

# Prayer Hands

## Purpose

Students write prayers to God as they release anxieties to Him and learn more about InterVarsity.

## Materials

- 50 sheets of Colorful 8.5 x 11 Paper (Construction Paper)
- 5 ft of banner paper or butcher paper
- Scissors
- Markers
- pencil
- Pens
- Table (tablecloth and IV information)

## Number of Core Team Members

3+

## Preparation

1. With a pencil, trace and cut out your hand on 50 pieces of paper
2. In the center of the banner, write 'Prayers of the Week'
3. On one hand, write on each of the four fingers.
  - Praise God
  - Release anything you have anxiety over to God
  - Ask God for Help
  - Thank God
4. Trace two hands together. Cut it out. With a marker, write this scripture on the hands,

Philippians 4:6

<sup>6</sup>Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

5. Tape the hands with the scripture on the banner.

## Instructions

1. Set up table with InterVarsity information and contact cards
2. Pray to begin. Have one Core Team member stay at the table. Have other two students walk up to different students. (Rotate positions)
3. When you walk up say:

“Hi my name is \_\_\_\_\_. I’m with InterVarsity. Today we are doing a prayer outreach Do you have a moment to pray? Can I take you over to our banner? Read the scripture with them. We are writing sentence prayers that align with this scripture. So on one finger you write a praise, on another release anxiety, etc. Here’s a pen and hand to write 5 sentences.”
4. Ask if you can have someone tell them more about IV. Lead them to the information table
5. Core Team member at the table gives more information about InterVarsity and collects contact information