

# STATIONS OF THE HIGHWAY

*Prayer Room*

## TOOL KIT

**PRAYING THROUGH THE JOURNEY OF A REFUGEE**

# STATIONS OF THE HIGHWAY

# Prayer Room

## INTRODUCTION:

The STATIONS OF THE HIGHWAY is modeled after the concept of the Stations of the Cross and is designed as series of stations that walks through the journey of a refugee to facilitate empathy, understanding and prayer.

This toolkit will help you design a Stations of the Highway self-guided prayer experience.

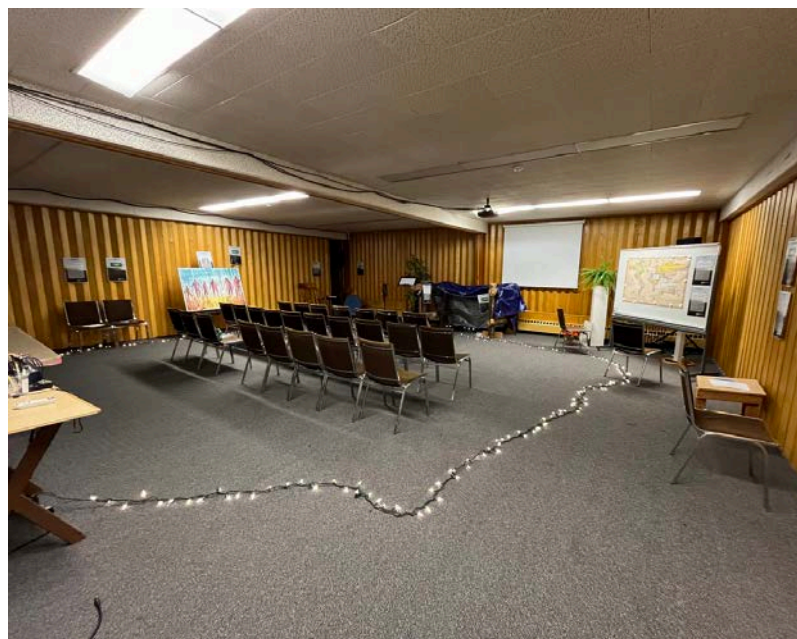
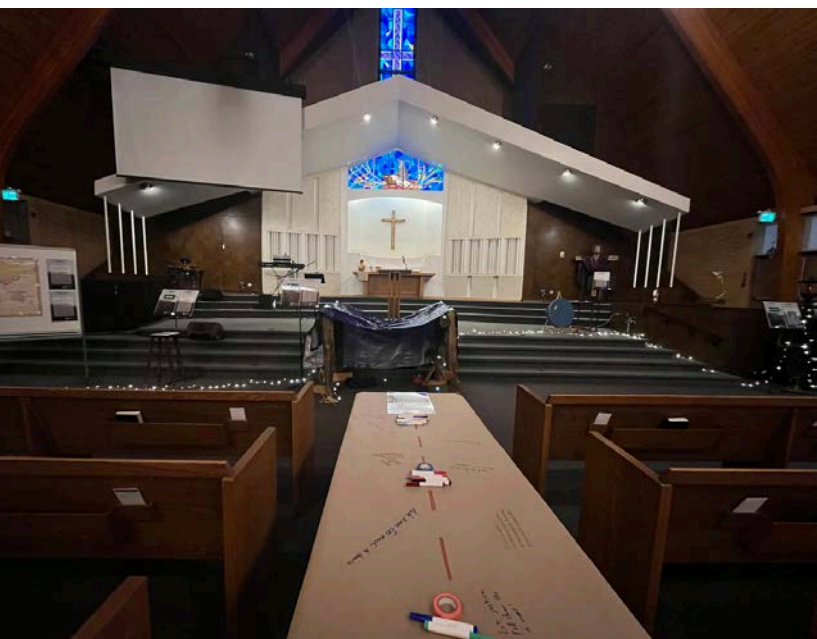
This version of the Stations of the Highway was designed by Cindy M. Wu & Krista Heide, and were used at the Refugee Highway Partnership North America (RHPNA) Roundtable 2024 Conference in Winnipeg, Canada. The theme of this conference was “Listening”:

- Listening in the Midst of Hostility
- Listening as a Practice for Sustainability
- Listening to One Another.

The design below is guided by these three plenary themes.

We started off with the stations in a specified prayer room, but moved the stations into the main sanctuary for the Friday evening program. We encourage you to add your own ideas and creativity.

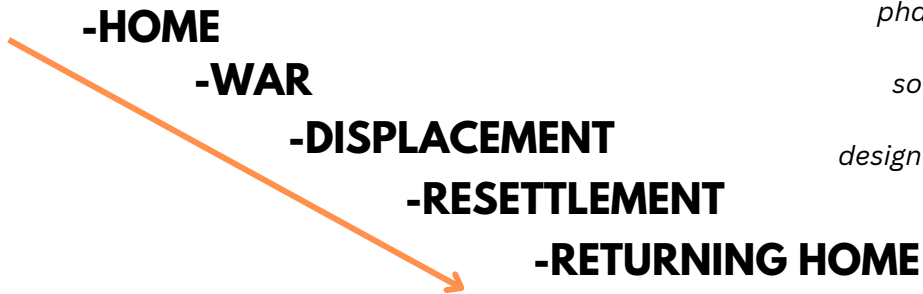
Other resources for your prayer space are listed at the bottom of this document.



# STATIONS OF THE HIGHWAY

## Prayer Room

### MOVEMENTS:



*(Note - The movements of the Stations of the Highway are not aligned perfectly with the phases of displacement. After displacement, refugees may face one of three “durable solutions:” repatriation, local integration or resettlement. For this prayer space, we designated resettlement and returning home as two stations.)*

#### 1. HOME

- Instructions on how to pray the stations
- Grounding Scriptures
- The Immigrant’s Creed

#### Theme #1: Listening in the Midst of Hostility

#### 2. WAR

- A map of the world with prayer prompts for conflict areas
- Spiritual formation exercise on praying for relational hostility (Psalm 139)

#### 3. DISPLACEMENT

- Create a tent or shelter for prayer
- Mending activity: sewing up broken places, praying for forgiveness and reconciliation

#### Theme #2: Listening as a Spiritual Practice for Sustainability

#### 4. RESETTLEMENT

- Visio Divina: Gazing upon a piece of art for spiritual reflection
- Media options about refugees

#### Theme #3: Listening to One Another

#### 5. RETURNING HOME

- Spiritual formation exercise on listening to others (State of Soul Sharing)
- Highway prayer banner

\*\* For a sample of signage, please see the [posters](#) created by Spiritual Director and artist Krista Heide for RHPNA Roundtable 2024.

# STATIONS OF THE HIGHWAY *Prayer Room*

## INSTRUCTIONS FOR MOVEMENTS:

### HOME - MOVEMENT #1

#### Instructions on How to Pray the Stations:

As you enter the Stations of the Refugee Journey, we invite you to put yourselves in the shoes of the forcibly displaced. This year, 120 million people are displaced from their homes due to war and violence.

Walk slowly along the highway and allow the Holy Spirit to guide your prayers. Open your heart to the experience and perspective of those who have been forced along the refugee highway.

#### Grounding Scriptures:

The following Scriptures will help us begin our journey on the highway.

- You shall also love the stranger, for you were strangers in the land of Egypt. - Deuteronomy 10:19
- Do not mistreat or oppress a foreigner, for you were foreigners in Egypt. - Exodus 22:21
- The Lord watches over the strangers; he upholds the orphan and the widow, but the way of the wicked he brings to ruin. - Psalm 146:9
- I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me. - Matthew 25:35
- Contribute to the needs of the saints; extend hospitality to strangers. - Romans 12:13
- Owe no one anything, except to love one another; for the one who loves another has fulfilled the law. - Romans 13:8

#### The Immigrants' Creed:

Print and laminate a copy of The Immigrants' Creed, by José Luis Casal

# STATIONS OF THE HIGHWAY

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## INSTRUCTIONS FOR MOVEMENTS:

### WAR - MOVEMENT #2

Theme #1: Listening in the Midst of Hostility

#### World Map:

Hang a large map of the world with prayer prompts for conflict areas. You can do your own research on global conflict; visit UNHCR website for ideas.

#### Sample Prayer Prompts:

**SOUTHEAST ASIA** - Pray for the forcibly displaced in detention and lacking food and basic care. Pray for God's wisdom and counsel to reach those with influence, advisors, advocates, and policymakers. Pray for national churches to work ecumenically in His Kingdom advancement.

**SOUTH ASIA** - Heavenly Father, please look after the millions who are internally displaced inside Afghanistan. Please bring urgent solutions to the growing food crisis, with 1 out of every 3 Afghans not knowing where their next meal will be coming from.

**LATIN AMERICA** - Pray for the many fleeing political unrest. Protect migrants as they travel up north for safety, many traversing some of the world's most dangerous pathways.

**NORTH AMERICA** - Pray for just policies towards resettling refugees. Pray for churches with wealth and privilege to sponsor refugees. Pray for safety and protection during border crossings, especially between the US and Mexico.

**AFRICA** - Millions in eastern Africa have fled their homes due to hunger and violence fueling one another. Some parts of Africa have regressed to poverty levels once thought conquered. Pray Christian refugees would serve as missionaries.

**MIDDLE EAST/NORTH AFRICA - MENA** is plagued by continuous civil and regional wars as well as ethnic cleansing in many countries. Pray for patience and perseverance for ministries and NGOs. Lord, Keep safe the civilians and displaced in Lebanon as they endure recent attack. Have mercy in Gaza, where humanitarian operations are close to total collapse.

**EUROPE** - Pray for the European church to continue to welcome migrants and refugees. For all of the migrant and refugee-led churches to be encouraged and to be salt and light throughout Europe. Pray protection for unaccompanied minors and vulnerable populations along the highway, especially in camps and the Balkan region.

**OCEANIA** - In recent years waves of refugees from Asia are making their way to Oceania, where many are placed into detention or await transfer to a third country. Pray for governmental solutions and for the Church to extend hospitality to refugees.

# STATIONS OF THE HIGHWAY *Prayer Room*

## INSTRUCTIONS FOR MOVEMENTS:

### WAR - MOVEMENT #2



## PRAYING PSALM 139 FOR OTHERS

Begin by praying Psalm 139:23-24, asking God's help to identify a person or group of people that you have difficulty seeing the image of God in. Ask the Lord to grant you the grace and humility to see them through God's eyes, rather than your own.

23 Search me, God, and know my heart;  
test me and know my anxious thoughts.  
24 See if there is any offensive way in me,  
and lead me in the way everlasting.

Slowly write the person or group's name into the blanks as you pray:

- 1 You have searched \_\_\_\_\_, Lord, and you know \_\_\_\_\_.
- 2 You know when \_\_\_\_\_ sits and rises;  
you perceive \_\_\_\_\_'s thoughts from afar.
- 3 You discern \_\_\_\_\_'s going out and \_\_\_\_\_'s lying down;  
you are familiar with all \_\_\_\_\_'s ways.
- 4 Before a word is on \_\_\_\_\_'s tongue  
you, Lord, know it completely.
- 5 You hem \_\_\_\_\_in behind and before,  
and you lay your hand upon \_\_\_\_\_.

- 13 For you created \_\_\_\_\_'s inmost being;  
you knit \_\_\_\_\_together in \_\_\_\_\_'s mother's womb.
- 14 I praise you because \_\_\_\_\_ is fearfully and wonderfully made;  
your works are wonderful, I know that full well.
- 15 \_\_\_\_\_'s frame was not hidden from you  
when \_\_\_\_\_was made in the secret place,  
when \_\_\_\_\_was woven together in the depths of the earth.

Continue talking to God honestly and candidly about this person or group of people. Pray for them. Pray for yourself.

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## INSTRUCTIONS FOR MOVEMENTS:

### DISPLACEMENT - MOVEMENT #3

#### Shelter:

Using a tarp, create a shelter; invite participants to sit inside for prayer.



#### Sample prayer prompts for the shelter:

##### PRAYER FOR THOSE DISPLACED

This year, 120 million people have been displaced from their homes due to war and violence. Take a few moments to pray for those who are displaced; those facing the terrifying prospect of leaving their homes, unsure where they will go or how they will live.

Here are a few topics to consider in your prayers:

**Pray for security** - that people can exit dangerous situations and get to safety

**Pray for families** - that families stay together.

**Pray for justice**- that corruption is exposed, and that anyone seeking to exploit the victims of a crisis is stopped.

**Pray for help navigating bureaucracy**- that displaced people can navigate the systems that can help them find the best possible future.

**Pray for comfort** - that God's Presence is felt by the people suffering.

**Pray for home** - that God will provide safe homes where people can thrive, whether that is in the place they have been forced to flee or in somewhere new.



## INSTRUCTIONS FOR MOVEMENTS:

### DISPLACEMENT - MOVEMENT #3

#### **Mending the Broken:**

This Mending activity involves sewing up broken places in fabric while praying for healing, forgiveness and reconciliation.

Using a canvas or large fabric frame, cut slits into the fabric. Provide colorful fabric pieces, needles, and string for participants to patch up the tears. This is especially powerful when 2-3 people are doing it at the same time. Each person patches the tears in their own style.

You can add a rocking chair to emphasize the waiting that is involved in displacement.

#### **Instructions for Mending Station:**

The journey of a refugee can be filled with stress, trauma, fractures, and disorientation. In these scenarios it can feel like your sense of safety, security, family, identity are torn apart.

Though it is impossible to completely restore things to what they once were, through a compassionate and caring community, friendship, prayer, and physical, emotional, mental and spiritual support, the work of mending can take place.

Notice the torn fabric in front of you. Imagine how the fabric of a refugee's life can feel torn.

Take the needle and thread, and work to patch one of the holes. You can use fabric, various colours, make it plain or decorative.

As you sew, pray for God to work on mending the brokenness in the lives of refugees - providing them with safety, connection and places of restoration.

# STATIONS OF THE HIGHWAY *Prayer Room*

## INSTRUCTIONS FOR MOVEMENTS:

### DISPLACEMENT - MOVEMENT #3

#### Mending the Broken:



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## INSTRUCTIONS FOR MOVEMENTS:

### RESETTLEMENT - MOVEMENT #4

Theme #2: Listening as a Spiritual Practice  
for Sustainability

#### Visio Divina:

Visio divina means “holy seeing.” It involves gazing upon a piece of art for spiritual reflection. What stands out to you? How is God speaking to you through this artwork?

You can use almost anything for Visio Divina (see Unsplash for free and copyright-safe photo options).

Some suggestions for Visio Divina:



1) Unsplash photo by Mostafa Meraji



2) “The Search Party,” acrylic on canvas by [Krista Heide](#)

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## INSTRUCTIONS FOR MOVEMENTS:

### RESETTLEMENT - MOVEMENT #4

#### Visio Divina:

Some suggestions for Visio Divina:



3) "The Hospitality of Abraham's Children," digital art by Josiah Wu



4) "May Angels Protect You on Your Journey to Safety," acrylic on canvas by Jacqueline Kramer

Note: These two paintings served as the cover artwork for *A Better Country*, by Cindy M. Wu

#### Media options:

You can set up a media station with videos or songs (provide headphones or a QR link).

Play "Jesus, See the Traveler," by Sara Groves (audio [here](#))

Play "Let Us Be the Church," by John Guerra & Lauren Smith (audio [here](#), video [here](#))

## VISIO DIVINA

The practice of Visio Divina, “divine seeing” in Latin, invites reflection on our life and the divine / sacred through the use of visual art.

### PRAYER

Take a few moments to be still, patiently settling into this time and space of prayer.

Invite the Father, Son, and Holy Spirit to lead and guide you; for the grace to experience God.

### PRACTICE

In a posture of curiosity, take a few minutes to look at the image. Spend some time noticing:

- What stands out the most to you in this image, and why?
- Does this image have a connection to a specific experience or time in your life? Reflect on this.
- What emotions do you feel as you look at this image? Are those emotions held in a certain place in your body? Place your hand on your body and invite God to meet you in these emotions.
- Is there something in this image that reveals the Way of Jesus? Or is there something specific that Jesus might want you to notice in this image? Ask him about these things.
- How might the Spirit want to use this image to comfort, encourage or challenge you today?

### PROCESS

- Gather your thoughts, feelings, and experience into a conversation with Jesus.
- Take some time to journal about what you noticed.
- Consider sharing your experience with a friend.

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## INSTRUCTIONS FOR MOVEMENTS:

### RETURNING HOME - MOVEMENT #5

Theme #2: Listening to One Another

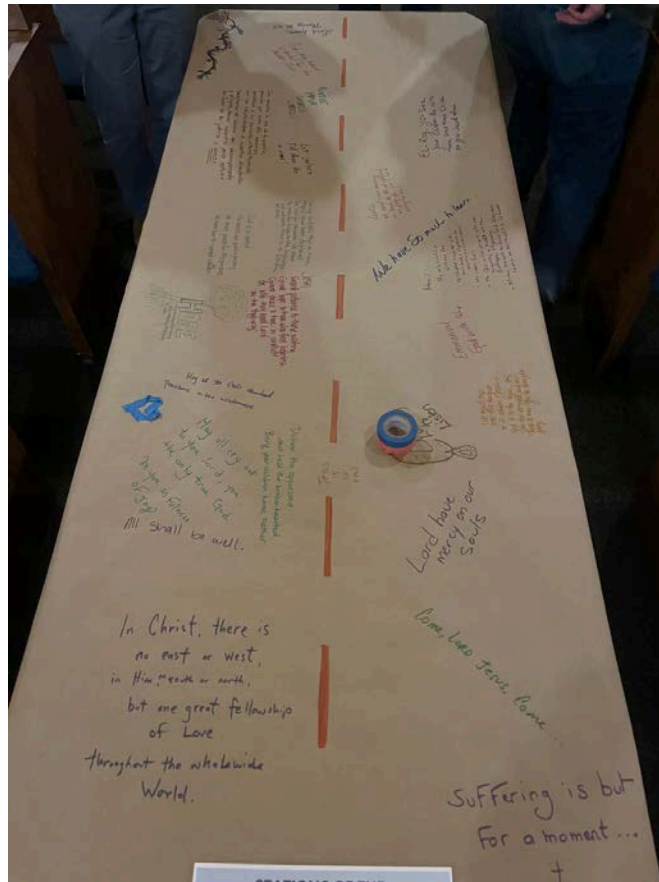
#### Spiritual Formation Exercise on Listening to Others:

Provide copies of the State of Soul Sharing exercise for participants to do with another person, if possible. The emphasis of this exercise is listening, not sharing.

Another option is to go back to the Guiding Scriptures and have partners share what stands out to them from the verses. The emphasis of this exercise is listening, not sharing.

#### Prayers for the Refugee Highway:

Roll out butcher or banner paper on a long table and invite people to write out prayers. This activity can be done at any time during your event.



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### STATE OF SOUL SHARING:

This station is designed to help you reflect on emotions being stirred up as you pray along the highway, or however you are feeling in this season of life and ministry. It can be done individually or with another person.

“What is the state of your soul?” It’s a question that invites us to reflect more deeply than if we were asked, “How are you doing?”

What words, phrases, images, or physical objects represent your state of soul today?

You would ideally do this with another person, but if you are alone, you may do this individually. It is also a powerful journaling activity.

If sharing with another person, the emphasis is on *listening*, not talking. Agree to take 3 minutes each to share; while one person is sharing, the other person should listen and not interrupt or give advice.

Let’s offer each other the gift of listening.

Affirmed	Bound	Hopeful	Energized
Agitated	Heavy	Fragile	Burdened
Anxious	Light	Flourishing	Weary
Content	Satisfied	Peaceful	Open
Distracted	Dissatisfied	Unsettled	Closed
Thankful	Joyful	Encouraged	Hurting
Free	Overwhelmed	Discouraged	Healing

Add your own words, phrases, or images.

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## SUPPLY LIST

- Printed posters, laminated
- Painter's tape or pins for hanging up posters on wall
- LED candles for the shelter
- Rocks and stones to decorate shelter
- Tarp for shelter and sticks or frame to build shelter
- String lights to create a path and add dramatic effect
- Butcher paper for highway of prayers
- Markers for highway of prayers
- World map
- Embroidery hoop or canvas for mending activity
- Fabric, darning needle, embroidery thread
- Painting and easel or print outs for Visio Divina Image
- Spiritual formation activities handouts: Psalm 139 and State of Soul Sharing
- Pens for Psalm 139 station





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## ADDITIONAL RESOURCES:

### A few litanies / prayers that could be used in gatherings:

- <https://www.jrsuk.net/wp-content/uploads/2021/11/Prayer-Service-for-Refugees.pdf>

### Pray as you go audio Stations of the Cross: Journey with Jesus and Refugees:

- <https://pray-as-you-go.org/series/27-wayofthecrossjourneywithjesusandrefugees>

### 24/7 Prayer for Refugees Resources:

- [https://www.24-7prayer.com/wp-content/uploads/2023/10/World-Refugee-Day-Prayer-Activities-3.pdf?\\_gl=1\\*no0wye\\*\\_up\\*MQ..\\*\\_ga\\*MjMyNjc5OTEzLjE3MjM3Nzk5MjQ.\\*\\_ga\\_EP7TTCOT8Z\\*MTcyMzc3OTkyNy4xLjAuMTcyMzc3OTkyNy4wLjAuMA](https://www.24-7prayer.com/wp-content/uploads/2023/10/World-Refugee-Day-Prayer-Activities-3.pdf?_gl=1*no0wye*_up*MQ..*_ga*MjMyNjc5OTEzLjE3MjM3Nzk5MjQ.*_ga_EP7TTCOT8Z*MTcyMzc3OTkyNy4xLjAuMTcyMzc3OTkyNy4wLjAuMA)
- [https://www.24-7prayer.com/wp-content/uploads/2023/10/247prayer\\_prayer-guide\\_pray-for-refugees-and-displaced-people.pdf?\\_gl=1\\*l4e45n\\*\\_up\\*MQ..\\*\\_ga\\*MjMyNjc5OTEzLjE3MjM3Nzk5MjQ.\\*\\_ga\\_EP7TTCOT8Z\\*MTcyMzc3OTkyNy4xLjAuMTcyMzc3OTkyNy4wLjAuMA..](https://www.24-7prayer.com/wp-content/uploads/2023/10/247prayer_prayer-guide_pray-for-refugees-and-displaced-people.pdf?_gl=1*l4e45n*_up*MQ..*_ga*MjMyNjc5OTEzLjE3MjM3Nzk5MjQ.*_ga_EP7TTCOT8Z*MTcyMzc3OTkyNy4xLjAuMTcyMzc3OTkyNy4wLjAuMA..)

### International Association for Refugees Canada (IAFR):

- [https://www.iafr.ca/uploads/1/3/0/0/130041609/praying\\_for\\_displaced\\_people\\_prayer\\_room\\_guide.pdf](https://www.iafr.ca/uploads/1/3/0/0/130041609/praying_for_displaced_people_prayer_room_guide.pdf)

### Refugee Focused Prayer Stations:

- <https://theresaecho.com/2019/05/26/interactive-prayer-stations-on-advent-refugees-immigration/>

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