

Re-read Psalm 124

Table Activity

(You have approx. 20 minutes to complete this activity)

1. **Discuss the question:** What is the theme of psalm 124?
2. On one side of the cross provided write down the ways in which Jesus has rescued you (thanksgiving). On the other side write ways in which we and the world need Jesus' rescue (intercession). (optional: cut out cross)
3. From this list write prayers of thanksgiving and intercession on the big **CROSS**. *(Either individually or as a group)*
4. These prayers will be used in our time of intercession in the service today.
(Either read by the prayer writers or leader of the group)