

# Prayer Letters to God

## PURPOSE

This activity provides an opportunity for one to write letters in prayer to God.

## MATERIALS

- Sheets of 8.5 x 11 Paper
- Pencil/Pens

## PREPARATION

This outreach requires no preparation unless you plan to set-up a table. 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 the materials, including the paper and pencils/pens.
2. Take time to pray over the outreach.
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. A sample invitation: "Hi my name is \_\_\_\_\_. Today I am taking some time to do a prayer activity with people called "Prayer Letters to God." Do you have a moment to pray through this interactive activity with me?"
5. For people willing to do the activity, give them (or release the executer(s) to give them) a piece of paper and pen and share the instructions. For example: "We are inviting people to write letters to God about whatever is on their heart. So you will take this paper and pen, and write the letter as though God will receive it and read it."

6. Complete the prayer activity with those who are willing. Each participant will write a letter in prayer to God.
7. When they complete the letter, ask them how they would like to release what is on the paper. Some options you can share:
  1. Keep the letter as a memento between the person and God.
  2. Share some of what is written and pray together about it in the moment.
  3. Give the letter to the InterVarsity person to not read, but to pray over at a later time.

## 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