

Understanding Prayer

Learning objective: To understand what prayer is, why people pray, and the different ways people communicate with God.

Answer the following questions about prayer. Think about how different people express their faith and the reasons why they might choose to pray.

Word bank: Petition · Thanksgiving · Meditation · Confession · Adoration · Silence

1. In your own words, explain what prayer is and who people are usually communicating with when they pray. (2 marks)

2. People pray for many different reasons. Match the type of prayer to its meaning:

- 1. Thanksgiving**
- 2. Petition**
- 3. Confession**

- (A) Asking for forgiveness
(B) Saying thank you for something
(C) Asking for help or a favour (3 marks)

3. Some people prefer to pray silently in their heads, while others pray out loud. What are the benefits of praying in silence? (2 marks)

4. Many religions use specific body postures during prayer (such as kneeling, bowing, or folding hands). Why do you think people use these physical actions when they pray? (2 marks)

5. Imagine Max the monkey wants to say a prayer of 'Thanksgiving' after a wonderful day of solving maths puzzles. Write a short example of what he might say. (3 marks)

6. Do you think it is possible to pray without using words? Explain your answer. (2 marks)

Draw: Draw a picture of a peaceful place where someone might go to pray or reflect. Include details that make the space feel calm and special.



Extension challenge: Research two different religions and describe one specific way that prayer differs between them (for example, the time of day they pray or the direction they face).