

# Christian Prayer: An Introduction to the Resource

## *What it offers, and how to use it*

*Christian Prayer* is a resource for teachers and other leaders of 'classroom prayer'.

The good news first – it is not difficult to lead others in prayer.

The reality check comes second. All sorts of people, and for all sorts of reasons, lack confidence in their ability to lead others in prayer.

This resource has been prepared to

- help boost the confidence of those asked to lead classroom prayer
- clarify the leader's role and responsibilities
- introduce leaders to some simple prayer techniques and methods
- provide some simple resources for introducing these in classrooms
- and provide some 'emergency' go-to resources when classroom prayer has been 'set' but nothing else is ready.

Perhaps the most important thing to say is that *Christian Prayer* is not about prayers as things (although it includes some). *Christian Prayer* is about prayer as an activity, and most especially prayer as a student activity.

It seeks to help you to lead times of prayer that will be of benefit in and of themselves, and help your students to develop skills and competence in prayer and reflection that will stand them in good stead for the rest of their lives.

Times of collective prayer have an important place in the life of a school and of a year or form group. They are things that we do together, and that bear witness to Tradition and Faith. But maybe even more important for children they provide a space in which they can explore and come to know their own faith, their own personal relationship with God.

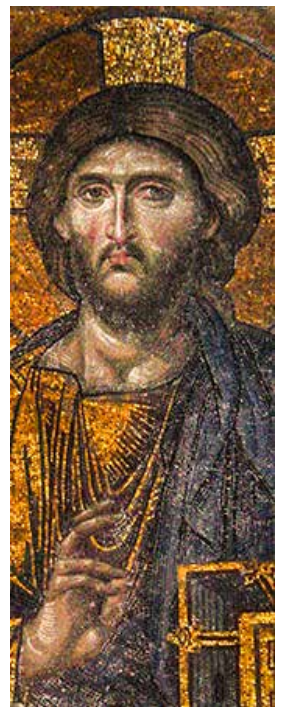
To help people get the most of this space, this time, it is important to allow time, to give space. There should be something relaxed about the entering into prayer and the coming out of it, and the way we spend that prayer. Prayer is not to be rushed or forced. So, if students are being invited to pray – and not just say prayers – do make sure that there is sufficient time allowed for this activity. And if you regularly find there is only time for prayers, but no time for prayer, look again at the timetable and how things might be better arranged.

*Christian Prayer* contains guidance and resources which are mainstream, tried and trusted. It is possible that some of them will not be familiar to you and to the students, but none of them are intended to be one-hit wonders. Take time to introduce them, and repeat them so they become familiar and more usable by the students.

Once the prayer methods are bedded in you will find they can easily be introduced - and with benefit – as appropriate – into Assemblies and other times of collective worship.

The resources are of two sorts: **Brief introductions** to Prayer and methods of prayer, and **Powerpoint resources** for prayer times, including a video presentations and a do-it-yourself screen sets (*diy*). There are also **Prayers for the Month** - an emergency go-to resource.

PTO for *Christian Prayer* content list



0	Introduction	
1.	What is prayer?	
	1a	Breathing exercise Video and Powerpoint
	1b	Relaxing body exercise Video and Powerpoint
	1c	Mantra exercise Choosing mantra: Video and Powerpoint Using mantra: Video and Powerpoint
2	Leading others in prayer	
3	Structuring prayer	
4	Lectio divina	
5	'Ignatian' prayer	
	5a i	Guided meditation: Walking on Water Video and Powerpoint
	5a ii	Guided meditation: Nativity Video and Powerpoint
	5a iii	Guided meditation: Zacchaeus Video and Powerpoint
	5b i	Guided meditation: The statue Video and Powerpoint
	5b ii	Guided meditation: The chair Video and Powerpoint
	5b iii	Guided meditation: The special place Video and Powerpoint
6	The Examen	Video and Powerpoint
7	Liturgical Prayer	
8	Prayers for the month	
	January	Prayer for Christian Unity
	February	<i>Magnificat</i>
	March	Psalm 50
	April	The Memorial Acclamations
	May	Come Holy Spirit
	June	<i>Anima Christi</i>
	July	<i>Suscipe</i>
	August	Make me a channel of your peace
	September	Grace before meals
	October	<i>Salve Regina</i>
	November	Prayers for the Dead
	December	<i>Maranatha</i>
9	Copyright and acknowledgements	

The Powerpoint presentations in the package simply provide screens to accompany times of prayer and meditation led by yourself or others. They conclude with a bell which is intended to sound to conclude the time of prayer/meditation. The bell sounds automatically when you click to access the final slide.

Videos for a number of the exercises and meditations, as listed above, are available on YouTube. All videos can be found at