Prayer Experiences

Pupils are introduced to a variety of forms and styles of prayer, which are developed in ways which are appropriate to their age and stage of development.

**Type: Example:**

Praying the psalms *‘I thank you for the wonder of my being’* [Psalm 139]

## Traditional prayers *Glory be to the Father, Our Father, Hail Mary*

Repetitive prayer [mantra] *‘Jesus, I love you’, repeated several times, slowly*

Meditation *Scripture reflection with use of imagination*

Bodily prayer *raising hands in praise, bowing, dancing, genuflecting*

Prayer of the heart *stillness to listen to God: ‘Be still and know that I am God.’*

Contemplation *looking at trees, a sunset, an icon etc.*

Gestures *the sign of the cross, the sign of peace*

Hymns *traditional and modern hymns*

Music *listening to quiet, reflective music*

Litanies *For all creation: Thanks be to God*

Processions *Gospel procession with sung ‘alleluia’*

Prayer services and liturgies *formal and spontaneous prayer using holy water, candles, incense and other symbols*

Celebrations *prayer, song, sharing food and drink, celebrating work done*