

*Prayer  
Stations*

JOURNAL

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## WORSHIP, INTERCESSION & WARFARE THROUGH FLAGS & BANNERS

Flags and banners can be used as instruments for worship, intercession and spiritual warfare. Worship is all about expressing our love, devotion and affection to our King and our Lord. God Himself is the essence of creativity, and He inspires us to worship Him in creative expression. When we intercede for others, we are praying on their behalf and are standing in the gap for their break through. A flag of intercession can build up one's faith. We are at war with a defeated foe, but our enemy will still try to trespass on our territory. We have to be vigilant to stand our ground in the Truth and to evict the liar. A visual reminder of our victory in Christ can be a powerful witness.

### **The Bible Uses Words Such As Standard Or Signal That Can Be Translated As Banner Or Flag:**

**Standard:** *The sons of Israel shall camp, each by his own standard, with the banners of their father's households; they shall camp around the tent of meeting at a distance.* **Numbers 2:2**

These standards, which were flags or banners, distinguished one tribe of Israel from another, and it therefore distinguished which tribal army was located where.

**Banner:** *He brought me into his banquet hall, his banner over me is love.* **Song of Solomon 2:4**

This suggests the Lord's billowing love and protection over us.

**Signal:** *One thousand shall flee at the threat of one man, You shall flee at the threat of five; until you are left as a flag on a mountain top, and as a signal on a hill.* **Isaiah 30:17**

This suggests a flag or banner being raised as a warning or a sign of occupation.

# WORSHIP, INTERCESSION & WARFARE THROUGH FLAGS & BANNERS

## FLAGS & BANNERS AS INSTRUMENTS OF WORSHIP

In the same way that musical instruments are used to worship God and express our praise to Him, so it is with the visual language of flags and banners. They bring a certain beauty and grace to our worship.

There are times when we cannot find words that adequately express our worship to God. A symbolic flag can visually declare what we cannot find words to express. Waving a purple flag can declare the majesty and greatness of our God. A gold flag can declare that we are in the presence of a Holy and awesome God and that His glory is beautiful. So, even if we cannot find the words, we can raise a banner or wave a flag as a way of entering into worship.

## FLAGS & BANNERS AS TOOLS OF INTERCESSION

When praying for someone, a flag can declare our petition.

- RED - applying the blood of Jesus over a bondage in someone's life
- YELLOW - praying for the joy of the Lord to be her strength
- GREEN - praying for life and restoration to flow into barren places

If we cannot find the words to pray for someone, we can raise a banner over them to declare the Lord's love or to cry out for their healing.

## FLAGS & BANNERS AS INSTRUMENTS OF SPIRITUAL WARFARE

When the Lord calls us to stand against the attack of the enemy, we can raise a flag of warfare, declaring that greater is He that is in us than He that is in the world.

*...When the enemy shall come in like a flood, the Spirit of the Lord shall lift up a standard against him. **Isaiah 59:19b***

When we are in the midst of battle and someone waves a banner of victory over us, we are strengthened and encouraged.

# WORSHIP, INTERCESSION & WARFARE THROUGH FLAGS & BANNERS

## THINGS TO CONSIDER WHEN USING FLAGS & BANNERS

- Make sure the leadership has released the use and ministry of these instruments.
- Flags and banners should be used respectfully and sensitively (don't be obnoxious).
- The use of flags and banners is not gender or age specific. They are for males and females, adults and children.
- Colors can mean a variety of things depending on how the Holy Spirit instructs.
- It takes a certain vulnerability to pick one up. The first time is always the hardest, but you will feel a new freedom when you do.

## WHAT DO THE COLORS MEAN?

<b>RED</b>	The blood of Jesus and redemption (Lev.17:11, Heb. 10:15-25, 9:14)
<b>GREEN</b>	Life, healing, restoration, new beginnings (Ps. 92:12-14, Ps. 23:2, Rev. 22:2)
<b>PURPLE</b>	Royal majesty, daughter of the King, King of Kings (Judges 8:26, John 19:2)
<b>GOLD</b>	God's splendor, glory, purification (Job 37:21-23, Re. 3:18, 4:4)
<b>ORANGE</b>	Holy Spirit, fire, harvest (Dan. 7:9, Ez 1:4, 8:2)
<b>WHITE</b>	Purity, holiness, bride, surrender (Isa. 1:18, Matt.28:3, Rev. 7:9)
<b>BLACK/BROWN</b>	Humility, repentance, hiding place (1 Peter 5:5, Ps. 18:9-11, Lam 4:8)
<b>BLUE</b>	Heaven, grace, provision, river of God (Ex. 24:10, Deut. 28:12, Isa 43:20)
<b>YELLOW</b>	Celebration, joy, light (Mt. 17:2, Nehemiah 8:10)
<b>PINK</b>	Mixture of red & white –all of God's character & provision (2 Peter 1:3)
<b>TAN</b>	Bread of life, communion (Luke 22:19, John 6:35)

## LISTENING PRAYER

We hope you are blessed through your personal listening prayer. This is a special time for you to receive a personal blessing and allow God to speak to you. There will be a team of two to four people praying for you. These people are volunteers with a heart and passion for Jesus, a desire to minister to the body of Christ through prayer, mature character, and proven gifts of hearing our Father's voice.

### **PREPARING FOR YOUR PERSONAL LISTENING PRAYER**

#### **Come With An Open Heart:**

Your Father has new and fresh things He wants to speak to you about. Ask Him to till up the soil of your heart and make it a fertile place to receive His words of life. He is a good God and loves to speak to His children.

#### **Come In A Posture Of Rest:**

Relax, rest in Him. We welcome you to record your session on your personal device so you can listen without trying to remember everything or be distracted by taking notes.

#### **Come To Receive:**

In general there will be four kinds of things happening in a session. First, there will be periods of silence when the prayer team members are waiting on the Lord. Second, there may be impressions, mental pictures or images, phrases or words spoken to you that a prayer team member believes he has heard the Father "speak" to him. Third, there will be prayers for you based upon what the team members believe they have heard the Father say to them for you. Fourth, there will be prayers for you in response to your prayer requests.

### **Come Without An Agenda:**

The Lord knows the needs and desires of your heart. Don't be in a rush to tell the team your prayer needs. Don't come with a list of prayer requests. Time is limited and the team is asking and trusting the Lord to place things on their hearts to pray about for you. So, trust the Father to first speak to you through them. If at the end of the session, you still have something that you want prayed for, let the team leader know, and they will pray for you about that.

### **Come With An Expectation:**

Although we want you to come without your personal agenda or prayer list, we do want you to come with an expectation. The Lord loves you and desires to speak encouraging, comforting and edifying words to you. So come with the expectation that He will speak these to you.

### **At Your Personal Listening Prayer Session:**

Please be seated in the chair outside the assigned room and wait for a prayer team member to come for you. We will do our best to stay on time. We ask for your patience and flexibility.

## RESPONDING TO LISTENING PRAYER

We encourage you to listen to and meditate on the recorded words and prayers of your session. You may consider transcribing the session so that you can carefully reflect on the words spoken to you. Sometimes the significance of what the Father said in this session will take on a clearer meaning as you reflect back on it from the future. Here are some guidelines to help you process your prayer ministry session.

### **Turn In The Listening Prayer Evaluation Form:**

At the end of the session you will be given an Evaluation Form to complete and turn in at the back of the main meeting room. This allows you to give specific feedback both to the leadership and to the prayer team about the session and the degree to which it was helpful. Please do this. Your feedback is important to the health of this process.

### **Weigh And Test The Prayers And Words Spoken:**

In the Scriptures the word "prophecy" describes the process of a person listening to the Lord and then speaking what He is communicating. In many ways that is what happens during these prayer sessions. So, as you are instructed in 1 Cor. 14:29 & 1 Thes. 5:19-21; discern, weigh, evaluate and test everything you have heard to see if it is from the Lord. This means to assume a posture like that of the Berean's in Acts 17:11.

### **Some Questions You Might Ask Are:**

- Were the prayers/words expressed consistent with the Scriptures?
- Did they resonate in agreement with my spirit?
- Were they consistent with what He has already said to me?
- Did they encourage, affirm, comfort, exhort and edify me?
- Did I sense the love and peace of God in the process?



## RESPONDING TO LISTENING PRAYER

Another wise means of discernment is to submit it to the Lord together with a pastoral leader, trusted mentor, spouse, or another who is mature in Christ and knows you well. If you are still unsure, ask the Lord for confirmation. He knows your heart, and He will respond to one whose heart is set to obey Him.

### **Once You Have Discerned the Truthfulness Of The Prayers And Words, Ask The Father To Give You The Right Attitudes To Receive And Respond To Them:**

The attitudes of humility, faith, patience and obedience are important. Some things are to be prayed into towards their fulfillment. Some are to be responded to by obedience. Things that are yet to come are to be pondered, treasured and prayed into (like Mary's response in Luke 2:19). Faith and patience are often required as you wait for the Lord to bring things to fruition in His timing. Scripture contains many examples of prophetic words that took months or years to fulfill.

If upon prayerful reflection, there are some things that were spoken or prayed that you believe are not from God, those things should be rejected and released. Entrust those words or prayers, and the team, to the Lord's forgiving & sanctifying work. Share it with your leadership and the prayer team's leadership.

# COMMUNION GUIDELINES

## REQUIREMENTS

Celebration of communion is reserved for those who believe in Jesus and have had a salvation experience.

## PREPARATION

Jesus told the disciples to go and prepare to eat the Passover Meal. Crackers and juice will be made available at the Communion table.

### **Self Examination & Cleansing:**

In 1 Corinthians 11:27-32, Paul warns that we should examine ourselves for sin so that we don't take Communion in an unworthy manner. Thus, as you begin Communion, it is important to have a time of prayer to ask the Lord to reveal the sin in your life, ask for forgiveness, and to receive the Lord's cleansing. (*See also Matthew 5:23-25*) In addition to cleansing, Communion can be a time of healing.

### **The Blessing of the Elements:**

In all accounts, Jesus took the bread and gave thanks before it was served. As part of the time of preparation, you should take the elements (the cracker & juice) and ask the Lord to bless them. We should also give thanks, not only for the elements, but also for the opportunity to participate in the Communion.

## RECEIVING THE ELEMENTS

As you are about to receive the elements, it is good to read the Bible description of the Lord's Supper. Accounts can be found in Matthew 26:26-29; Mark 14:22-25; Luke 22:17-20 & 1 Corinthians 11:23-30. As you take the elements (by dipping your cracker into the juice), read the section and meditate on the meaning.

## THANKSGIVING

When you have finished taking Communion, it is good to have a time of praise and thanksgiving for God's blessing. As you finish, spend time in worship.

### MEANING OF THE LORD'S SUPPER

#### **Christ's Death:**

When we participate in Communion, we symbolize the death of Christ – our actions give a picture.

Broken bread symbolizes the breaking of His body. It also reminds us that by His stripes we are/shall be healed. (*1 Peter 2:24; Isaiah 53:5*)

The Cup symbolizes the pouring out of His blood of the new covenant for us for the forgiveness of sin. We are instructed that as we take the elements, we do it in remembrance of Him.

#### **Our Participation in the Benefits of Christ's Death:**

By this action, we proclaim that we participate in or share the benefits earned for us by His death.

#### **Spiritual Nourishment:**

Just as ordinary food nourishes our physical bodies, the Lord's Supper gives nourishment to our spirits.

#### **The Unity of Believers:**

We all partake. (*1 Corinthians 10:17*)

#### **Christ Affirms His Love for Me:**

Jesus *invites* me to come because He *loves me*, individually and personally. Communion reassures me of His personal love for me.

#### **Christ Affirms that All the Blessings of Salvation are Reserved for Me:**

He has invited me into His presence. That invitation assures me that He has abundant blessings for me. It is a foretaste of the great banquet table of the King. I come as a member of His eternal family. He has a place reserved just for me.

#### **I Affirm My Faith in Christ:**

By my actions, I am proclaiming I need you Lord, and I trust you to forgive my sins and give life & health to my soul. Each time I proclaim again and again that my sins were part of His suffering and death.

# PRAYER STATIONS

GO THROUGH THE STATIONS

ORDER DOESN'T MATTER

TAKE YOUR TIME

READ THE CORRESPONDING PAGE

SPEND TIME IN PRAYER & REFLECTION

JOURNAL YOUR RESPONSE

## REFLECTION

*For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. **Romans 8:38-39***

Choose a mirror and examine the reflection that stares back at you. Meditate on God's abundant love for you. Are you able to give thanks to God for the amazing creation that is you? As you consider your own reflection, sink deeply into the meaning of "*For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made.*" **Psalms 139:13-14**

### JOURNAL YOUR RESPONSE

What are the lies that stare back at you when you look into a mirror?

What do you believe God sees when He looks at you?

Practice praising & thanking God for how wonderfully He made you.

*Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.*

### **Colossians 3:12-14**

Is there a situation or individual you need to bring to God and ask forgiveness? Draw a word, picture, or name in the sand. Ask God for the strength to forgive. Then pass your hand through the sand, wiping the words or images as a symbol of receiving God's forgiveness. Now, what is your response to God's forgiveness working through you? Write or draw your response in the sand and leave it for the next person to see.

### **JOURNAL YOUR RESPONSE**

Who has hurt you in your life? How did it happen? How do you feel when you think about those stories now?

What was difficult about writing in the sand?

What is your understanding of God's forgiveness?

## PRAISE

*The Lord is my strength and my defense; He has become my salvation. He is my God, and I will praise Him, my father's God, and I will exalt Him. Exodus 15:2*

Take a moment wherever you are and think through what you hope will happen at school, at work, in your family, etc. Declare back to the Lord what He's done as a praise! When we express our hopes and praises to God, they become prayers.

### **JOURNAL YOUR RESPONSE**

What do you hope for in your life?

In what specific way do you need the Lord's strength?

Write out your prayers. This is a testimony of what we hope to be.

## LAY DOWN YOUR BURDEN

*For my yoke is easy and my burden is light. Matthew 11:30*

God says His burden is light. Who is it you worry the most about? What situation do you worry the most about? Write your burden on this stick and literally “lay them down” before the Lord, voicing your trust that He has all things in His hands.

### **JOURNAL YOUR RESPONSE**

Do you tend to carry burdens? Why?

Is it easy for you to give your worries over to the Lord? Do your actions align with that?

What does self-care look like for you? How can you be a better care-taker of yourself?



## UNTIE YOUR KNOTS

*He is before all things, and in Him all things hold together.*

**Colossians 1:17**

Do you feel all tied up by the circumstances in your life? Take a piece of knotted string from a dish and untie the knots as you whisper to Him your concerns. Feel His peace enter your spirit and let your heart relax.

### **JOURNAL YOUR RESPONSE**

What and who most provokes you? What are your triggers?

How much time do you spend replaying conversations or scenarios in your head? Which ones get the most airplay?

Can you identify and thank God for the ways in which He is holding all things together?

*The Lord is exalted, for He dwells on high; He will fill Zion with His justice and righteousness. He will be the sure foundation for your times, a rich store of salvation and wisdom and knowledge; the fear of the Lord is the key to this treasure. **Isaiah 33:5-6***

The fear of the Lord is to recognize His power. Pick up a key, hold it in your hand, and recognize that God has given you the key to a great treasure. This treasure is a rich store of salvation, wisdom, and knowledge. Where do you need to unlock this in your life? Keep the key with you as a reminder.

### **JOURNAL YOUR RESPONSE**

When do you feel powerful? Powerless?

Do you live your life as if God has given you a treasure? Explain.

Write down the ways you feel led to unlock God's great treasure in your life. Be specific.

## BE STILL

*Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth. **Psalm 46:10***

We all live active lives. Do you find it hard to be still? Sometimes our activity is a way to avoid being still and hearing from God. Use a chair to sit or kneel in silence and reflect on this passage. Practice being still before the Lord.

### **JOURNAL YOUR RESPONSE**

When was the last time you were honest with God?

How does it feel to practice being still before the Lord? Is it a challenge? Why?

In what areas of your life do you need to release control and recognize He is God?

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. **Philippians 4:6***

God wants to hear the cry of your heart. On the paper provided, write down your requests and present them to the Lord knowing His peace awaits. Roll up the paper, place it in the wall, and pray for yourself and others as you feel led.

### **JOURNAL YOUR RESPONSE**

When was the last time you felt content? At peace? Joyful? What brings you joy?

What have you grieved in your life? What grief have you not fully expressed?

What makes you feel guilt? Shame?

## SAY SO

*Give thanks to the Lord, for He is good; His love endures forever. Let the redeemed of the Lord tell their story.*

**Psalm 107:1-2a**

Nearing the end of the Prayer Experience, we will gather the room back together and lead a time of testimony.

### **CLOSING JOURNAL RESPONSE**

Write down how you can testify to the Lord's faithfulness in your life right now.

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