

The Ellesmere Port
C of E College



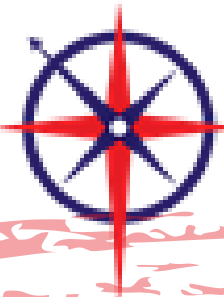
Prayer Space

Impact Report

“ Micah 6:8
To act justly,
to love with mercy
and to walk
humbly with
our God. ”



The Ellesmere Port CofE College 47-9 Prayer Space 25th -26th April 2022



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Prayer Space What is it?

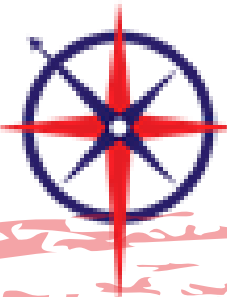
Prayer Spaces in Schools is a national organisation which encourages churches to work together with schools to provide creative opportunities for prayer. Most of the activities used in the prayer space were based on resources from Prayer Spaces in Schools.

Prayer Spaces in School Website
<https://www.prayerspacesinschools.com/>

Liz Connolly and Ali Rice (independent advisor) worked together with Jen McIlveen (Chester Diocese) to plan and create the prayer space which was designed to link into the school's vision and moral virtues. This was hosted in the dance studio at The Ellesmere Port C of E College.

Governors and sixth form pupils worked alongside Liz and Ali to deliver the prayer space to every pupil in Y7, Y8 and Y9 over the course of two days.

Take a look at the activities...



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Calm Jars

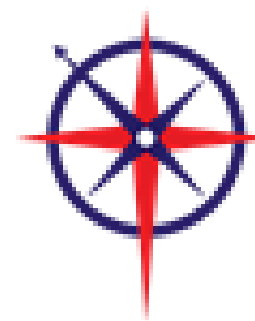
Our minds can often become busy with pressures and stresses.

When we are trying to juggle the demands of people, relationships, expectations and pressures, our minds can feel busy and restless. The more we try and think about them, the more out of control we can feel.

Pick up the jar in front of you and shake it. Watch as the glitter swirls around. Now put the jar down. Watch and wait as the glitter settles to the bottom.

In the Bible, God often reminds people to be still, to wait and to stay calm whatever the situation. Speaking to his people, God says "In turning from wrong and choosing to rest you will be saved, in quietness and trust you will be strong."

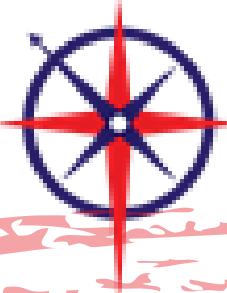
As you think about all of the things in your life at the moment, picture them settling down.



Honesty



Prayer Spaces
in Schools



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Empty Chair

When someone that we love leaves or dies, they leave a gap in our lives. We miss them.

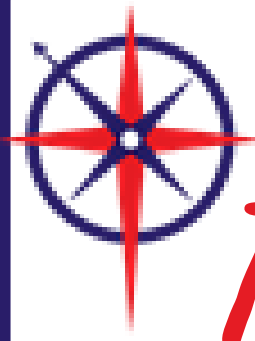
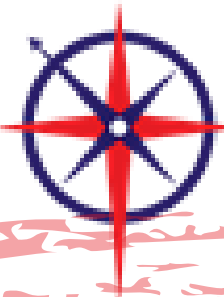
Is there someone that you miss? If you want to, you can write the name of the person onto one of the labels and attach it to the chair.

Say a quiet thank you for the good memories that you have of them. If you want to, you can talk with God about how you feel. Take your time. It might be helpful to talk to an adult afterwards.

Gratitude
Courage



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in Schools



Fizzy Forgiveness

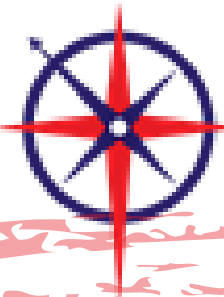
Sometimes we hurt people through our words and actions. Sometimes we hurt people by not doing or saying something.



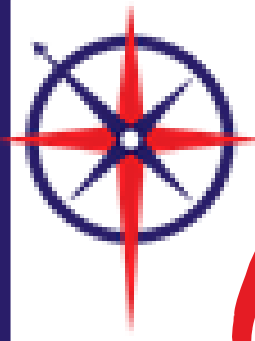
When we know we have done something wrong it can stay with us. Holding onto guilt isn't good for us. It takes integrity to admit when we are wrong but forgiveness brings us freedom.

If you want to, pick up a tablet and think about those times when you have said or done something you wish you hadn't, or a time when you knew you should act but you didn't. When you feel ready, drop it into the water. As you watch the tablet dissolve, imagine your wrongdoing disappearing and being forgiven.

“You, Lord, are forgiving and good, abounding in love to all who call to you.”
Psalm 86:5



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Courage

Forgiveness Stones

We get hurt.

Sometimes people do
and say things to hurt
us on purpose. Sometimes
they don't mean it, but
it hurts anyway.

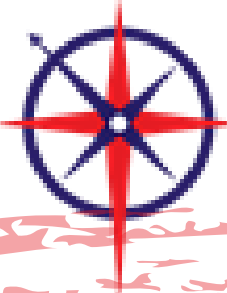
Holding onto hurts isn't good
for us.

Has someone hurt you?

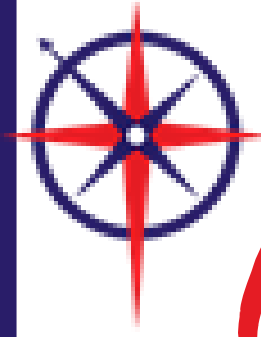
Read the script or listen to the
MP3 player to find out what to do.



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Courage

Forgiveness Stones

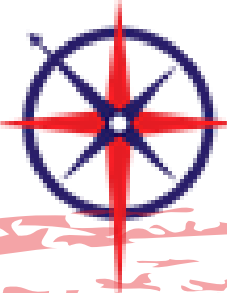
Relationships can be fragile. Just as we all have the capacity for great acts of love and kindness, so too we all have the capacity to cause pain and sadness. As someone once said 'the line between good and evil runs through the middle of every human heart'. We can sometimes hurt others by the things we do or the things we say. What hurtful things have you said or done to others? Other people can hurt us by the things they say and do. What hurt or painful memory are you carrying because of something said or done to you?

In front of you are some stones. Take one and hold it tightly in your hand. Let the stone represent the pain you feel when remember what the other person said or did. Hold it tight for a moment – you will probably have strong feelings: anger, sadness, a heavy heart. You may long for justice or even revenge. Think about what these feelings do to you. The other person may not know or care how you feel – they may never say sorry. We can't always see justice done, but we can be set free from the hurts.

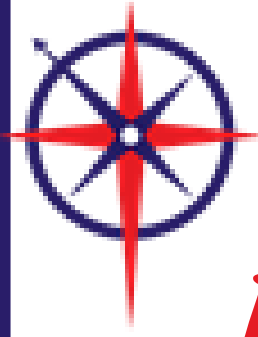
Do you want to take these feelings with you? Or would you rather let them go? To choose to let go of the hurts is to forgive. Jesus said "If you forgive someone's sins, they're gone for good. If you don't forgive sins, what are you going to do with them?" What will you do with your hurts? Will you carry them forever, or will you choose to let them go? If you don't feel you can let them go just yet, put the stone back. If you have chosen to let the hurts go, place the stone into the bowl of water. Watch the water cover it. Remind yourself that you have chosen to let go. You may need to remember this in the days ahead. Know that as you forgive, so you also are forgiven.



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Honesty

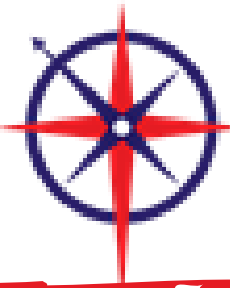
Big Questions

Everyone has big
questions about life.
What are your big
questions?

Asking questions is a great
way of being honest with God.
If you could ask God one
question right now, what would
you ask?

Write your question on a piece of
cardboard and peg it up.





Big Questions!



Pupils asked a range of Big Questions. Here is a sample of what they were pondering..

Creation

How did the universe form?
Why did you invent mosquitos?
What happened to fish with the dinosaurs?
Why did God create us?
Who created the universe?
How were humans created?

War

Why does war happen?
Why isn't there peace in the world?

Identity

Why was I born in the wrong body?
Why do transphobes and homophobes exist?
Why are genders a thing?
What makes me hate myself?
Why do I feel so insecure about myself?

Suffering

Why do we have Corona Virus?
Why do people get sick?
Why has everyone I loved left/died?
Why do I feel sad about certain things?
Why do we lose people?
Why do people hurt others?
Why do accidents happen?
How come the world lets us suffer?
Why does depression exist?
Why do people bully?
Why does evil exist?

God

Where is God?
Why can't you see Jesus?
Did you know about your powers?

Justice

Why can't we save those in need?
Why can't there just be peace in the world?
Why are so many people homeless?
Why is life so hard for some and easy for others?
Why isn't climate change a main issue?

Personal

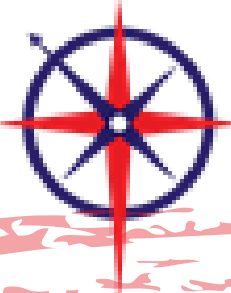
Why can't I let go?
Why did my Dad leave me?
Why am I so lonely?
Why hasn't anyone asked me out? I'm beautiful.
Will I love sports forever?

Relationships

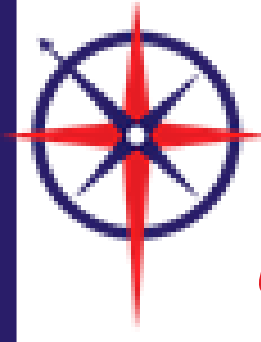
Why would you change yourself for others?
Why do people care about body size or looks?
Why can't we all be equal since we all want to fit in?
Why take advantage of people?
Why is love a thing?

Forgiveness

How can we forgive our sins?
Why do we hold grudges?
Why is being judged a thing?



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Respect

Mirrors

Look in the
mirror.
What do you
see?

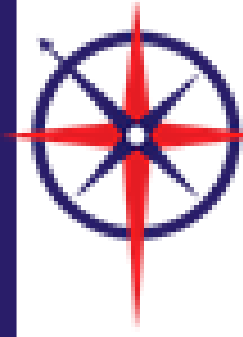
Are there things about yourself that you don't like? Take your time to read some of the quotes around the mirror.

Christians believe that God made everyone, and more importantly, that God loves everyone. No one is perfect, but each person is unique and special. Can you believe this? Can you believe the quotes around the mirror? What might happen if you really began to respect how amazing you are?





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Honesty

Prayer Wall

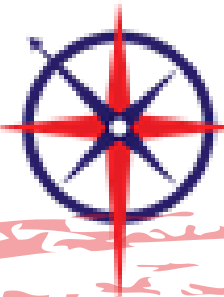
What do you
want to pray for
today?

In Jerusalem there is a wall called the Wailing Wall where people have posted their thoughts and prayers to God for nearly 2,000 years.

This is our prayer wall. If you want to, write or draw a prayer on a Post-it note and post it into the wall.



Prayer Spaces
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Respect
Compassion

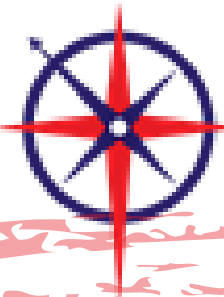
Refugee Rucksack

Think about the
areas of the
world where
people are living
in danger right
now.

A refugee is someone who has had to leave their home because of danger. Sometimes they leave because of war or because their home is no longer safe for them. If you had to leave your home in a hurry, what would you take with you? Read some of the stories and think about what these people have packed in their bags. If you would like to, write or draw a thought or a prayer for a refugee and put it in one of the rucksacks.



Prayer Spaces
in Schools



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Justice
Compassion

Peace Maker

“

Be still and
know that I am
God

”

In the Bible, Psalm 46 is a noisy Psalm. It talks about waters roaring and mountains quaking, about wars and desolation. But it ends with God saying,

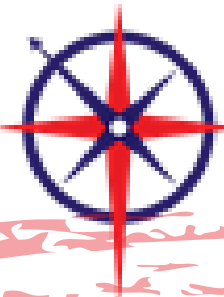
‘Be still and know that I am God’.

Be still.

Ukraine is noisy with the sounds of war at the moment... with tanks and bombs and guns and people shouting.

Set a one minute timer, close your eyes and try to sit quietly without moving... for a whole minute if you can. As you sit quietly like this, if you want to, you can say a silent prayer for stillness, for peace in Ukraine.





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Justice
Compassion

Pray for the World

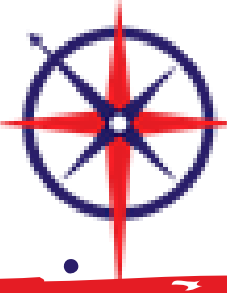
What have you
heard in the
news recently?

Look at the world map.
Do you have family or
friends who live in another
country? Have you heard
about any of these countries on
the news?

If you want to, you can write or draw a thought
or prayer for another country, or for someone you
know in another country, onto a Post-it note and stick it
on the map. Think about the moral virtues of
justice and compassion as you pray.

I pray for all
the middle-eastern
countries and
who are going
through war
mass support

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Pray for the World

I hope Russia will stop the war so no more people will lose their homes.

I hope all the innocents of Russia are safe.

I pray for all the Middle Eastern countries and Cuba who are going through war with less support than Ukraine.

I pray for everyone in Palestine, Ukraine and Syria.

I hope one day this world will be peaceful and everyone happy.



Humility

“Humble yourselves in the sight of the Lord.”
James 4:10

Look at some of the equipment here. When would they be used? Would you chose to do these jobs to help others?

Humility is about putting other people first and yourself at the back of the line. It is recognising that you are not the most important person in the room and being willing to be the one who serves others. Have a look at the Humility Action Cards with suggestions for how to serve others and make them feel special. Choose one that you will do this week.



Humility

message or a photo.

Humility Action Card

Humility



Find out about the life of someone your age in a poorer country. Imagine what it would be like to swap.

Humility Action Card



Say t
t
to
include
wor

Humility A



Create a playlist for a friend or relative and send it to them.

Humility Action Card



Make
to so
draw,

Humility A



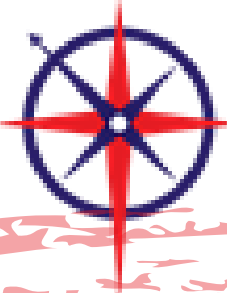
Say thank you to someone who runs a group or club that you attend.

Humility Action Card



Do a
n

Humility A



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School Vision

Micah 6:8

“ To act justly,
to love with mercy
and to walk
humbly with
our God. ”

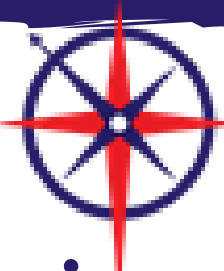


How does this prayer space activity reflect our school vision?

Take a moment to think about how acting justly, loving with mercy and walking humbly could make a difference in this situation.

How can we be more in these circumstances?





Vision & Moral Virtues

It helped me understand that the moral virtues are virtues. It made me think about life's inner meaning and what its purpose is.

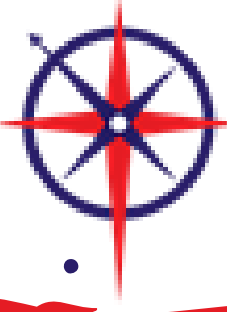
“ Micah 6:8
To act justly,
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humbly with
our God.”

The school vision says 'walk humbly'. This made me realise we are fortunate for what we have.

'Love with mercy' means to forgive and I learned to forgive.

It helped me reflect on how I should use moral virtues in my daily life.

Seeing the virtues in that way in the prayer space showed me how I can show them in my everyday decisions.



Impact Overview

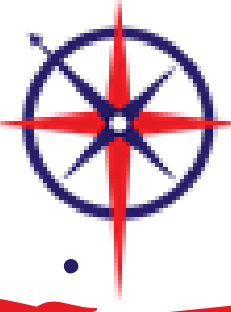
At the end of each session pupils were given an evaluation form to reflect on their experience. 248 forms were returned and analysed.

Pupils were asked to rate their feelings before and after entering the prayer space. 78% of pupils' mood improved after participating in the prayer space session. In some cases pupils felt dramatically different after their experience with their self assessed mood ratings going from ones up to nines or tens.

When asked if they would be interested in coming to a prayer space again 83% of pupils said that they would. 85% of pupils said that they would recommend the experience to a friend.

Micah 6:8
“To act justly,
to love with mercy
and to walk
humbly with
our God.”

9% of pupils said they felt worse after being in the space. However, many of these pupils qualified this saying it was because they had reflected on emotional past experiences. Some pupils in this category also indicated that they would come back to visit a prayer space again.

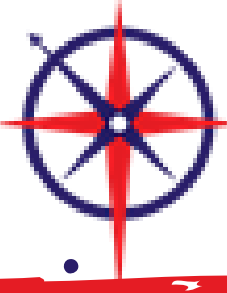


Cohort Overview



This table shows pupil responses from individual year groups.

Results in %	Mood Improved	Mood Stayed the same	Mood Worse	Would Visit Again	Would Recommend
47	83	11	6	89	93
48	77	11	12	86	88
49	70	23	7	63	72



Pupil Responses

It made me feel like I chose the right school. 47 Pupil

My respect grew as well as my compassion towards others and myself. 49 Pupil

It made me realise that we all make mistakes. It made me learn how to forgive and forget unnecessary things. 47 Pupil

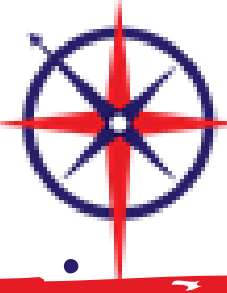
My inner peace calmed. 49 Pupil

I found it spiritually uplifting and quite calming. 47 pupil

It helped me to de-stress and let go of things from the past. 48 Pupil

It helped because most days I feel stressed and need a relief. 47 Pupil

It made me realise I'm worth more than I think I am. 48 Pupil



Pupil Responses

It helped me open my mind about what the world is going through and what I'm grateful for. 48 Pupil

It made me think deeply and get rid of bad thoughts.

48 pupil

I got to let my sadness out. I got to say my opinion and not get judged because of it.

47 Pupil

It helped because I feel like I am free. 48 Pupil

It helped us forgive ourselves for the bad things we have done to others. 49 Pupil

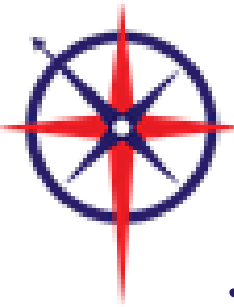
It was relaxing and I could say what I needed to without telling people. I could let out my emotions. 47 Pupil

I was fully focused.

47 Pupil

It made my fears go away and my anxiety disappear.

48 Pupil



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This report was compiled by Ali Rice
Supporting Church Schools to Flourish
alialiforster@gmail.com



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