



Prayer Station Guide



HARVEST 2018

GRAINS OF HOPE
BREAD FOR LIFE

How to use this pack

This pack contains a series of prayer stations that take individuals on a journey of the different ingredients that are used to make bread. They are designed to be an interactive and sensory way to deepen our understanding of generosity:

Each station is themed as follows:

Prayer station 1:	Flour
Prayer station 2:	Water
Prayer station 3:	Yeast
Prayer station 4:	Salt
Prayer station 5:	Taste and see that the Lord is good

How it works

These prayer stations have been designed to explore a different element of generosity using the theme of bread. Each station requires a copy of either some scripture or an image to be used alongside an instruction card. Printable versions of each of these can be found in the appendix section at the end of this guide.

Each station encourages participants to reflect and this guide explains how each prayer station will work. There is also a list of resources needed for each prayer station and suggested set up instructions. The accompanying photos of each prayer station are based on a suggested set up. These however are not prescriptive, there is plenty of room for your own ideas and creativity.

Once participants have experienced all the stations they can take a postcard away that has both a recipe for bread and a prayer. These postcards can be ordered by emailing the Generous Giving Team (generousgiving@leccofe.org)

When these stations can be used

These stations are designed so they can be run alongside your usual Harvest activities and services. They would also work well as a standalone event or at the same time as hosting a bread festival (a guide to running this can be found on the Diocesan (www.leicester.anglican.org/resourcing-your-work/generous-giving/havest2018)). If you would like to experience the stations, but don't want to run them at your own church you can join in with one of the following events:

- 1st September, Leicester Cathedral, 7.30pm-9.30pm
- 29th September, Holy Trinity Ashby, 7.30pm-9.30pm
- 6th October, St Peter and St Paul Great Bowden, 7.30pm-9.30pm

Growth Fund Assistance

If you would like to apply for a grant to enable you to run these stations the Growth Fund is offering grants of up to £250. Applications can be made between July 1st 2018 and September 1st 2018. Please email or call Poppy Woods for an application form (poppy.woods@leccofe.org, 0116 261 5376)

Prayer Station One

Flour

About this prayer station:

This station encourages participants to look at different types of flour. White bread is made from bread that has had all the goodness removed and uses only the bulky and filling elements. Sometimes life feels like this we fill it up with stuff that ultimately isn't very fulfilling.

When Jesus said 'I am the bread of life' we should be considering the wholegrain version that is good for us and filling.

Participants are encouraged to hold a handful of wholegrain flour and reflect on areas of their own lives that feel 'white bread': filling but not nourishing.

Resources:

- A large bowl filled with whole grain flour
- Earthy toned fabric
- Whole wheat grains – this can be bought at a whole food shop or online
- Some bags full of flour
- Copy of the instruction card (see appendix)
- Copy of the grain anatomy image (see appendix)

Suggested set up:

- Set up the table and drape the fabric over
- Place the instruction card and grain anatomy image front and centre
- Behind that place the bowl of whole grain flour
- Dot different examples of wheat grain and flour around the rest of the table



Prayer Station Two

Water

About this prayer station:

Water combines all the elements of bread together. When it combines with flour it activates proteins which allow the dough to be stretched and formed. Like water in dough The Holy Spirit stretches us and reshapes us. This helps us to stretch for the challenge of living more generously and draws us together into community.

Participants are invited to take a sip of water and as they do so pray for the Holy Spirit to stretch them to a life of generosity and gather them into community where this can be expressed. Note that this station will require some supervision to ensure cups of water are available for participants.

Resources:

- Cups filled with water
- Jugs filled with water
- Blue Cloth or fabric to cover the table
- Copy of the instruction card
- Copy of the proteins diagram

Note: If at all possible consider using paper or compostable cups

Suggested set up:

- Set up the table and drape the fabric over
- Place the instruction card and proteins diagram front and centre
- Place cups filled with water on one side
- Around the rest of the table place jugs of water
- Have an area or bin where participants can put their empty cup



Prayer Station Three

Yeast

About this prayer station:

Yeast is the ingredient of bread that enables the dough to rise so long as the temperature, salt content and water quantity is correct.

This process is in the hands of nature and we cannot control it. This is similar to the transformation and growth that can be seen when people put what they have into the hand of Jesus. Generosity and growth come hand in hand. Generosity provides the foundations on which God's Kingdom can grow.

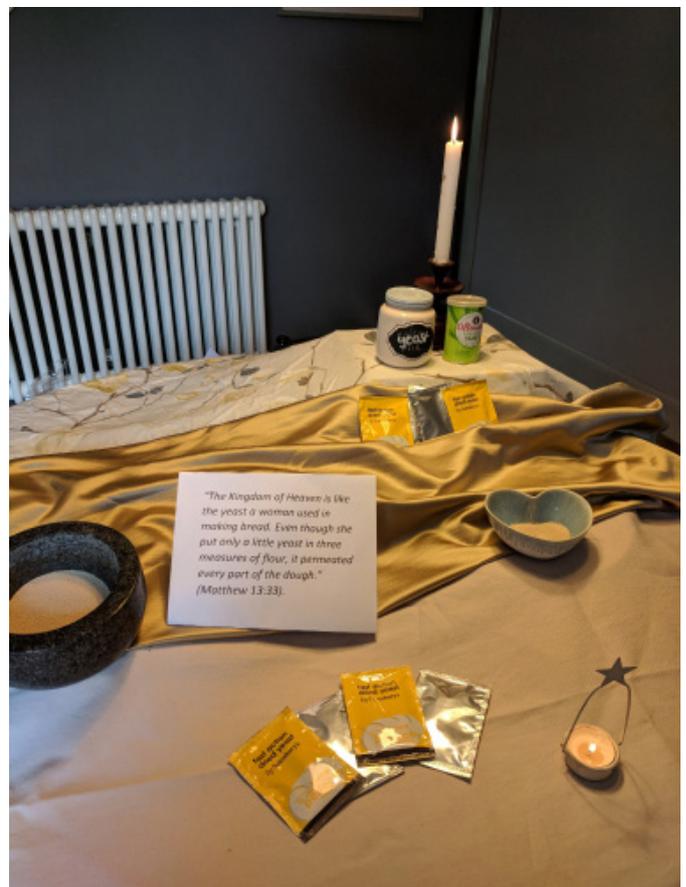
Participants are encouraged to offer what they have to Jesus knowing he has the power to grow it. They can write these things on paper and place them in an offering bowl.

Resources:

- Copy of the instruction card
- Copy of the quote from Matthew 13:33
- Cloth or fabric to cover the table
- Yeast in different packaging
- Pens
- Small slips of paper
- Offering bowl or larger receptacle depends on anticipated numbers

Suggested set up:

- Set up the table and drape the fabric over
- Place the instruction card and Bible quote front and centre
- Place the slips of paper and pens on one side along with the offering bowl
- Dot the different yeasts around the table



Prayer Station Four

Salt

About this prayer station:

Salt is not essential for making bread but it improves the bread in almost every way when added in the correct quantity.

In the Sermon on the Mount Jesus says we are the salt of the earth. This does not call us to be nice but possibly bland people, rather to be people who transform the bland into the extraordinary. Giving sacrificially of ourselves to part of the process of bringing God's Kingdom to earth is what it means to be salt.

Participants are encouraged to taste the vibrancy of salt and pray for God to make them truly 'salt of the earth'.

Resources:

- Copy of the instruction card
- Copy of the quote from Matthew 5:13
- Cloth or fabric to cover the table
- Flat plates or small dishes containing salt
- Different types of salt

Suggested set up:

- Set up the table and drape the fabric over
- Place your plates and dishes containing salt front and centre
- Behind these place your instruction card and Bible quote
- Dot different containers of salt around the table



Prayer Station Five

Taste and see that the Lord is good

About this prayer station:

Bread making is the result of hours of work and waiting. Once it is baked it can be enjoyed in so many different ways.

Participants are encouraged to take some bread along with a topping. Whilst they are eating and enjoying it they are asked to reflect on the good gifts that God has given to them and to offer thanks to God to.

Note that this station may need some supervision to ensure there is bread and toppings for people to try.

Resources:

- Cloth or fabric to cover the table
- Different types of bread cut up
- Different types of toppings (honey, jam, chocolate spread, marmite, cream cheese, vinegar, oil etc)
- Instruction card

Suggested set up:

- Set up the table and drape the fabric over
- Place your instruction card front and centre
- Around it arrange your abundant range of breads and toppings





Flour

Flour, the bulk ingredient of bread, is made by milling (or crushing) wheat. We may be used to seeing fields of golden wheat blowing in the breeze but let's for a moment consider one little grain of corn.

A grain is made up of:

- Bran: the outer skin, which is packed full of fibre.
- Germ: the embryo of the grain: the seed that reproduces more grains. It is rich in nutrients like Iron, Vitamin B-6 and Magnesium, as well as fibre and protein.
- Endosperm: the starchy food for the Germ.

White bread is made by taking out the goodness of the fibrous bran and the nutritious germ, and using only the endosperm – the bulky and filling part.

Sometimes life can feel a bit like this: full to bursting with activity and responsibility, but ultimately not very fulfilling. We can feel forced to focus on earning money, keeping up with those around us and keeping up appearances, rather than being true to ourselves, to others, and to God.

When Jesus said: *'I am the bread of life'*, we should definitely be thinking of wholegrain bread – packed full of things that are good for us, as well as filling. Jesus puts the goodness into life: assuring us that we are loved, and helping us to live in a way that is better for us, our families, our communities and the world.

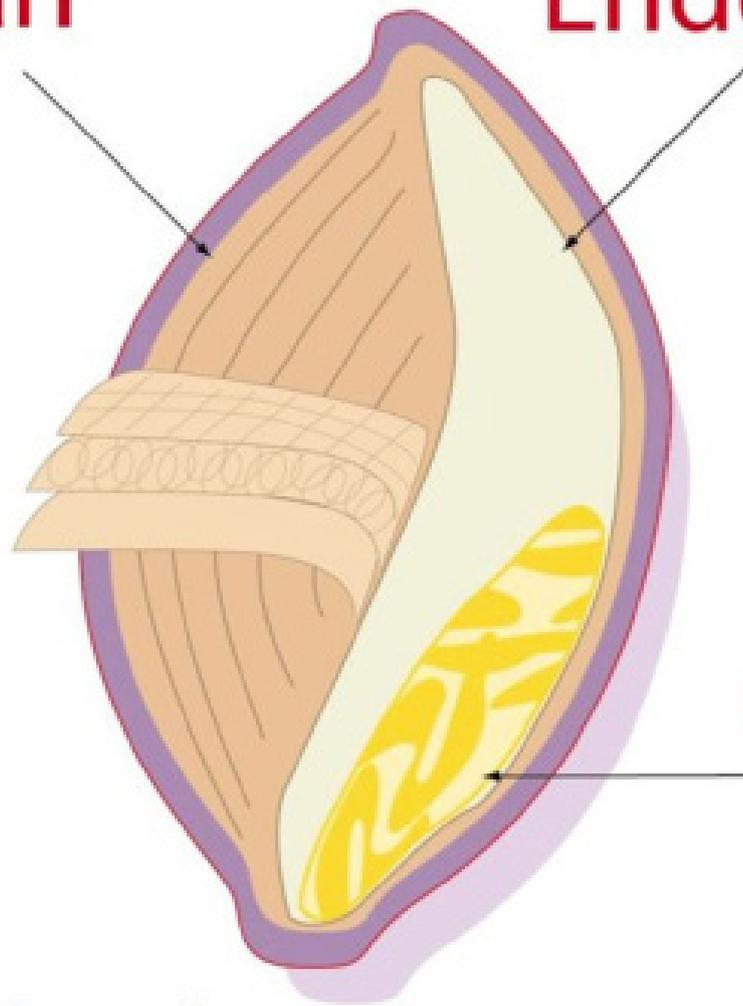
Take a small handful of wholegrain flour. Look at it and notice the three elements. Move it around in your hand.

Reflect on any areas of your life that feel 'white bread': filling but not nourishing.

Pray that Jesus, the whole-grain 'bread of life', would come and bring more goodness to your life.

Bran

Endosperm



Germ

Grain Anatomy



Water

Without the water gathering everything together there would be no dough, only a pile of ingredients. Although you can't see it, there's a lot that happens when you mix flour with water, and it's all to do with two proteins (glutenin and gliadin) that are dormant within the dry flour. Without these proteins being brought back to life there would be no bread.

Glutenin is attracted to water and unravels when it's added to the flour. This forms the strands that allow the dough to stretch. Gliadin stays dormant in the presence of water and interrupts the stretch in the dough. This allows new shapes or forms to be made in the dough. The water brings change and new possibilities.

Water is often used as a symbol of the Holy Spirit: the very presence of God living in us. The Holy Spirit always brings change when she comes: she is what stretches and reshapes us, a little like the dough. The Holy Spirit helps to stretch us for the challenge of living and giving more generously of ourselves. The Holy Spirit draws us together into community, giving us a context to share ourselves and all that God has given to us.

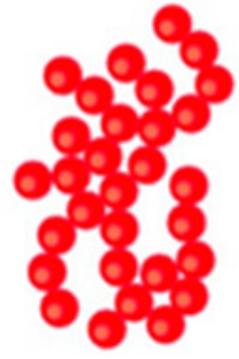
We see this breathed into life in the early church life described in Acts 4:

"All the believers were one in heart and mind. No one claimed that any of their possessions was their own, but they shared everything they had And God's grace was so powerfully at work in them all that there were no needy persons among them."

Take some water and have a drink.

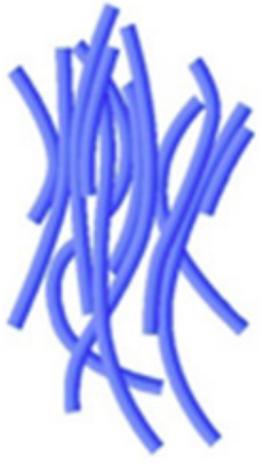
Take your time, and as the water is in your mouth remind yourself that water is life.

As you continue to drink pray for the Holy Spirit to come to stretch you into a life of generosity, and gather you into a community where that generosity can be expressed.



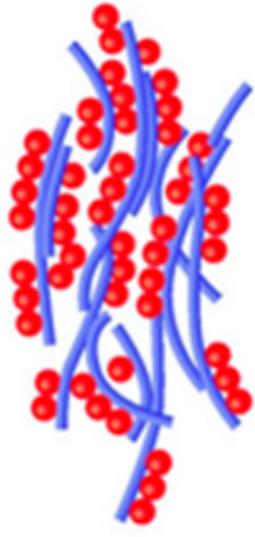
Gliadin

+



Glutenin

=



GLUTEN



Salt

'If you want to find out what salt does for your loaf, try and leave it out and take a bite...' (anonymous quote). Salt is the supporting act when it comes to bread making. You can make bread without it, but the bread is better in all sorts of ways when salt is present.

Salt tightens the gluten structure which adds strength to the dough, and helps it to retain the carbon dioxide that is made as the yeast ferments. This gives the dough volume. Salt slows the yeast down, stopping it from fermenting too quickly. Salt adds taste to the bread and helps to bring out the subtle flavours and aromas that are present in the flour. Salt even helps the crust to have that lovely brown colour.

When added in the right quantity salt transforms the bread by changing virtually everything for the better. The phrase 'salt of the earth' has come to mean a nice but possibly bland person, but when Jesus said 'You are the salt of the earth', as part of his sermon on the mount, that's not what he meant at all.

Lick your finger. Sprinkle a few grains of salt on and taste.

Is that nice?

No.

It is vibrant and zingy and full of life. It enriches and flavours everything that it touches.

The salt of the earth is one that transforms the bland into the extraordinary; that gives of itself to bring flavour and vitality into the world. It does this, not through choice but, just by the very nature of what it is. Jesus said we are the salt of the earth: giving generously, sacrificially, of ourselves to transform our earth into God's Kingdom.

As the flavour is still in your mouth pray that you would truly be 'salt of the earth' as Jesus truly meant it: enriching the world and demonstrating God's Kingdom.

“You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.”
(Matthew 5:13).



Yeast

Jesus said: *“The Kingdom of Heaven is like the yeast a woman used in making bread. Even though she put only a little yeast in three measures of flour, it permeated every part of the dough.”* (Matthew 13:33).

The job of the yeast is to make the dough breathe by building on the processes that have come before. Yeast, a type of fungus, eats the sugars that have been released by the mixing of the flour and water and they release carbon dioxide and alcohol into the dough. The carbon dioxide is held in the dough structure and it expands: known as rising. When the temperature, salt content, and water quantity is right, and the dough is left for the right amount of time, the growth caused by the yeast can be staggering. It can triple in size, or even more!

This part of the bread process is organic, and we can't control it. We have set up the context in which it happens by bringing the ingredients together, but ultimately it does its own thing in its own time.

We see throughout scripture that where people put what they have into the hands of Jesus there can be wonderful transformation and growth. One example of this is the miracle of the feeding of the 5000. According to John's gospel (chapter 6) this whole miracle was enabled because a boy was willing to give his picnic over to be shared with the crowds. This generosity set the context in which the miracle could take place, and by which all the people were fed with baskets left over at the end.

Generosity and growth come hand in hand. Generosity breathes the breath of God into lives and communities. Generosity sets the context in which God's Kingdom can grow.

Think about what you have in your hands that you need to offer to Jesus, knowing that he has the power to bring growth to his Kingdom with it. It could be time, a skill or talent, physical resources (like use of a car or your house) or it could be money. Write it down on the piece of paper, fold it, and with a prayer place it in the offering bowl on the table.

“The Kingdom of Heaven is like the yeast a woman used in making bread. Even though she put only a little yeast in three measures of flour, it permeated every part of the dough.” (Matthew 13:33).



Taste and see that the Lord is good

Breadmaking is the culmination of hours of work and waiting! Once the waiting is done and the bread is baked we can enjoy it with so many wonderful things... oil, butter, cheese, vinegar, soup, chip butties, chocolate spread, jam, marmalade... the list is endless.

Take some bread and your favourite topping: eat and enjoy.

As you eat take some time to think about the good things of your life. It's easy to spend a lot of time focussing on what we don't have, or the things we would like, and ignoring what God has already given to us.

Think about God's gifts to you: family, friends, home, car, health, job or vocation, income, skills, imagination, savings... this list is endless too, and just as individual as you are!

Pray to God and say thank you for all the good things in your life.

Use these words if they help you to pray:

Generous God,
Creator of heaven and earth,
We thank you that you bless us with an abundant harvest.
Grant that the bread that your son Jesus Christ
Shares with us, we may also share with others
that our generosity in response to your loving providence
May be life giving and life long.
In Jesus name we pray.
Amen.

