My Prayer Reflection Journal

Learning objective: To understand the meaning of prayer for different people and reflect on personal feelings and thoughts.

Use this template to explore the concept of prayer. Max the monkey is curious about how people use prayer to share their thoughts or find peace. Write your reflections in the boxes below. Think carefully about why people pray and what it means to them.

Word bank: thankfulness · reflection · connection · peace · hope · meditation · belief · community

1. Defining Prayer: In your own words, how would you describe what prayer is to someone who has never heard of it before? (2 marks)

2. Reasons for Prayer: People often pray for different reasons. List three different things a person might pray about (for example, saying thank you or asking for help). (3 marks)

3. Personal Reflection: If you were to have a moment of quiet reflection, what is one thing you would feel thankful for today? Explain why. (2 marks)

4. Finding Peace: Where is a place that makes you feel calm or peaceful? Why does this place help you to think clearly? (2 marks)

5. Comparing Ideas: How might a person's prayers change if they are celebrating a happy event compared to when they are feeling sad? (3 marks)

Extension challenge: Imagine you are writing a poem about peace, like Leo the lion. Write a short poem (4-6 lines) about a time you felt quiet and calm, and what thoughts came to your mind.