

Understanding Prayer

Learning objective: To understand what prayer is and how different people use it to connect with God or their faith.

Read the term or question on the front of the card, try to explain it in your own words, and then flip the card over to check your answer.

What is prayer?

Prayer: Talking or listening to God, or a higher power, to express thoughts and feelings.

What is 'Petition' in prayer?

Petition: A type of prayer where a person asks for help or something they need for themselves.

What is 'Intercession'?

Intercession: Praying on behalf of someone else, such as asking for a friend or family member to get better.

What is a prayer of 'Thanksgiving'?

Thanksgiving: A prayer used to say thank you for the good things in a person's life.

What is 'Adoration' in prayer?

Adoration: A prayer that praises God for who He is and expresses love and awe.

Do all prayers have to be spoken out loud?

No: Many people pray silently in their minds or through their thoughts.

What is 'Meditation'?

Meditation: A way of praying or reflecting quietly to find peace and focus the mind.

What does it mean if a place is 'Sacred'?

Sacred: A place that is holy and special, often used for prayer, such as a church, mosque, or temple.

What is a 'Formal Prayer'?

Formal Prayer: A set prayer with specific words that are repeated, such as the Lord's Prayer.

What is an 'Informal Prayer'?

Informal Prayer: Speaking to God in your own words, just like you would talk to a friend.

Why do some people use specific postures, like kneeling or bowing, when praying?

Posture: To show respect, humility, and focus during their prayer.

How might prayer make a person feel?

Feelings: It can make people feel peaceful, hopeful, comforted, or closer to their faith.