

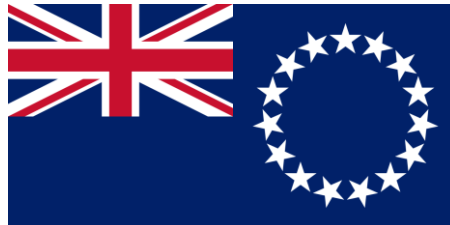
**Friday, March 7<sup>th</sup>, 2025**  
**WORLD DAY OF PRAYER**

Scottish Charity Number SC 020446

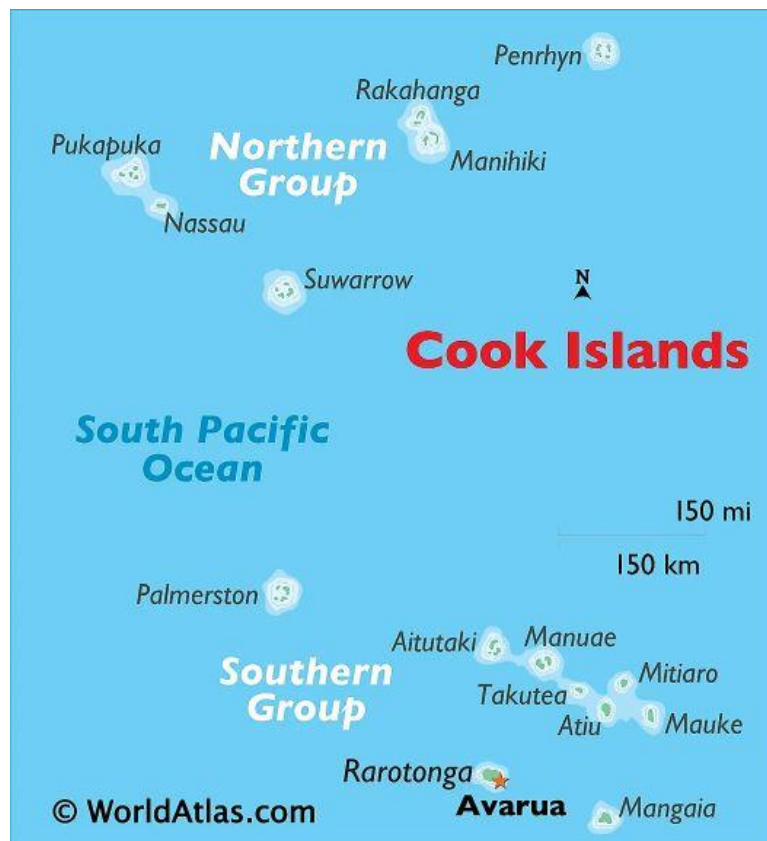
**“I Made You Wonderful”**

**Youth Resource 2025**

**Prepared by the WDP Committee of Cook Islands**



World Day of Prayer is an international prayer movement in more than 180 countries and over 1000 languages. Every year, Christians of many traditions and all ages celebrate a common, Global Day of Prayer. This year it is on Friday 7<sup>th</sup> March 2025. Worship services and prayer events are held all around the world on this day. Each year a different country is chosen to produce the material that we use for worship services, informing our prayers for that country. The idea of this leaflet is to inform and resource you for World Day of Prayer, so that young people and youth groups can use this to engage with the country and to pray for the people who live there. The Country for 2025 is The Cook Islands.



### Short Multi-choice Quiz about the Cook Islands.

1. The islands are made up of how many islands? -

A) 15 B) 23 C) 41

2. They are named after British Captain James Cook who visited the islands during the

A) 1550's B) 1660's C) 1770's

3) The largest island is called

A) Rarotonga B) Avarua C) Aitutaki

4) The colour of the national flower of the Cook Islands is

A) Blue B) Pink C) White

What's it like to be a young Christian in the Cook Islands?

Here is a story about a teenager who lives there...

### God Knows Us

Kia orana! (Kia orana is a phrase in the Maori language that the Cook Islanders use to greet each other. Kia orana means more than just hello. It means: May you live long and may you live well. May you shine like the sun. May you dance with the waves.)

My name is Mii. I am 15 years old. February 2022 was a scary month for me. It was the month that my family first had contact with someone who was Covid-19 positive. When I first heard about it, I freaked out. My dad felt bad because he was the one who brought it into our home. I was really upset. I thought we were going to die. I knew people who had died from COVID. I thought that I would die and not see my nephew when he was born. I started to think about things that I haven't experienced yet. I started to pray. I pleaded with God to look after my family. I didn't know what would happen next. I turned to the Lord and asked for guidance. I was terrified and scared, but I knew that prayer would help me to feel calm. And it worked. I stopped crying and the pressure lifted from my heart. And then I realized that God knows every detail of my life. God knows my distress and fear. God knows. And knowing that God knows and cares about me helps me to feel calm when I am afraid. God knows me. And God knows you. And God knows everything we are going through.

Discuss - Have you ever been in a scary situation?

How did you react?

Did you pray? Or panic? Or both?

Give out copies of Psalm 139 v 1-18.

Underline the words or phrases that stick out for you.

You have searched me, LORD,  
and you know me.

<sup>2</sup> You know when I sit and when I rise;  
you perceive my thoughts from afar.

<sup>3</sup> You discern my going out and my lying down;  
you are familiar with all my ways.

<sup>4</sup> Before a word is on my tongue  
you, LORD, know it completely.

<sup>5</sup> You hem me in behind and before,  
and you lay your hand upon me.

<sup>6</sup> Such knowledge is too wonderful for me,  
too lofty for me to attain.

<sup>7</sup> Where can I go from your Spirit?  
Where can I flee from your presence?

<sup>8</sup> If I go up to the heavens, you are there;  
if I make my bed in the depths, you are there.

<sup>9</sup> If I rise on the wings of the dawn,  
if I settle on the far side of the sea,

<sup>10</sup> even there your hand will guide me,  
your right hand will hold me fast.

<sup>11</sup> If I say, "Surely the darkness will hide me  
and the light become night around me,"

<sup>12</sup> even the darkness will not be dark to you;  
the night will shine like the day,  
for darkness is as light to you.

<sup>13</sup> For you created my inmost being;  
you knit me together in my mother's womb.

<sup>14</sup> I praise you because I am fearfully and wonderfully made;  
your works are wonderful,  
I know that full well.

<sup>15</sup> My frame was not hidden from you  
when I was made in the secret place,  
when I was woven together in the depths of the earth.

<sup>16</sup> Your eyes saw my unformed body;  
all the days ordained for me were written in your book  
before one of them came to be.

<sup>17</sup> How precious to me are your thoughts,<sup>[a]</sup> God!  
How vast is the sum of them!

<sup>18</sup> Were I to count them,  
they would outnumber the grains of sand—  
when I awake, I am still with you.

Have a chat sharing what you have underlined.



Tarani Napa and Tevairangi Napa, a mother and daughter duo, created this year's artwork. They share the vision they had for their composition based on Psalm 139:14: '*I praise you, for I am fearfully and wonderfully made*'.

Write next to the painting the corresponding words from the information.

"Our Heavenly Father blessed our islands of the sea. The lagoons and oceans are bountiful with sea life, fish and gems (like black pearls), which link us to the world.

On each island the mighty coconut tree stands tall, a symbol of strength and goodness. The coconut tree provides for our health and wellbeing. We have discovered how to use every part, from the fronds to the very deep roots for food, drink, medicine, shelter and much more.

We are grateful for the arrival of Christianity to our shores 200 years ago. The gospel of Jesus Christ brought hope, peace and light. In time, our cultures have interwoven with Christianity, and the blessings are evident today. As guardians and caretakers of God's marvellous works, we always treasure these words, 'I made you wonderful'.

Our women play a vital role in keeping our heritage and traditions alive. They are the keepers of talents, teachers and mentors. We show our respect and love for God and for one another in harmonies of song and prayer. Our precious Tivaevae quilts represent patience, love and unity. We honour God's love and mercy with hats we wear to church, woven by skillful loving hands from the strands of rito, the young coconut leaf. We adorn ourselves with sweet-scented Tiare tropical flowers, made into crowns and garlands. From the heart, we teach and nurture our beloved children, the younger generation, our future.

Some ladies from the Cook Islands have written a song based on some of the themes in the psalm...

Listen to the song together...

<http://www.wdpscotland.org.uk/wp-content/uploads/2024/04/wonderfully-made.mp3>

Interactive Prayer activities linked to the following....

**God knows us** - take a photo of all hands in a circle pinkys and thumbs touching.

Thank God for how unique we all are.

**God is with us** - go round the circle saying a one sentence prayer for the people of the Cook Islands.

**God made us wonderful.** - draw a picture of the tiare flower and write something that the Cook Island people are thankful for in each petal.



What can we pray for the Cook Islands? (prayer points to be added here)

Suggestion - Write a prayer of encouragement to the young people in the churches in the Cook Islands.

At the closing of a gathering, Tongareva elders always say these powerful words of encouragement: '**Kia mau te serenga! Kia mau te napena! Kia mau!**' This means '*hold on tight to who you are, in all aspects of your existence!* We are wonderfully made by God, and we should cherish all the aspects of who we are!'

**Say this together at the close of the session....**

**'Kia mau te serenga! Kia mau te napena! Kia mau!'**