



Prayer and worship: a three-minute film teachers' notes

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Watch the film here: <https://youtu.be/Orw5H10N54k>

Transcript

POET: At the Abbey.

Within service they are at service.
In worship there is a moment of peace.
Even when some of the country is asleep.
The Abbey only knows how to create
continuous hymns through door creaks.

At the Abbey.
Time is not a burden.
And breath can become sacred.

NARRATOR: There's been a church on this site since at least 960. Until the 16th century, the Abbey was home to a community of Benedictine monks who established a rhythm of prayer and worship that continues today.

Now Westminster Abbey is a working church in the Anglican tradition; a place where all are welcome.

To attend services and pray. A place for reflection and contemplation. A place which welcomes people of all faiths. Doing what people have done at Westminster Abbey for over a thousand years.

A prayer is about growing a relationship with God; it's a conversation sung out loud in chorus with a thousand other voices. And it's a conversation held in the peace of the mind.

It can be a well-rehearsed routine; a back and forth perfected over many years of passionate practice. Or a few select words spoken honestly, spontaneously and straight from the heart.

Prayers are a way of loving God, and to seek forgiveness from Him. To request his guidance, help or wisdom. They're personal pleas spoken humbly in a time of need.

And are issued with hope on behalf of loved ones, living or dead. Christians will often light a candle to accompany a prayer. And so, each candle is a conversation with God.

Each tiny flame an individual hope or dream; A love shining brightly. If you were to light a candle and say a prayer, what might you ask of God?

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