

Reflections and Connections: Understanding Prayer

Learning objective: To analyse the significance of prayer in the lives of believers and explore how different methods of prayer express faith, gratitude, and reflection.

Read each question carefully and use your knowledge of religious practices to provide detailed, thoughtful responses. Where prompted, use the word bank to support your explanations.

Prayer is a fundamental practice in many religions, serving as a bridge between the individual and the divine. While the methods vary—ranging from silent meditation to structured, spoken liturgy—the intention remains deeply personal. Some pray to ask for guidance, others offer thanks for blessings, and many find solace in collective worship. In Year 5, we explore these rituals not just as traditions, but as ways people process their emotions, set their intentions, and connect with their communities.

Word bank: Meditation · Intercession · Gratitude · Liturgy · Communal · Devotion · Reflection · Supplication

1. Explain the difference between 'intercession' and 'gratitude' in the context of prayer. Why might a believer choose one over the other? (2 marks)

2. Max the monkey says that prayer is just a 'maths puzzle' about asking for things. Using the word 'meditation', justify why this might be an incomplete view of the practice. (3 marks)

3. Compare and contrast 'communal' prayer with 'private' prayer. What might happen if a religious community stopped praying together? (4 marks)

4. Ellie the elephant remembers that different religions have different 'liturgy' or set prayers. Why is it important for a religion to have a consistent structure for prayer? (3 marks)

5. If a person does not follow a specific religion, can they still participate in 'reflection' or 'meditation'? Explain your reasoning. (3 marks)

Draw: Draw a symbolic representation of a place where someone might go to pray or reflect. Include elements that represent peace, such as light, nature, or specific architectural features you have studied.



Extension challenge: Research a specific religion's prayer practice (e.g., the use of prayer beads, bowing, or specific times of day). Create a short diary entry from the perspective of someone preparing for their daily prayer. Describe their thoughts, the atmosphere, and why this moment is significant to their day.