**CREATIVE PRAYER - POST-IT-NOTE**

POST-IT notes are a great tool in intercessory prayer. They are often used as reminders.

**How?** They can be used to pray for people/situations and ‘posted’ onto an area/Cross/table; they are then in one place for others to pray into.

**Materials**: post-it notes, pens, mirror somewhere to attach them. You can use different shape notes for different themes: hand shaped for being the hands of Jesus; heart shaped for praying about God’s love or lip shaped for praying about what we say and speak. The example below is using lip shaped post it notes and Psalm 139.

**Instructions**

* Transforming the way you see yourself in Christ.
* Look in the mirror – go on!
* Read the words of God to you.

***“For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. How precious to me are your thoughts, God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand – when I awake, I am still with you*.” Psalm 139:13-18**

***“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.*” Ephesians 2:10**

***“You did not choose me, but I chose you and appointed you so that you might go and bear fruit – fruit that will last – and so that whatever you ask in my name the Father will give you.*” John 15:16**

* Let the truth of who you are in Christ sink in.
* Take a post it note and write your prayer to God, ask Him to help you see yourself as He sees you; thank Him for transforming how you see yourself.
* Thank Him that you are fearfully and wonderfully made.