



Prayer

Raising our heart and  
mind to God





# What does the Bible say about prayer?



This, then, is how you should pray:

“Our Father in heaven, hallowed be your name,  
your kingdom come, your will be done, on earth as it is in heaven.  
Give us today our daily bread.

And forgive us our debts, as we also have forgiven our debtors.

And lead us not into temptation, but deliver us from the evil one.’

Matthew 6:9-13

Do not worry about anything, but present your needs to God in  
prayer and petition, with thanksgiving.

Philippians 4:6

Adoration and  
Blessing

Repentance

Intercession



# What does the Bible say about prayer?

And I tell you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.

Luke 11:9

If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

James 1:5

Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken.

Psalms 55:22





# How and why do we pray?

- Formal prayers e.g. Our Father, Hail Mary - help us to come together and worship as part of a community.
- Informal prayers are used when someone wishes to talk to God privately
- Prayer creates time and space in our busy day to remind us what we value
- Prayer is our chance to stop, reflect, be calm, still and to create a positive mindset





# What should prayer feel like?

- It is important that we set the right tone and place the right value on this experience
- Prayer times should be respected by everyone
- They are valuable experiences for us all, regardless of our personal religious beliefs
- When we pray everything else stops





# What should prayer feel like?

- The mood in the room should change
- It should be silent, reflective, respectful
- Prayer should always begin with the sign of the cross. This is to mark the fact that we are all gathered together in that experience
- We should all respond positively to prayer and worship
- Prayer is not something that is 'done' – it is a response





# 5 FINGER PRAYER

by Pope Francis

1

## FOR THE ONES WE LOVE

The thumb is the closest finger to you. Start praying for those who are closest to you.

2

## FOR THE ONES THAT TEACH US

The next finger is the index. Pray for those who teach you, instruct you and heal you.

## FOR OUR LEADERS

3

The following finger is the tallest. It reminds us of our leaders, the governors and those who have authority.

4

## FOR THE SICK AND WEAKEST

The 4th finger is our weakest finger. It should remind us to pray for the weakest and the sick.

5

## FOR YOURSELF

Finally we have our pinkie finger, the smallest of all. It should remind you to pray for yourself.





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