

# Bitterness and Sweetness

## SETTING UP THE PRAYER STATION

### You'll need

- a flat surface (table)
- table cloth or material to cover surface
- 2 chairs
- 4 to 6 lemons cut into quarters
- more lemons for decoration (optional)
- disposable teaspoons
- a bottle of honey (squeeze bottle preferred)
- 4 bowls – for lemon quarters, disposable spoons, waste (used lemon quarters and spoons)
- labels for bowls (could be simple cut-out pieces of paper) as follows:
  - clean spoons
  - used spoons
  - discard lemons here
- paper napkins
- instructions for visitors to the station (see next page)

### To set up the station

- Spread cloth or material out on flat surface.
- Lay out bowls and bottle of honey on material.
- In one bowl place washed and quartered lemons | in the other place clean spoons.
- Position labels.
- Lay out instructions page on the table where it's easy for people to read as they taste the lemons and honey.



Prayer station sourced from Monique Tatsu  
First Baptist Church, Chatham.

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## Instructions for visitors

### **BITTERNESS**

*Bite into one of the lemon quarters and allow the bitterness and sourness to fill your mouth.*

- Allow the shock of such a taste lead you to remember and pray for specific individuals you know who are hurting and broken hearted.

*Bitterness is often associated with suffering.*

- Allow the taste to remind you of the suffering that Christ endured and the bitter sting of death upon a cross.
- Remember in prayer those you know who are suffering:
  - Pray for their healing and wholeness.
  - Pray that God's peace would rest upon their hearts and minds.
  - Pray that they might persevere and be made more complete as they endure this bitter season.

### **SWEETNESS**

*Now take a spoonful of honey and eat it, allowing the sweetness to cut through the taste of bitterness.*

- Be reminded of the sweetness of the resurrection.
- Let the honey soothe your memory of the lemon's bitterness and replace it with comfort and joy.
- Pray for those specific people you remembered and prayed for as you tasted the lemon.
  - Pray that they will experience the sweetness of God's redeeming love.
  - Pray that the joy of the sweetness of the Lord's presence will comfort them.