

# Prayer Hands

## PURPOSE

This activity provides an opportunity for one to write prayers to God as they release their anxieties to Him.

## MATERIALS

- Sheets of 8.5 x 11 Paper
- Scissors
- Markers/Pencil/Pens

## PREPARATION

1. Take a sheet of paper and trace your hand on the paper twice.
2. Cut out each hand.
3. On one side of each hand, write the following prayer topic labels on each of the four fingers.
  - Praise God
  - Release an Anxiety to God
  - Ask God for Help
  - Thank God
4. In the center of the hand with the labeled fingers (i.e. palm of each hand), write "Philippians 4:6". Feel free to write the text for the scripture if you choose.  
*Philippians 4:6 - Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*
5. Leave the other side of the hand blank for people to write their sentence prayer for each topic.

**Note:** If you will setup a display, some additional materials you may need include an InterVarsity tablecloth, information about InterVarsity, and a table. If you will do this activity as a group, pick a time where you can do the outreach together either in an open area or at an assigned table. If you will do this alone, make sure to pick a time when you can interact with the most people.

## ACTIVITY

1. Gather all of your pre-labeled materials and pens/pencils.
2. Take time to pray for your activity time before you begin.
3. If you will complete this activity as an outreach with others, divide into various roles and rotate roles throughout the outreach.
  - Gatherer: Those who gather people to do the activity.
  - Executer: Those who complete the activity with others.
  - Closer: Those who collect contact information and share about InterVarsity.
4. Connect with people from your network (or release the gatherer(s)) to make invitations to do the activity with you. For example: "Hi my name is \_\_\_\_\_. Today I am taking some time to do a prayer activity with people called "Prayer Prayer Hands." Do you have a moment to pray through this interactive activity with me?"
5. For people willing to do the activity, read (or release the executer(s) to read) the scripture "Philippians 4:6" with them.
6. Give them a hand and share the instructions. For example: "This hand will help you write sentence prayers that align with the scripture we read. On one finger you write a praise about God, on another you will release something making you anxious, etc. Here's a pen and hand to write your four sentences."
7. Give them time to write their four prayers on the labeled hand.
8. When complete, have them read each sentence in prayer to God either silently or out loud. Feel free to also pray for them if they feel comfortable.

## CLOSING

1. Release the closer(s) to thank them for completing the activity.
2. Ask them for feedback about using the activity to pray.
3. Share how prayer has personally impacted your life.
4. If they are open, invite them to take a spiritual next step with you. For example, you can invite them to prayer together again, to connect over a spiritual conversation, or to join you for the next Bible Study.

## MAKING IT VIRTUAL

Any outreach can be made virtual by using applications like Zoom and reserving a time where students can come to this virtual space and bring friends. Below is a sample 1 hour and 15 minute virtual outreach space for Black Students. For the purpose of this example, I am using the meeting time of 7:00pm - 8:15pm.

**7:00pm - 7:15pm** Welcome/Engaging Opening Question/Icebreaker/Prayer  
**7:15pm - 7:20pm** Outreach Introduction  
**7:20pm - 7:40pm** Engage in Outreach Activity with Students Present  
*\*Utilize large space, breakout rooms, google docs, etc. as needed*  
**7:40pm - 8:00pm** Release Students to Do Outreach Activity with a Friend(s)  
*\*This portion have the students turn off video and go on mute while they call and/or text friends to do the outreach with them. Depending on where students are, they could also go do the activity during this time in-person if allowed.*  
**8:00pm - 8:10pm** Debrief Outreach Time with Students Present  
**8:10pm - 8:15pm** Closing Remarks/Prayer