

As a part of the Pray for a Mate™ Conference and/or retreat, you can offer prayer stations for personal reflection as a part of the overall prayer experience. While you could do this a first meeting type structure, we suggest you ONLY use this in a conference or retreat format. Pray for a Mate™ structure works best in small group format versus individual prayer.

Below are ideas you can use or come up with your own. You can use some or all, added or take away, change ideas, etc. These are simply some ideas that have been used with great response on the power of how God spoke to people.

Stations can be renumbered to fit the order of which you lay them out. You can also include the titles and scripture in a sheet for the participants to check off as they go through and for personal reflection when they go home. This entire 15 stations can fit into one large room or many rooms.

Note: Tissue boxes, extra chairs, tables are a good idea as well as prayer leaders available to pray with anyone who needs it. Besides posting the actual flyer and instructions at each station, having extra copies is recommended as more than 1 person can be at a station. Also, most props were purchased at a dollar store or people brought them. You can also have your team leaders create a station. Lastly, communion could be one of your stations as well.

**PLEASE BE SILENT DURING THIS TIME**

**STATION 1:**

**The Mustard Seed**

*Matthew 17:14-20: When they came to the crowd, a man approached Jesus and knelt before him. “Lord, have mercy on my son,” he said. “He has seizures and is suffering greatly. He often falls into the fire or into the water. I brought him to your disciples, but they could not heal him.” “You unbelieving and perverse generation,” Jesus replied, “how long shall I stay with you? How long shall I put up with you? Bring the boy here to me.” Jesus rebuked the demon, and it came out of the boy, and he was healed at that moment. Then the disciples came to Jesus in private and asked, “Why couldn’t we drive it out?” He replied, “Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.”*

**Instructions:** Read the scripture, take a mustard seed and push it into the soil to plant it. As you are doing this, answer these questions.

Q: What do you struggle with in regards to your faith for a mate?

Q: Sometimes I doubt God can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_? Why?

**Pray and ask God to help you in your belief, in your faith, in whatever area you are struggling with.**

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**STATION 2:**

**FEAR OF CHANGE**

[*Deuteronomy 31:6*](https://www.biblegateway.com/passage/?search=Deuteronomy+31%3A6&version=NIV)*Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.”*

**Instructions:** Read the scripture, take the shawl/blanket and wrap it around you to signify the Lord being with you.

Q: What does this scripture mean to you?

Q: Do you believe the Lord will be with you during these upcoming potential changes? How is that a comfort?

God is with us, around us, and within us. He will be with us during and changes or adjustments in preparation for a mate or once you are married.

**Pray and ask God to help reveal your fears of change, allowing him to comfort you and give you peace that “He has this”.**

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**STATION 3:**

**Fear of Failure**

*Matthew 7: 22-27 Therefore* everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.  But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.”

**Instructions:** Read the scripture, then take 12 wooden blocks and stack them, one on top of the other on the carpet/rug (without toppling over). What happens? Now, take the same 12 blocks and stack on the table, one on top of the other. What happens?

**When we build our relationships on shaky ground, without the right foundation of Jesus Christ, we are setting us up for failure. But when we build it on solid ground, it becomes strong and does not fail. Pray and share with God your fears of failure. Ask him to help you overcome these fears.**

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**STATION 4:**

**Mirror, Mirror on the Wall**

*Galatians 2:20: I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.*

**Instructions:** Read the scripture, then pick up a mirror and look at yourself, answering these questions.

Q: What do you see when you look at yourself? Do you see things you like or dislike?

Q: Do you see what woman/man sees or what God sees?

**Pray and ask God to reveal in you what he sees, who he is in you and what that means? Also pray and ask God if there is anything you need to change in what you see?**

Note: We often create a list a things we want in a mate. While creating a list can be a good thing, we can easily list things that we are not willing to be ourselves. So as you pray for a mate, ask God what do you need to also change to be their list.

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**STATION 5:**

**LET’S TALK ABOUT SEX**

[***Romans 12:1-2***](https://www.biblegateway.com/passage/?search=Romans+12%3A1-2&version=NIV)*Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.**Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.*

**Instructions:** Read the scripture. Now flip through the magazine

and answer the questions.

Q: As you flipped through the magazine, what did you see? What are the expectations of the world in regard to how we look, what we wear, our sexuality, what is important, etc.?

Q: What does God say about these things?

**Sexuality, pleasing our mate, compatibility are all concerns when marrying someone. The world often gives us the wrong depiction of what is right. This makes our expectations unrealistic. So pray and ask God to help you with realistic expectations of you and your future mate. God created our bodies, he created sex and it's a good thing, especially when done the way he designed. Trust God in this area.**

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**STATION 6:**

**IT’S IN THE PAST**

[*1 John 1:9*](https://www.biblegateway.com/passage/?search=1+John+1%3A9+&version=NIV)*If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

**Instructions:** Write down on the paper some of your concerns about your past or fears of their past. Then read the scripture.

Q: What does this scripture mean to you about your past? Their past?

Now, take the paper and run it through the shredder. The shredder is God forgiving you for your past, your present and your possible future with someone.

**Pray and ask God right now to help you forgive yourself as he has forgiven you. Pray and ask for help regarding the unknowns of a possible mate and their past.**

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**STATION 7:**

**Trust and Obey**

*Proverbs 3:5-6: Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.*

**Instructions:** Read the scripture, put your hand inside the box. You need to trust completely in order to answer these questions.

Q: When you put your hand inside the box, what did you experience? Were you or were you not afraid?

Q: What areas of your life in regards to trusting a future mate do you still have a hard time with? What areas have you learned to trust God in?

**Pray and ask God for those areas you are still struggling in but also to praise him for areas you have given over to him.**

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**STATION 8:**

**Love One Another**

*John 13:34 “A new command I give you: Love one another. As I have loved you, so you must love one another.*

**Instructions:** Read the scripture, then take a slip of paper and write down the name of your ex-spouse, boyfriend/girlfriend, friend, etc. with whom you have a hard time loving or forgiving, then answer the questions below.

Q: Pray through the list of names, asking God how you could learn to forgive and love them. Ask God what this looks like.

**Then beside their names, write down the answers. Then commit to pray for them through the next week, for God to show you the next step in loving them the way Christ loves us.**

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**STATION 9:**

**IT’S FOR THEM**

[*Ephesians 3:20-21*](https://www.biblegateway.com/passage/?search=Ephesians+3%3A20-21+&version=NIV)*Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.*

**Instructions:** When we are blending families there are so many unknowns. The biggest is how our children and their step-parents will get along. How our new spouse will affect our kids? Read the scripture, then take the lighter and light a candle representing each person in your life of your concern in this transition. Pray for them by name.

Q: What is God saying to you about each of those people?

Q: What is God saying to do with the concerns.

**Now blow the candles out, showing you are praying for trust in this area.**

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**STATION 10:**

**He Rescues Me**

*Psalm 46:1-11 God is our refuge and strength, an ever-present help in trouble.* *Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.* *There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall; God will help her at break of day.* *Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.* *The Lord Almighty is with us; the God of Jacob is our fortress. Come and see what the Lord has done, the desolations he has brought on the earth. He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire. He says, “Be still, and know that I am God;**I will be exalted among the nations,**I will be exalted in the earth.”**The Lord Almighty is with us; the God of Jacob is our fortress.*

**Instructions:** Read the scripture, take a thank you note, and answer the questions below.

Q: Pray and ask God to remind you when he has rescued you. Then, write a “thank you” to God, thanking him for all the times he has rescued, provided, loved and supported you.

**Then put the thank you note in an envelope, seal it and tuck it in your Bible to remind you of God's provision**.

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**STATION 11:**

**The Healing Wall**

[*Matthew 11:28-30*](http://www.biblestudytools.com/matthew/passage/?q=matthew+11:28-30)*“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”*

**Instructions:** Read the scripture, take a sticky note then answer the questions below.

As you are praying for a mate, there is concern about not only if they will accept some of your health limitations but also theirs. What if they are sick? What if they become sick? What if I have to take care of them?

Q: First pray and ask God who in your life needs healing. It could be physical healing, emotional, and/or spiritual. It could be yourself or someone else.

**Write down the first name and type of healing needed. As you hold that sticky note, pray for their healing then stick the note on the display.**

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**STATION 12:**

**It's Puzzling to Me**

*Colossians 1:15-17 The Son is the image of the invisible God, the firstborn over all creation. For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. He is before all things, and in him all things hold together.*

**Instructions:** Read the scripture, then take a piece of the puzzle and write your name (or initials) on the back, answering the questions below:

Q: When you read this scripture, what thoughts come to your mind?

Q: Do you believe God is in control?

Q: Do you believe and understand that even when we feel out of control, he is holding us together? He holds our minds, our thoughts, our lives, our relationships, and our world together as we seek Him in all things?

**Pray and ask God to help you release the control to him. Take this puzzle piece home with you as a reminder that he holds you together, not you.**

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**STATION 13:**

**Thank You Art**

*1 Thes 5:16-18 Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.*

**Instructions:** Read through the scripture, answering the questions below:

Q: What are you rejoicing and praising God for?

Q: What are you thanking God for?

**God wants us to continually be in prayer, thanking him and rejoicing, no matter what our situation may be..even if he hasn’t brought a mate.**

**Take a magic marker(s), being as creative as you like and write/draw your answer on the white board what you are thankful for as a single adult.**

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**STATION 14:**

**The Rock and the Sand**

*John 8:1-11 1 but Jesus went to the Mount of Olives. At dawn he appeared again in the temple courts, where all the people gathered around him, and he sat down to teach them. The teachers of the law and the Pharisees brought in a woman caught in adultery. They made her stand before the group and said to Jesus, “Teacher, this woman was caught in the act of adultery. In the Law Moses commanded us to stone such women. Now what do you say?” They were using this question as a trap, in order to have a basis for accusing him. But Jesus bent down and started to write on the ground with his finger. When they kept on questioning him, he straightened up and said to them, “Let any one of you who is without sin be the first to throw a stone at her.” Again he stooped down and wrote on the ground. At this, those who heard began to go away one at a time, the older ones first, until only Jesus was left, with the woman still standing there. Jesus straightened up and asked her, “Woman, where are they? Has no one condemned you?” “No one, sir,” she said. “Then neither do I condemn you,” Jesus declared. “Go now and leave your life of sin.”*

**Instructions:** Grab a rock and hold it, then read the scripture.

Q: Some people think Jesus wrote their sin, some said you are forgiven, some said their names but no matter what he wrote, it made them drop the rocks. What do you think Jesus wrote?

Q: What about your own sin? What has God been telling you that you need to let go of, that you need to turn and sin no more?

**Pray and ask God to reveal what he needs to write in the sand. Then, write it in the sand, take a few minutes to surrender it to God before stirring the sand. Stand back up, and then release the rock into the sand (leaving it there), allowing God to forgive you to go and sin no more.**

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**STATION 15:**

**Don’t Worry About It**

[*Romans 13:7-8*](https://www.biblegateway.com/passage/?search=Romans+13%3A7-8+&version=NIV)*Give to everyone what you owe them: If you owe taxes, pay taxes; if revenue, then revenue; if respect, then respect; if honor, then honor. Let no debt remain outstanding, except the continuing debt to love one another, for whoever loves others has fulfilled the law.*

**Instructions:** Read the scripture, and answer questions below.

Often we worry about everything, especially about a future mate. What will they look like, what will they do for a living, will my family like him/her, do they have a good job, do they love Jesus and so forth. We can worry ourselves into the grave. Worry can get us tied up in knots.

Q: What are the things you worry most about?

Q: What are some things you have a hard time not giving to God?

**So as you speak/think about each worry (self-focused), pray and ask God to turn you worries into concerns (which are other focused). Untied a knot for each concern as way to show you have given it to God.**