

Revive, Rejoice, Restore Spa

This spa experience, designed by Sue Carlson, Ministerial Spouse leader as well as Women's, Family, and Children's Ministries Director of the Kansas-Nebraska Conference, will take approximately 1.5 - 2 hours to complete and could be adapted to various venues and events. It provides quiet time with God (especially during the Prayer Station experience) and also light-hearted time for participants to share with one another.

For those conferences that have male ministerial spouses, don't be surprised if some male spouses may want to take in some stations. For that reason, we suggest inclusive language in marketing and in implementation. Enjoy!!

Paraffin Dip Station

Supplies:

- Approximately 1 pound of paraffin per 25-30 people
- A paraffin bath machine – one for approximately 50 people
- Stable table, extension cord and duct tape
- Clear plastic paraffin treatment bags – one per participant
- Hand towels – one per participant
- Good quality chocolates – one per participant
- Garbage can
- Hand sanitizer
- Copies of Knot Prayer for give-away to each participant

Directions for Paraffin Dip Helpers (3 helpers for 50 people)

- Melt paraffin in machine for 3 hours to overnight (if the event is in the morning) prior to using.
- Ask all participants to wash hands well with soap and water before participating.

Paraffin Dip Station, Cont'd

- Have participants choose a chocolate and have them suck on it to savor the flavor.
- With a clean ladle, spoon out enough melted paraffin into a bag; have participant put their hands, palm to palm, in the bag and helper will press the paraffin up until the hands are covered in the paraffin.
- Wrap a hand towel around the hands.
- After approximately 10 minutes remove the hand towel and then the bag, pulling off the paraffin as the hands are removed from the bag. Dispose of the bag with wax and any other residue of paraffin from the participant.

Reading

When all have been served and are seated around the table read the following:

As the warmth of your mouth melts the chocolate and the warmth of the machine melts the paraffin and enables it to take on a new shape... The warmth of Jesus' love melts our hard hearts allowing them to be pliable in His hands. He wants to mold us into His image. Savor the chocolate; feel the warmth of the paraffin and ask God to mold you into the beautiful person He's designed you to be! You are "enough" in His hands!

"And I will give you a new heart and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender responsive heart." Ezekiel 36:26

Read the "Knot Prayer" and give each participant a copy as they leave...

Hand Massage Station Instructions

Pair up to do the massage for each other after having the paraffin hand treatment or washing **ones hands thoroughly.**

Supplies: Lavender Lotion

1. Apply lotion to one hand at a time.
2. Using your thumbs make circular motion in palms, wrist and up the arm to the elbow.
3. Grip arm with both hands and massage arm using back and forth motion going up the arm to elbow. Repeat.
4. Give attention to each finger: squeeze from attachment to tip. Rub lotion into nail and cuticle. Grip and lightly pull. Move your fingertips lightly from elbow to fingertips. Repeat
5. Repeat on other hand.
6. Ask your partner how they would like you to massage and when they feel they've had enough.

Pray for each other...

Art Station Setup

Supplies:

Plastic tablecloth on table, brushes, canvases, paper cups with water, bottles of red, blue and yellow acrylic paint, coloring pages and colored pencils

Reading

Draw or paint a representation of something that gives your life meaning, satisfaction or joy!

“But let the godly rejoice. Let them be glad in God’s presence. Let them be filled with joy. Psalm 68:3

“Take delight in the Lord and He will give you the desires of your heart.” Psalm 37:4

Trifold Display Preparation

1. Purchase 2 - 36 x 48 inch white foam core trifold display boards.
2. Cut each trifold in half horizontally to create four shorter ones.
3. Mount the 11 x 17 inch posters in the center of each trifold.
4. Glue coordinating colored card stock to cover each of the side panels.



Prayer Station #1 “Our God Invites”

Supplies at station:

- White foam core trifold divider opened towards door as you enter the room to designate station...
- 200 blank place cards (4 per person) and pens
- 2 Elegant Binders to write prayers for the people you want to join you at the Banquet
- Applicable 11”X17” graphic(s), printed in color, to attach to white trifold. which contains the following message:

You’re Invited!

“Blessed are those who are invited to the wedding feast of the Lamb.” Revelation 19:9

Instructions:

Write the names of those you wish to join you at this heavenly feast! (Limit 4 place cards per person)

Write a prayer for those you wish to join you at the banquet table on the scroll.

(*If you cannot print the graphic, display on the trifold pictures of a beautiful banquet table, elegant food and happy people.)

Prayer Station #2 “Our God Sustains”

Supplies at station:

- White (or tan) foam core trifold
- Basket of bread rolls covered with a white cloth napkin.
- Loaf of homemade bread with slices cut on wooden cutting board
- Bowl with butter & knife
- Pitcher of grape juice
- Tiny white Dixie cups for grape juice
- Note pads to write thank you notes to Jesus
- Applicable 11”X17” graphic(s), printed in color, to attach to trifold. If you cannot print this graphic, print and place on trifold the following texts and Instructions:

“Jesus replied, I am the Bread of Life. Whoever comes to Me will never be hungry again. Whoever believes in Me will never be thirsty.” John 6:35

“And this same God who takes care of me will all your needs from His glorious riches, which have been given to us in Christ Jesus.” Philippians 4:19

Instructions:

Savor a bread roll and a drink of grape juice. Reflect on the ways Jesus, the Bread of Life, has provided for your needs. Be specific and write a thank you note on the note pad thanking Him for His sustaining care in your life! Take your note with you.

Prayer Station #3 “Our God Equips”

Supplies at station:

- White foam (or pale green) core trifold
- Tabletop waterfall and 3 + flowering plants
- Pitcher of water
- Note pads and two pens
- Applicable 11”X17” graphic, printed in color, to attach to white (or pale green) trifold. If you cannot print this graphic, find pictures of waterfalls, flowering plants to place on the trifold plus the following:

As God’s Spirit and Word pours into our lives we become conduits of His grace to others around us. Water changes barren fields into fruitful crops, causes flowers to produce blossoms and living water shared with others produces hope, peace and the gift of eternal life to those who accept it.

Ask God to make you a channel of living water producing life in others. Ask Him to show you ways He wants to use you.

Write them down and keep this slip of paper with you.

On the last day, the climax of the festival, Jesus stood and shouted to the crowds, “Anyone who believes in Me may come and drink! For the Scriptures declare, “Rivers of living water will flow from his heart.” When He said, “living water” He was speaking of the Spirit, who would be given to everyone believing in Him. John 7:37-39.

Give and it will be given to you. A good measure, pressed down, shaken together and running over will be poured into your lap. Luke 6:38 (NLT)

Pray: Lord, make me an open channel for Your grace to flow through others . . .

Prayer Station #4 “Our God Comforts”

Supplies at station:

- White foam (or light blue) core trifold
- 2 beautiful, soft shawls to wrap around participants
- 4 small, soft, throw pillows to hold and look at
- Applicable 11”X17” graphic, printed in color, to attach to trifold. If you cannot print this graphic, attach a picture of Jesus with His arms around people to trifold.

Instructions:

Think of the losses you’ve experienced, the hurts you feel. Wrap a shawl around you, hug a throw pillow and think of God’s love and concern for you. Ask Him to heal your hurts and help you sense His loving, healing presence in your life giving you hope and peace.

All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. 1 Cor. 1:3-4

The Lord gives righteousness and justice to all who are treated unfairly ... For His unfailing love toward those who fear Him is as great as the height of the heavens above the earth ... The Lord is like a father to His children, tender and compassionate to those who fear Him. For He knows how weak we are; He remembers we are only dust.” Psalm 103:6-14. NLT