What is Prayer? A Guide for Everyone

Pause, Reflect, and Connect: Discover the Power of Prayer!

- **Prayer is a way for people to talk to God or a spiritual being, sharing their deepest thoughts, hopes, and feelings.**
- **Many people pray to show gratitude, which means saying 'thank you' for the good things in their lives, like family, friends, or a beautiful day.**
- **Some prayers are called 'petitions', which is when a person asks for help, guidance, or comfort for themselves or someone else who is struggling.**
- **Prayer can happen anywhere—at home, in a special building like a church, mosque, or temple, or even while walking outside in the fresh air.**
- **For many, prayer is a time to find inner peace and stillness, helping them to feel calm and ready for the day ahead.**

> *Did you know? Did you know? People all around the world have been praying for thousands of years! While some people use special words or books, others find that a quiet moment of thinking or sitting in nature feels just like a prayer.*

Key vocabulary: Reflection · Gratitude · Worship · Meditation · Petition · Stillness