

Why Do We Pray? *Eat. Pray. Dare*

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SUMMARY:	Why do we pray? Prayer as an individual and communal experience is full of mystery and calls for exploration. You will start on that journey right here - uncovering the "why" of Jewish prayer (or any prayer) for yourself and better understanding your relationship (whatever that is) to the practice of prayer.
TOPIC(S):	Jewish experience of prayer
LEARNING OBJECTIVE:	Participants will be better able to articulate the feelings and thoughts behind their engagement/non-engagement with Jewish prayer, including but not limited to tefilah.
AUDIENCE:	Fellows and Liaisons; up to 25 participants
TIMING:	45 minutes
APPENDICES:	Feelings scale and Questions about prayer life Quotations about prayer
MATERIALS NEEDED:	Random small objects (enough for each person to have two) Sheets of copy paper numbered 1 – 5 Questions about prayer life Single page with quotations to hand out (if desired)
SET-UP DETAILS:	Pre-set long (6') table covered with objects Tape sheets of copy paper numbered 1 – 5 spaced around the room Circle of chairs

SESSION TIMELINE & OUTLINE:

:00 - :05	Welcome and introductions
:05 - :15	How do I feel? Warm Up: distribute groups around the room. Ask questions about prayer and encourage people to gravitate to the number (1-5) that corresponds to how strongly they agree (5) or disagree (1) with the statement.

CORNERSTONE 2018 RESOURCE

:15 - :20 Participants each take 2 objects each and bring them back to their seat. Participants choose which object represents themselves and which represents “prayer” writ large.

:20 - :30 What do I think?
Create groups of three. Groups sit together. Participants each arrange their 2 objects in proximity to each other in front of them. When arrangement is complete, tell why you chose each object and what the arrangement says about your relationship to prayer.

Take several volunteers to share back out to the group – each uses 1 minute to describe the placement of their objects/relationship to prayer (Q&A for clarifying purposes only).

:30 - :40 What do others say?
Explore multicultural quotations about prayer in hevruta (quick turn-and-talk). Choose the quotation that speaks to the pair. Report back on one compelling idea: What does the text say? What does it mean? What does it mean to me?

:40 - :45 Closing

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP: