

Prayer Model

What actually is prayer?

Put simply, prayer is a communication with God. It is about focusing your thoughts on something good and focusing on a good outcome.

Prayer can be hoping for something for someone else, being grateful for what you already have, being grateful for the special people in your life and even grateful for those who have been in your life.

When you are taking part in prayer in class, these are the things you can think of in your mind.

Take time to be calm and quiet and listen to the thoughts that pop into your mind.

Examples:

Lord, please look after Uncle Pete as he has his operation today. Amen

Lord, Thanks for the brilliant weekend I had with My family. Amen

God, help me to sort out the fall out with my friends. Amen

Our Father, who art in Heaven.....Amen

Hail Mary, full of Grace.....Amen

What can it mean for me?

Prayer can help me to think. It can help me quieten my mind to give some thought to those that I care about.

Prayer time can help me to reflect on the way I behave. How can I be a better version of myself than I was yesterday?

Prayer is powerful, especially group prayer. Ask your class to pray for your special intention.

It can remind me to think of others and not just myself.

What is prayer NOT?

Prayer is not a guarantee of getting your own way.

It is not about changing God's mind. It is not a wish list or a substitute for an action that you may need to do.

Praying is not a way to avoid hard times or suffering.

Prayer is not a time to be silly or disrespectful; others may have something very important to pray for.

Prayer

- Comes from the Middle English word 'preiere' which means 'earnest request'.