

Monday 1st March LO: Understand prayer.

Discuss with your helper what you think prayer is and what you think people do when they pray?

Watch <https://request.org.uk/restart/2015/12/08/an-introduction-to-prayer-and-worship/> and then also watch <https://request.org.uk/restart/2013/12/10/jesus-teaching-on-prayer/>

Think about and discuss:

Where did Jesus say was a good place to pray? (alone in your room)

Where else do people go to pray? (together in church, anytime and anywhere at all!)

There are lots of different kinds of prayers - prayers that say thank you, I love you, help, sorry and wow!

Praying is also thinking and quietly listening to what God might be saying to us.

Main activity:

In the space below, write a list of things you could pray about:

You can now write some prayer ideas onto pieces of paper, or lolly sticks and create your own prayer jar, like the one below to either pray quietly to yourself or to pick out a prayer to share with a friend or family member.

