Reflecting on Prayer: A Personal Perspective

Learning objective: To express personal understanding of the purpose, significance, and practice of prayer within different religious traditions.

Use this writing frame to structure your reflection. Start with your opening sentence, then answer each question in turn to build your piece of writing. Use the word bank to help you link your ideas together.

Prayer is a practice observed across many world religions, serving as a way for individuals to connect with the divine or reflect on their personal values.

Word bank: Furthermore · In contrast · Spiritual reflection · Devotion · Inner peace · Consequently · On the other hand · Significance · Connection · Mindfulness

1. What are some of the different ways people might pray, and why might their methods differ? Start by saying: 'Across various religions, prayer is expressed through...' (3 marks)

2. Explain the significance of prayer for a believer. Start by saying: 'For many, prayer acts as a vital tool for...' (3 marks)

3. How might prayer influence a person’s daily life or actions? Start by saying: 'Beyond the act of prayer itself, the practice can encourage people to...' (3 marks)

4. Compare prayer to other forms of reflection, such as meditation or quiet contemplation. Start by saying: 'While prayer often involves addressing the divine, other forms of reflection focus on...' (3 marks)

5. Summarise why understanding prayer helps us learn about different cultures. Start by saying: 'In conclusion, learning about prayer is important because...' (3 marks)

Extension challenge: Research a specific form of prayer, such as the Salat in Islam, the Shema in Judaism, or the use of prayer beads in Christianity or Buddhism. Write a short paragraph explaining the history or specific actions involved in this practice.