

Say A Prayer For Me

Rationale	This is an opportunity to help everyone reflect on their own spirituality and explore ways they can develop a reflective attitude which in turn may help them cope with many of the stressful issues of life. It is an attempt to help students understand why prayer is a key activity for us all. Reaching out to the presence of God for strength, guidance and wisdom is just as vital as physical exercise.
Title	"Say A Prayer For Me"
Aim	SENSING OTHERNESS; SENSING MYSTERY Students will be encouraged to explore the place of silence and the feelings that light, beauty, compassion and selflessness contribute to exploring and sensing otherness.
Objectives	<p>Students will:</p> <ul style="list-style-type: none"> • identify feelings that will be aroused by the experience of silence • identify feelings that evoke praise and wonder in the presence of beauty in nature • identify feelings of compassion and empathy toward the poor and oppressed • begin to understand there is more to the universe than the mere physical <p>Feeling stressed can be changed to feelings of peace and wellbeing through the comfort of a variety of experiences created through a prayerful attitude. Words, candles and objects all can help to bring about a sense of calm reflection giving strength to face the strains of daily life. Feelings of helplessness in the face of injustice can be changed to feelings of hope through making a small personal contribution to bring about change. Prayer can be seen as the first step.</p>
Link with 5–14	PSD; Emotional health; Movement; Writing, craft work
Link with ACfE	Successful learner Effective contributor
Is this part of a series	Single Assembly
Introduction	The one religious thing that most people do is to pray even although they do not see themselves as religious. This event outline is designed to be delivered to whole school/single class assemblies. The group size will dictate the style of delivery. It may be helpful to explore the advantage of having a labyrinth ¹ set up over an extended period in the school before this event takes place. This will introduce pupils to the idea of prayer using an ancient tool for prayer. The use of MP3 players allows students to enter and exit the labyrinth on their own terms.
Stimulus	Candles, music of Gregorian Chant/Hip-hop (Rap), visuals, and videos interactive exercises, craft work, writing and discussion groups and an

¹ Web Link <http://www.labyrinth.org.uk/>

	introduction to the term labyrinth.
Guided Reflection	<p>Scripted monologue/reading</p> <ul style="list-style-type: none"> • Prayer is not just for the religious. • Prayer takes many forms • Prayer can take place anywhere. • Prayer is a deeply human exercise • Prayer changes things • Prayer changes the person who is praying.
Response	<ul style="list-style-type: none"> • Invite the students to enter the labyrinth at another time in the school • Students can have an opportunity to make prayer bands or make a paper prayer chain around the school. Each pupil writes a prayer and makes it into a link on the chain. • Students can write a letter of support to prisoners of conscience.
Evaluation (a)	Teachers may like to engage with pupils to evaluate the effect of the prayer event. Students and pupils might like to reflect on the experience of the Labyrinth within the school community
Evaluation (b)	Relevant staff should meet and engage a sample of staff teachers to discern how pupils have responded during the assembly and their recall and impression of the whole assembly experience.

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Running Order

Running Time	Mins	Activity	Personnel	Resources	Action
Pre-event set up		The room will have subdued lighting. If deemed safe, candles could be lit and placed on a simple table at the front with an appropriate religious symbol. No seats will be in the room, making it easier for an orderly exit.	Someone to direct the lighting and participants as they arrive.	Candles and mood lighting	
0-4	4	Students will be directed to form circles of seven on the floor. Hip-Hop music/Gregorian Chants are being played as they enter.	Technical support on CD player	DVD Player Projector	
4-8	4	Music fades into real Gregorian Chanting and two readers read the material "Prayer"	Two Readers	Material "Prayer" Gregorian Music	
8-12	4	Music fades up video of Hip Hop music	Technical Support on CD player	Hip Hop music	
12-15	3	Video montage of people praying in different situations		Technical support	
15-20	5	Video with dialogue explaining forms of prayer		Technical support	
20-28	8	Take time to write on the gummed strips a prayer of thanksgiving, confession or intercession. Join all the prayers into seven-link chain. The chain is placed in the centre of the group. Everyone is invited to hold the chain for a period to empathise with the prayers. U2's music "Love and peace or Else". The chains are gathered up and linked together using the words "Prayer changes things" Students turn facing outwards watching as the banners	To be supplied by stewards	Pencils Strips of gummed paper "Love and Peace or Else" from <i>How to Dismantle an Atomic Bomb</i> Individual banners with the words "Prayer changes things"	

		are pinned to the way of the hall.			
28-35	7	Pupils are invited to leave the room a circle at a time.			
	30	Away from the event students in smaller groups could take time to make prayer bracelets to focus on topics of injustice in the world.			

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Support Material

Dialogue – Prayer what's that?

- Voice 1 Hey! What's that music
- Voice 2 It's Prayer Music
- Voice 1 You're kidding. What are we doing here?
- Voice 2 You're supposed to be praying!
- Voice 1 Who for?
For what?
Peace? Food?
Good weather?
To win the lotto?
Prayer.
It's a lotto.
Rubbish.
- Voice 2 Hey mind your language.
- Voice 1 But I'm bored. Can we go now?
- Voice 2 Go where ?
- Voice 1 Go away from here
- Voice 2 No !
You've to stay
Listen
Learn
Get Spiritual
- Voice 1 Me?
You must be joking!
I don't believe
I'm saying all this... stuff !
Its all mumbo jumbo
Wishful thinking
Oh God - Help me!
I'm surrounded
Get me out of here
I've had enough !
- Voice 2 See I told you you'd end up praying
Everyone does.
- Fade up Play Hip Hop music

Introduction to video explaining prayer types

All of us have feelings or aspirations that are addressed not just to each other but to someone, something somewhere bigger and more powerful than we can ever be. Christians focus on this powerful being through the message and teaching Jesus gave. Jesus once told his disciples if you ask anything in my name I will do it.

Video Explaining Prayer

Prayer can take many different forms it can be

- A song
- A picture
- A word
- A dance
- An action

Prayer can also be the expression of a feeling that says

- I've done wrong
- I've been in the wrong
- I'm truly sorrow

This is known as a prayer of confession

Prayer can be the expression of a feeling that says

- I'm overflowing with thanks
- I feel like a great weight has been lifted from me
- I feel joyful
- I feel full of gratitude

This is known as a prayer of thanksgiving

Prayer can be the expression of a feeling that says

- I feel compassion deep inside for this person
- I need to help
- I want to share what I have
- I want other people to share how I feel
- I need to do something

This is called a prayer of intercession

As you leave take a moment to write down a request and put it in the prayer box. Some of your prayers may be included in a local church service next Sunday.