

The Meaning and Purpose of Prayer

Pause, Reflect, and Connect: Discover the Power of Prayer!

- **Prayer is a method of communication used by individuals to connect with the divine or to reach a state of mindfulness.**
- **Many people use prayer to express gratitude for the positive aspects of their lives, which can foster a sense of contentment and perspective.**
- **Intercessory prayer is when a person prays on behalf of others, reflecting a sense of empathy and community care.**
- **Communal prayer brings groups of people together, creating a shared experience that strengthens the bonds within a religious or spiritual community.**
- **For many, prayer is a dedicated time for reflection, allowing them to process their emotions and consider their actions in the world.**

Did you know? Did you know that prayer is one of the most universal human activities? Across the globe, people of many different faiths use prayer as a way to find inner peace, express thankfulness, or seek guidance. In some traditions, like those followed by our friend Ellie the elephant, people might use prayer beads or rhythmic movements to help them focus their thoughts during quiet contemplation.

Key vocabulary: Devotion · Meditation · Intercession · Gratitude · Communal · Contemplation · Petition