

# RUBBER BAND

## PRAYER

### SCRIPTURE REFERENCE:

#### Isaiah 54 (KJV)

<sup>1</sup> Sing, O barren, thou that didst not bear; break forth into singing, and cry aloud, thou that didst not travail with child: for more are the children of the desolate than the children of the married wife, saith the Lord.

<sup>2</sup> **Enlarge** the place of thy tent, and let them **stretch** forth the curtains of thine habitations: spare not, **lengthen** thy cords, and **strengthen** thy stakes;

<sup>3</sup> For thou shalt break forth on the right hand and on the left; and thy seed shall inherit the Gentiles, and make the desolate cities to be inhabited.

<sup>4</sup> Fear not; for thou shalt not be ashamed: neither be thou confounded; for thou shalt not be put to shame: for thou shalt forget the shame of thy youth, and shalt not remember the reproach of thy widowhood any more.

#### PRAYER FOR STUDENTS FROM ISAIAH 54

Lord, "Anoint this generation. Give them insight and wisdom. Help them to be taught of the Lord and established in righteousness. Help this generation to be firmly rooted and grounded in their faith. Help them to defend their faith. Help them to be fruitful and prosperous, not barren. Replace areas of shame with hope, confidence, and faith. **ENLARGE, STRETCH, LENGTHEN, AND STRENGTHEN THEM**".

**Prep:** Elastic/Rubber Bands

The rubber band (or elastic band) is one of the simplest, yet versatile and useful items found. Uses include an eraser, hair tie, exercising, a sling shot, etc. **Now** it is a prayer activity!

#### **Prayer Focus Points – "ENLARGE, STRETCH, LENGTHEN, AND STRENGTHEN"**

1. **ENLARGE** - Lifestyle of worship, opportunities (ex: educational, financial), resources, and influence on others (ex: family, friends).
2. **STRETCH**- Vision and faith.
3. **LENGTHEN**- Depth in Christ, tenacity, durability, stability, and wisdom.
4. **STRENGTHEN**- Inner man, faith, dreams, hope, Godly convictions, commitment to spiritual disciplines, friendships, healthy relationships, hunger/thirst for righteousness, and health (physical, emotional, spiritual, and mental).

#### **Interactive Prayer:**

While pulling/stretching the rubber/elastic bands, **PRAY** the following:

1. Lord, **enlarge** every area of my life.
2. Lord, **stretch** my faith and vision.
3. Lord, **lengthen** me by Your Spirit.
4. Lord, **strengthen** my inner man.



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