

RE · Y3–Y6

Prayer & Worship

World Religions Comparison — Y3–Y6

How different faiths pray and worship

1

Christian prayer

Christians pray through speaking, singing, or silent thought — addressed directly to God. No fixed posture required. Can be communal (in church) or individual. Lord's Prayer is the most widely known.

2

Salah (Islamic prayer)

Muslims pray five times daily (Fajr, Dhuhr, Asr, Maghrib, Isha). Preceded by ritual washing (wudu). Specific postures (rakat) facing Mecca. Friday congregational prayer is particularly important.

3

Jewish prayer

Jews pray three times daily (Shacharit, Mincha, Maariv). Orthodox men wear a tallit (prayer shawl) and tefillin. Shabbat evening and morning prayers are special. The Amidah is a central prayer.

4

Sikh worship (Naam Simran)

Sikhs worship through meditation on God's name and through kirtan (devotional singing from the Guru Granth Sahib). The Ardas (standing prayer) is said at key moments. No set times required.

5

Hindu puja

Puja (worship) involves offerings of flowers, food, incense, light, and water to murtis (sacred images) of deities. Can be performed daily at a home shrine or in a mandir. Involves bell-ringing, chanting, and circumambulation.



6

Buddhist meditation

Buddhism focuses on meditation rather than prayer to a deity. Mindfulness and loving-kindness meditation are central practices. Some traditions do offer prayers to Buddhas and bodhisattvas.

