Second Sunday of Advent: Peace of Mind

Creative Prayer Ideas

Pebbles

Provide several stones or pebbles and a bowl of water. Ask people to hold one pebble in their hand to feel the shape of it, like an imprint. While holding it, ask them to think of the thoughts that have ‘pestered’ their mind recently. Imagine these thoughts infusing the stone. When ready, they can drop the stone in the bowl of water and listen to the sound it makes, letting their troubled thoughts go with it.

(You can also use fine wipeable pens: people can write on their stone key words that reflect how they are feeling, pray, then ritualistically wash the words away or wipe with a cloth.)

Erase

Provide pencils and paper. Ask people to write down their troubles, giving these worries to God. Provide erasers/rubbers and then ask them to rub away their words. The words can/might still be visible, but sharing them with God will lessen their impact.

Gift tags

Provide opportunity for people to write prayers on gift tags to hang on the Christmas tree. The hope is that this will serve as a visual reminder to the congregation to fill this time of year with prayer and to know that we can bring our worries, stresses and anxieties to God.

Creative Worship Ideas

Pass the bomb

Pass round a pretend bomb or a wrapped Christmas present, and pretend it’s ticking! Use an online bomb timer and ask people to keep passing the bomb and not be holding it when it explodes – [Online Bomb Timer (online-stopwatch.com)](https://www.online-stopwatch.com/bomb-countdown/). After it ‘explodes’, ask people how they felt before and after they were holding the bomb (or if they were holding it when it exploded.) Repeat a couple of times, adding more bombs to pass round to increase the suspense. Just like Joseph, we worry when the situation approaches, and feel a sense of relief when the problem goes away or is dealt with.

Pamper me

Depending on the size of your congregation, create calm spaces with pampering areas and let people enjoy some moments of peace. For example, one area can have nice hand creams, another can have fragrant scents with candles and flowers, another can have a comfortable seat with massage equipment, another can have a ‘taste area’ with tasty chocolate to melt in the mouth. Play quiet reflective music in the background.

Sharing

We can often take peace of mind for granted. Ask people to share with the person next to them ‘peace of mind’ events that have happened to them in the past week that maybe they didn’t even realise at the time. For example: a good night’s sleep, a light-hearted conversation, a TV show

they enjoyed watching, a tasty meal they ate.

(You may wish to use the song ‘Don’t you worry about a thing’ in the background- <https://www.youtube.com/watch?v=I038NxV1Mtg>).

Christmas shopping list

One thing that doesn’t give peace of mind for many over Christmas is Christmas shopping! Ask for four volunteers to stand in a circle. The first person says, ‘I’m preparing for Christmas so I need to decorate the Christmas tree’. The second person says, ‘I’m preparing for Christmas so I need to decorate the Christmas tree and order a turkey’ – and so on. The idea is that everyone keeps adding their own tasks while trying to list everything that everyone else has said. The game finishes when it gets to a point when someone can’t remember the complete list! Otherwise set a time limit.