

Preparing for the Prayer Stations

As you enter into this time of reflective prayer, you may want to find a comfortable place where you can sit quietly. You may wish to light a candle, sip a warm beverage or settle into your favorite chair.

Plan to take time at each prayer station to read and reflect on scripture and prayer; to think about people, events, places or causes; and to offer prayers of thanks to God.

You may want to have pen and paper, note cards or your journal near to write down your reflections.