

# *Stone Prayer Station*

*Take time to sit quietly with a stone in your hand.*

*Let the warmth of your hands slowly warm the stone.*

*What do you notice about the shape and feel of it?*

*As you sit, ponder on God's strength and faithfulness*

# *Prayer*

*Lord you are our rock and our fortress in you we find strength and security.*

*Surround us now with your grace and fill us with the joy that comes from knowing that you walk with us always.*

# *Scripture*

*Psalm 28:7*

*The Lord is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving.*