

Reflecting on Prayer: A Personal Perspective

Learning objective: To articulate an understanding of the significance, purpose, and diverse forms of prayer within religious and non-religious contexts.

Use this writing scaffold to structure your reflection on the nature of prayer. Consider the perspectives of different believers and how prayer functions in daily life. Use the word bank to help your arguments flow logically.

Prayer is often described as a bridge between the physical world and the spiritual realm, yet its meaning varies significantly across different cultures and beliefs.

Word bank: significance · contemplation · manifestation · connection · inner peace · intercession · gratitude · conversely · furthermore · in contrast · spiritual reflection · universal

1. What is the primary purpose of prayer? Start by saying: The fundamental purpose of prayer can be interpreted as... (2 marks)

2. How might prayer differ between religions? Explain why: While some traditions utilise structured, rhythmic prayers, others prefer... (3 marks)

3. Compare and contrast: How does a silent moment of reflection differ from a spoken, communal prayer? Start with: A key distinction between silent contemplation and communal vocal prayer is... (3 marks)

4. What might happen if someone chooses to pray through art or nature instead of words? Justify your answer by saying: Expressing devotion through non-verbal means could be considered... (3 marks)

5. Evaluate the importance of gratitude in prayer. Start by writing: Gratitude acts as a cornerstone of many prayers because... (2 marks)

6. Final Conclusion: Summarise your thoughts. Start with: Ultimately, prayer serves as a personal tool for... (2 marks)

Extension challenge: Imagine you are explaining the concept of 'mindful reflection' to someone who has never heard of prayer. Write a persuasive paragraph justifying why taking time to pause and reflect is beneficial for a person's mental wellbeing, regardless of their religious beliefs.