

Exploring Prayer: A Fact-File

Learning objective: To understand what prayer is, why people pray, and how different faiths practice prayer.

Use this fact-file to record your findings about prayer. Think about the different ways people communicate with God or a higher power, and how it makes them feel.

Word bank: meditation · petition · thanksgiving · sacred · ritual · faith · community · reflection

1. What is prayer? Describe what it means to pray in your own words. (2 marks)

2. Why do people pray? Give two different reasons why someone might want to pray. (2 marks)

3. How do people pray? Describe a specific way people might pray (for example, through words, silence, or a certain body position). (3 marks)

4. Where do people pray? Explain why some people prefer to pray in a special building rather than at home. (2 marks)

5. What is the difference between a prayer of 'thanks' and a prayer of 'petition' (asking for help)? (3 marks)

6. How might someone feel after they have spent time in prayer or reflection? (2 marks)

Extension challenge: Can you find an example of a famous prayer or a poem used in prayer? Write a few lines of it here and explain what it is asking for or thanking God for.