

Exploring Prayer: A Journey with Pip and Nova

Learning objective: To understand the purpose, diversity, and significance of prayer within different religious traditions.

Read the front of each card, reflect on the meaning, and check your knowledge against the answer provided. Use these to discuss how people express their faith.

What is the primary purpose of prayer?

Prayer is a way for believers to communicate with the Divine, express their inner thoughts, seek guidance, or show gratitude.

Define 'Petitionary Prayer'.

This is when a person asks for help or support for themselves or others during times of need.

Explain the concept of 'Gratitude' in prayer.

Gratitude is the act of thanking the Divine for blessings, life, and the world, rather than asking for something new.

What is 'Meditation' in a religious context?

A form of silent prayer where an individual focuses their mind to find peace, stillness, and a deeper connection to their faith.

Why do some people use 'Ritual' actions during prayer?

Rituals, such as kneeling, lighting candles, or using prayer beads, help focus the mind and show respect and devotion.

What is 'Intercessory Prayer'?

Praying on behalf of other people, or for the needs of the wider community and the world.

How can prayer be a communal activity?

It brings people together in a shared space, such as a church, mosque, or synagogue, to worship as a unified group.

What does it mean to pray with 'sincerity'?

It means being honest, humble, and truly focused in one's heart, rather than just reciting words without meaning.

Why might someone choose a 'Sacred' space for prayer?

A sacred space is designed to be calm and quiet, helping the person feel closer to the Divine and away from daily distractions.

Is prayer only done with words?

No, prayer can also be silent, expressed through music, art, movement, or simply sitting in quiet reflection.

Nova asks: How does prayer provide comfort to a believer during a difficult time?

It can provide a sense of hope, peace, and the feeling that they are not facing their challenges alone.

Pip asks: If two people have different ways of praying, are both valid?

Yes, different traditions have unique ways of showing devotion, and all are valid expressions of faith.