# **Prayer and Worship Ideas**

*Covenant Sunday provides the time, space and opportunity for significant*

*moments in which we can all respond to God’s covenantal promises. It is a time of challenge in which we promise to learn, train, focus and follow – to make this a step on our journey as a follower of Christ. It also provides the opportunity to be intentional in our desire to put what we need in place to help us step up and stand out for Christ, to live in a bold, courageous and committed way – not just on Covenant Sunday but in the days, weeks and months ahead.*

## Intergenerational Worship Ideas/Demonstrations

### Kintsugi Demonstration

Kintsugi is the Japanese art of repairing broken pottery with a lacquer mixed with gold, forever embracing the cracks and making the item more beautiful than it was before. The Covenant Sunday design draws on this metaphor: of embracing our flaws and emerging stronger, thanks to God’s refining and his covenantal promises to us.

To explore this idea, you could print off the pottery jar resource from the webpage and distribute to the congregation. Invite people to scrunch up the image, creating a network of random ‘cracks’ on the illustration. Either individually or in small groups, they could pray into areas of their lives, or community, which feel cracked and broken. As they invite God into these areas, they could trace the crack lines in gold pen as a symbolic act of welcoming God’s covenantal promise of restoration. Example pens found here – <https://www.bakerross.co.uk/gold-silver-metallic-fibre-pens>

### Odd One Out

Gather groups of four items which all link together except for one. Ask volunteers to work out which one is the odd one out and why. The categories can range in difficulty, from colour to concepts. For example:

* Category is yellow – Have a banana, a yellow sponge, a yellow pencil and a song book. The song book is the odd one out since it isn’t yellow.
* Category is birds that can fly – Have either pictures or toys of birds which can fly, and one that can’t (such as a penguin).
* Category is members of the Beatles – Have cards with the following names on - John, Paul, Ringo, Brian. Brian is the odd one out as he wasn’t a member of the Beatles.

Sometimes it can be easy to see which one stands out from the crowd, but sometimes it isn’t so easy. As Christians in a dark world, we want people to see that there is something different about us in our words and actions.

### Dominoes

Use a set of dominoes to create a run. It could be as complicated as you wish. Purposely set one domino incorrectly so that it stops the run from continuing.

If dominoes aren’t available, there are plenty of ‘domino fail’ videos online.

Dominoes represent things in the world such as sin, hatred and social pressures. We are called to be the one domino which stands out, and stops the ‘fall’ around us.

### Example artist

You will need at least two volunteers. Show one volunteer an image/drawing. They have to describe the image to the others, but they are only allowed to use the following words (and no actions) to describe the image: line, circle, square, big, small, up, down, left, right, bendy.

The people who cannot see the drawing then have to draw what they believe the image to be, based on the description.

Then have someone else explain another image, but this time they can act it out and use any words they would like. Examples of images to explain/draw include a castle, a spider, an ice cream, a bird, a camera.

The artists will probably create a better replica when they have more information. What ‘information’ about Jesus are we sharing with our neighbours, in our words and actions? We demonstrate his love to those around us when we speak and act in a Christlike way. This takes boldness! It’s not always easy, because the world might pressure us into speaking and acting in a narrow framework. But we are called to paint a full picture of what covenantal life with Christ looks and sounds like.

### I’m a celebrity – Get me out of here!

Hold a series of challenges to test how brave your volunteers are!

* Put some interesting items into a box which is either covered with a towel or hidden. Create a small opening for people to put their hand in and guess what’s inside. See who is brave enough to reach in. You may wish to mix up the textures and include jelly, gummy sweets, rice, feathers, or other unusual things.
* Create a food concoction that looks disgusting (but is still edible!). It could include a whole range of things that can be found around the house. See who is brave enough to try it! You could also do a surprise one that looks horrible like dog food, but actually tastes nice.
* Put some plastic (or laminated paper) stars in some jelly and allow it to set. Give contestants goggles and ask them to retrieve as many stars as possible in the time limit.

## Prayer and Response Ideas

### Covenant Card prayer

There is a PowerPoint slide available at salvationist.org/resources/covenantsunday2025 to put on the screen during the time that the Covenant cards are signed.

### Continual Covenant

Ask people to get out their physical diaries or open the calendar app on their phone. Covenant Sunday is 12 January, and there are 12 months of the year. Therefore, as a reminder of this day, encourage people to put an alert in their phone or a note in their diary on the twelfth day of each month. Use it as a monthly checkpoint to reflect on their own journey of courageous discipleship and how they are holding to the promises made today. Consider how can we step up and stand out, not just today, but continually in the coming year. You may also want to send out biblical reflections for people to study in line with those dates.

### Daring Discussions

Show different images as discussion points – these could be on the screen or printed out and given to groups.

* A narrow walkway under a boulder
* A waterlogged path
* Climbing up a steep mountain
* A dark forest path with twisted trees
* A trip into space on a rocket
* A deep sea diver exploring the depths of the ocean

Encourage people to discuss in small groups questions such as: Would you go through it or over it? Through it or turn back? The goal is self-reflection on how much of a risk taker they are, and if they are willing to step into the unknown. Whether they are bold and brave with these things or not we are all called to step up and stand out and be bold disciples for Christ. Thankfully we rely on his strength to equip us rather than our own bravery to face life alone.

### Physical reminders to be bold and stand out

You may want to encourage people to create a physical reminder to be bold or stand out. This could be something small, like taking a neon Post-it note or a pipe cleaner. These can be placed somewhere around their house where they will be seen daily as a reminder to be bold in their daily living. Alternatively you could create bracelets to be worn as a reminder that we are called to step up and stand out.

You may also want to visually represent the journey of discipleship by using a long roll of paper and drawing around your foot/shoe. It would represent being bold in our community and the continual journey that we are all on.

### Time of prayer

You may want to build up the prayer time to become a community prayer time. Start by praying individually, then with the person next to you. That pair could join with another pair, and then join other groups, and so on. Alternatively, you could allow people to move around: to pray with family members, friends, or those who may not have people close to them. Ask people to pray for themselves, their family, their neighbourhood and wider community.

You could use a big piece of paper or a map of your local area to highlight community concerns and the ways in which they need not only prayer but also a bold disciple to step up and stand out.

## Prayers and Readings

### Responsive Reading based on Psalm 27 of David.

Leader: The Lord is my light and my salvation –

All: whom shall I fear?

Leader: The Lord is the stronghold of my life –

All: of whom shall I be afraid?

Leader: When the wicked advance against me to devour me, it is my enemies and my foes who will stumble and fall. Though an army besiege me,

All: my heart will not fear;

Leader: though war break out against me,

All: even then I will be confident.

Leader: One thing I ask from the Lord, this only do I seek:   
that I may dwell in the house of the Lord all the days of my life,   
to gaze on the beauty of the Lord and to seek him in his temple.   
For in the day of trouble he will keep me safe in his dwelling;   
he will hide me in the shelter of his sacred tent   
and set me high upon a rock ….

All: Hear my voice when I call, Lord … your face, Lord, I will seek ….

Leader: I remain confident of this: I will see the goodness of the Lord in the land of the living.

All: Wait for the Lord; be strong and take heart.

### Responsive Benediction

Leader: Look at your hands.

All: God made them for a purpose.

Leader: See the touch and usefulness.

All: We shall use them to do God’s work.

Leader: Look at your feet.

All: God made them for a purpose.

Leader: See the direction and example.

All: We shall use them to do God’s work.

Leader: Look into your heart.

All: God made it for a purpose.

Leader: See the love and determination.

All: We shall use it to do God’s work.

Leader: Look at the cross.

All: God made it for a purpose.

Leader: See God’s Son, the Saviour.

All: We shall follow him in God’s work.

Leader: Look at your world.

All: God made it for a purpose,

Leader: See where God calls you to serve him.

All: We shall go out and do God’s work.

Leader: May the God who loves you endlessly lead you from belief into action.

All: Amen.

*Taken from Candidates Sunday 2020 resources found here -* [*https://www.salvationist.org.uk/resources/candidates-sunday-resources-previous-years*](https://www.salvationist.org.uk/resources/candidates-sunday-resources-previous-years)

## Song Suggestions

### Salvation Army Song Book

* ‘How can I better serve Thee, Lord’ *SASB* 646
* ‘When from sin’s dark hold … I renew my covenant with thee’ *SASB* 634
* ‘Lord, if your presence’ *SASB* 1031
* ‘All that I am’ *SASB* 568
* ‘Standing on the promises’ *SASB* 522
* ‘I dare to be different’ *SASB* 321

‘Be bold, be strong (reflective version), resource video from Older Peoples Ministries - <https://vimeo.com/1008867817/ecdbb60f64?share=copy>

### YouTube Videos

‘Here am I, my Lord’ by Howard Davies, The Salvation Army Camberwell - <https://www.youtube.com/watch?v=RkdExGrJuYQ>

‘All that I am’ by William Himes, Salvation Online – Central Division -  
<https://www.youtube.com/watch?v=miseOaUu1mc>

‘You make me brave’ by Amanda Lindsey Cook, Bethel Music -   
<https://www.youtube.com/watch?v=IZpyoIBF_kI>

‘Oceans’ by Hillsong United (with lyrics) -   
<https://www.youtube.com/watch?v=IErrzQGNYME>

‘Boldly I approach’ by Rend Collective (with lyrics) -   
<https://www.youtube.com/watch?v=4QDnVD7gu5Y>

‘Because of Jesus’ by Charity Gayle -   
<https://www.youtube.com/watch?v=NfVEQJjbNXQ>