# Exploring Prayer: A Journey with Leo the Lion

*Learning objective: To understand what prayer is, why people pray, and how different religious traditions express prayer.*

Read the front of each card to challenge yourself, then flip to read the answer. Leo the Lion has put these together to help you think about how people connect with their beliefs.

**What is prayer?**

Prayer is a way for a person to communicate with God or a divine being, often through speaking, thinking, or silence.

**What is a 'petition' prayer?**

A petition is a type of prayer where a person asks for help, guidance, or support for themselves.

**What is 'intercession'?**

Intercession is when a person prays to ask for help or blessings for other people, such as friends, family, or those in need.

**What does 'gratitude' mean in prayer?**

Gratitude is expressing thanks and appreciation for the good things in life, such as nature, family, or kindness.

**Why do some people use prayer beads or rosaries?**

Some people use beads as a physical tool to help them count their prayers and stay focused during meditation.

**What is a 'sacred space'?**

A sacred space is a place, such as a church, mosque, synagogue, temple, or a quiet corner at home, set aside for prayer and reflection.

**True or False: Prayer must always be spoken out loud.**

False. Prayer can be spoken aloud, whispered, sung, or kept as a silent thought in one's heart.

**What does it mean to pray for 'forgiveness'?**

It means to say sorry for mistakes made and to ask for a fresh start or a chance to do better.

**How can community prayer be different from private prayer?**

Private prayer is a personal, quiet moment, while community prayer brings people together to share their faith and support one another.

**Why do many people find prayer helpful?**

Many people find that prayer brings them comfort, peace of mind, hope, and a sense of connection to something greater than themselves.

**What is 'meditation' in the context of religion?**

Meditation is a form of quiet prayer that involves clearing the mind, focusing on breathing, or thinking deeply about a sacred text or idea.

**Leo the Lion wants to know: Can prayer be a form of art?**

Yes! Some people express prayer through dance, painting, music, or by writing beautiful poems, like Leo does.