your worries and anxieties and allow him to fill you with his peace.



**'Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.'** (Matthew 5:9)



# Station six: praying for rebuilding

Escaping conflict is just the beginning – once they have found safety, people then face the daunting task of rebuilding their lives. Spend some time praying for those who have lost everything.

*If possible, have a pile of lego pieces or building blocks at this station. For each prayer you pray, add a building block to 'build' a structure.*

**Rebuilding income:** Pray for people to find new ways of using their skills to earn an income to support their families.

**Rebuilding structures:** Pray for roads, homes, schools, businesses and hospitals to be rebuilt. Pray that areas that have been devastated by conflict will be able to function properly again.

**Rebuilding hope:** Pray for people who have lost hope due to the things they have experienced and the extreme challenges they now face. Ask that they will have the strength and resources to move forward and have hope for the future.



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