

Prayer – a Journey of Exploration	Year Group: KS2	No. of lessons: 5
Links: Cambs: CWO1, CWO3, CWR4, CSC2, P'borough: CWO1, CWO3, CWR4, CSC2, N'folk: CP, CLS		
<p>Learning objectives: To find out how Christians worship God in prayer and why they do it. To explore different types of prayer and patterns of prayer. To understand that Christians express their Christian belief through action.</p>		
<p>Questions for reflection: Who do you share your hopes and worries with? Do you like to have time to be quiet and thoughtful? How do you spend this time? Have you ever thought you would like to pray?</p>		
<p>Activities and experiences:</p> <ul style="list-style-type: none"> ◆ Think together about how people pray and what they might pray for. Brainstorm words which describe prayer. Find some photographs or paintings of people praying (believers of any faith) and find how they may kneel, sit or stand, and how the hands may be used in different postures. Let pupils suggest different positions which people could use to express what they think is going on when people pray. Are there different positions for different kinds of prayer? For you, what might help you to pray, or make it harder to pray? You may need to discuss the need for sincerity in prayer during this exercise. ◆ You should not force pupils to pray (even in a church school!) but to begin to understand how people feel when they pray you can experience a reflective stilling exercise. See the notes pages for ideas on how to lead a basic stilling exercise related to the body, a praying walk, or the Amerindian technique of “still hunting”. These activities help you to think of the world around you. Write a “letter to God” about how the experience felt. ◆ Use the prayer hand on the notes page to find out about the main types of prayers. Circulate a selection of prayers, including some of the traditional prayers of the Church. (See some examples on the notes pages, including prayers from around the world, or use a book such as Christopher Herbert’s “Prayers for Children” from the National Society.) Pupils select the prayer they like best from those available. In pairs discuss why they chose their particular prayer, how the writer may have been feeling when they wrote the prayer, and try to match the prayer to the prayer hand. Draw round your own hands to make prayer hands, and ask pupils to write a prayer or poem about things which are important to them by putting a sentence or phrase on each of the digits (using the five headings). ◆ True prayer is action as well as words. Look at the pupils’ prayer hands and share any intercessions they have included which refer to the needs of the world e.g. feeding the hungry, looking after nature. Select the most popular suggestion and discuss together how you could “make prayer real” by raising funds for a linked charity (e.g. a cake stall). <i>Do it!</i> Christians similarly should express their prayer relationship with God in action. 		