

# **CLC ST HELENS**

09:45 - 10:00	Arrival: Registration   Drinks available
10:00 - 10:10	Limitless video   Opening prayer
10:10 - 11:00	Breakfast - Breakfast eaten together - Cereal bar - Sausage sandwiches (meat/veggie)
11:00 - 12:00	Worship & Prayer

13:00 - 14:00 **Lunch Break**  - Lunch isn't provided - Suggest local shops - Space to have packed lunch Prayer request box

Write a personal prayer request (can add name or not) and place it in the prayer box.

#### 14:00 - 14:45 **WORSHOP CHOICES**

### 1. Prayer walk with Alia

Alia will lead a guided prayer walk around the local area. Praying at specific locations and discussing how we can do a prayer walk in our local communities.

# 2. Taking care of ourselves

How do we care for ourselves as we listen to the prayer requests of others? Using resources from Limitless Pioneers and Mental Health First Aid.

# 3. Praying for schools

How can we pray for the schools the children and young people in our churches attend. Practical prayer activities to support us to pray for schools.

### 15:00 - 15:45

### **WORSHOP CHOICES**

# 1. Prayer walk with Alia

Alia will lead a guided prayer walk around the local area. Praying at specific locations and discussing how we can do a prayer walk in our local communities.

# 2. Gifts of the Holy Spirit

How do we enable and encourage children and young people to use the gifts of the Holy Spirit? How do we create opportunities for children and young people to speak in tongues?

# 3. Creative pray activities

Come and share the prayer activities you have used and hear from others. Take home ideas for activities that you can use tomorrow in your church.



