

# Heads Up for Wellbeing – Prayer



## Information about Prayer

• As a Catholic school who has Faith as one of its values and in our vision statement, part of our daily routine is to pray. Pupils stand each morning as prayers are read out over the tannoy system. Prayers are part of the various masses that are held within the school. Prayer is considered as the communication between God and man and helps to establish a living relationship with God and the Bible talks about how God wants us to call upon him. There are many scriptures that suggest prayer as a way to help with expressing praise and thankfulness, asking for forgiveness and asking for help in various situations and for things to change. Many people would report that through prayer and a relationship with God, they have experienced healing, a sense of peace and that it has helped them to have hope and to find what they need to deal with their situations such as courage or wisdom. This in turn has helped people to feel less stressed and experience joy and allows them to feel closer to God.

## Some scriptures that encourage prayer

Ask, and it shall be given to you. Seek, and you shall find. Knock, and it shall be opened to you.

*Luke 11:9*

Be anxious about nothing. But in all things, with prayer and supplication, with acts of thanksgiving, let your petitions be made known to God. And so shall the peace of God, which exceeds all understanding, guard your hearts and minds in Christ Jesus.

*Philippians 4:6-7*

Rejoice always. Pray without ceasing. Give thanks in everything. For this is the will of God in Christ Jesus for all of you.

*1 Thessalonians 16-18*

Is any of you sad? Let him pray. Is he even-tempered? Let him sing Psalms.

*James 5:13*

In hope, rejoicing; in tribulation, enduring; in pray, ever-willing

*Romans 12:12*

Here are our prayers that are said each morning in school

## School Prayers

“Our father who art in heaven, hallowed by your name. Thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, forgive us our trespasses as we forgive those who trespass against us and lead us not into temptation, but deliver us from evil.

*Matthew 6:9*

Some people can find it difficult to know what say or how to pray, but here are some tips to get started



## Tips for praying

Prayer can take place at any point during the day or night and anywhere, although it may be helpful to set aside some specific time to pray. You can pray with eyes open or shut and you can pray out-loud or quietly into yourself.

You could start with the "Our Father" prayer on the previous page, or start by addressing who you are praying to and then just try to talk to God about what is important to you.

Thank him for the things that you are grateful for in your life and then make requests to him for yourself or on the behalf of others.

Spend some time listening by reading God's word to see if there is anything he wants to communicate to you or use scripture to help you pray.

## Prayer – useful websites - advice

[www.trypraying.org](http://www.trypraying.org)

- A seven day guide that's aim is to help people who have a desire to reach out to God.
- You can read the booklet with tips, advice and stories of peoples' experience online or you can download the app

[www.falkirkcommunitytrust.org](http://www.falkirkcommunitytrust.org)

- Check out the 'Sport' section to see activities and sports available to participate in
- Gym membership details and sign up
- Follow them on social media: Facebook: Falkirk Community Trust, Twitter: @FCTrust, Youtube: FCTrust

Couch to 5k app

- You can download this app onto android or apple phones
- Will give instructions to help you build up to running 5k
- Recommended by the NHS