

Exploring Prayer with Pip the Caterpillar

Learning objective: To understand what prayer is and why people choose to pray.

Read the front of each card. Think about the answer. Then, flip the card to check if you are right. You can use the word bank to help you.

What is prayer?

Prayer is a way for people to talk to God or a higher power.

Why might someone pray?

People pray to say thank you, to ask for help, or to find peace.

What does it mean to pray in private?

It means praying alone in a quiet place.

What is communal prayer?

This is when a group of people pray together in a place like a church, mosque, or synagogue.

What is a 'petition'?

A petition is a prayer where someone asks for help for themselves or others.

What is 'thanksgiving' in prayer?

This is when a person says thank you for the good things in their life.

Why do many people close their eyes when they pray?

Closing eyes helps people to focus and feel calm.

Does prayer always need words?

No, some people pray by sitting in silence or by thinking good thoughts.

How can prayer help someone feel better?

It can help people feel less worried and more hopeful.

What is a 'mantra' or repeated prayer?

These are short words or phrases that are said over and over to help focus the mind.

Is prayer part of faith?

Yes, prayer is a very important part of showing faith in a religion.

Pip the caterpillar wants to reflect. What does reflect mean?

To reflect means to think deeply about something important.