

Exploring Prayer

Discover how people communicate their thoughts, hopes, and thanks through prayer!

- **Prayer is a way for people to communicate with God or a higher power, similar to having a conversation.**
- **Many people use prayers of thanksgiving to show gratitude for the good things in their lives.**
- **Some prayers are 'set prayers', which means the words are the same every time and are shared by a whole community.**
- **People may use different body postures when praying, such as kneeling, bowing, or closing their eyes to help them focus.**
- **A 'petition' is a type of prayer where someone asks for help, healing, or guidance for themselves or others.**
- **Prayer can happen in a special building, like a church, mosque, or temple, but many people also pray in private at home.**

Did you know? Did you know? Some people use prayer beads to help them keep track of their prayers, while others prefer to pray in complete silence to feel a sense of peace and stillness.

Key vocabulary: Meditation · Petition · Ritual · Gratitude · Devotion · Sacred