

Thursday 28th January 2021

T: What actions and gestures do we use in Prayer?



Create a mind-map/list on the different actions/gestures we use in prayer.

Closing our
eyes

Prayer

Sign of the
Cross



Actions in Prayer

Choose five of the different actions/gestures on your list.

Write down when you use this action/gesture and what it shows.

For example...

Sign of the Cross

I do the Sign of the Cross to start and end a prayer. The Sign of the Cross shows that I am praying to God the Father, Son and Holy Spirit. This action is a pray in itself that shows that I am getting ready to talk to God and when I am finished.



Reflection

Actions and gestures are important within the Catholic Faith as a symbol of Prayer because...