

Exploring Prayer: A Reflection Through Art

Learning objective: To explore the concept of prayer as a way of expressing thoughts, gratitude, and reflection, and to represent these ideas visually.

Use your creative skills to illustrate the concept of prayer. Think about how people use prayer to connect with their beliefs, express thanks, or find peace. Use the word bank to help you label your artwork.

Draw: Draw a scene that represents 'quiet reflection'. You might choose to draw a peaceful indoor space with soft, warm light, or an outdoor setting, such as a garden or a hilltop at sunrise, where someone is taking a moment to think. Include symbolic elements like a flickering candle, a sunrise, or gentle patterns in the sky to represent the feeling of connection. Use your chosen colors to set the mood.



Label words: Gratitude · Reflection · Meditation · Connection · Request · Peace · Quiet contemplation · Hope

Steps:

1. Explain why many people choose to include 'gratitude' in their prayers. How does this affect their perspective on life?
2. Compare and contrast a silent, private prayer with a communal prayer held in a group. What are the benefits of each?
3. Justify your choice of colors in your drawing. Why do certain colors help represent the feeling of peace or

hope?

4. What might happen if someone used prayer as a tool to focus their thoughts before starting a difficult task?
5. Label your drawing with three words from the word bank that best describe the mood of your scene.
6. Describe one way in which prayer might help a person develop empathy for others.