

## Prayer Spaces In Schools

St Mark's West Essex Catholic School

June 2013



Extract from St Mark's September Newsletter

In the latter half of last term years 7-9 took part in a Prayer Spaces Week, organised by members of our local churches.

The aim of the week was to help our students gain a deeper understanding of the power and importance of prayer, to help them to understand the many different ways in which to pray and to develop a deeper relationship with God.

Nine different prayer stations were set up in the prayer space providing opportunities such as offering forgiveness, to connect with God, to reflect on their mistakes and to say thank you.

Year 7's favourite station was the plasma ball which encouraged them to think about their relationship with God; year 8's preferred stations were about self-image and worries; year 9's proved to be the reflection on hopes and dreams.

It was a very successful experience which was valued by the students, as these comments show:

- I have learned that God is always there for me and thinks I am perfect, even if no one else thinks I am
- I learned that I can connect with God through prayer
- I felt emotional towards the prayer and that God is listening to me
- I got to express things I wouldn't normally say
- I felt like I got closer to God and felt like he was there