

# [Annual day function](https://assignbuster.com/annual-day-function/)

Prayer is an invocation or act that seeks to activate a rapport with a deity, an object of worship, or a spiritual entity through deliberatecommunication. Prayer can be a form of religious practice, may be either individual or communal and take place in public or in private. It may involve the use of words or song. When language is used, prayer may take the form of a hymn, incantation, formal creed, or a spontaneous utterance in the praying person. There are different forms of prayer such as petitionary prayer, prayers of supplication, thanksgiving, and worship/praise.

Prayer may be directed towards a deity, spirit, deceased person, or lofty idea, for the purpose of worshipping, requesting guidance, requesting assistance, confessing sins or to express one's thoughts and emotions. Thus, people pray for many reasons such as personal benefit or for the sake of others. Yoga is also a common form of prayer. Most major religions involve prayer in one way or another. Some ritualize the act of prayer, requiring a strict sequence of actions or placing a restriction on who is permitted to pray, while others teach that prayer may be practiced spontaneously by anyone at any time.

Scientific studies regarding the use of prayer have mostly concentrated on its effect on the healing of sick or injured Prayer has many different forms. Prayer may be done privately and individually, or it may be done corporately in the presence of fellow believers. Prayer can be incorporated into a daily " thought life", in which one is in constant communication with a god. Some people pray throughout all that is happening during the day and seek guidance as the day progresses. This is actually regarded as a requirement in several Christian denominations, although enforcement is not possible nor desirable.

There can be many different answers to prayer, just as there are many ways to interpret an answer to a question, if there in fact comes an answer. Some may experience audible, physical, or mental epiphanies. If indeed an answer comes, the time and place it comes is considered random. Some outward acts that sometimes accompany prayer are: anointing with oil; ringing a bell; burning incense or paper; lighting a candle or candles; facing a specific direction (i. e. towards Mecca  or the East); making the sign of the cross. One less noticeable act related to prayer is fasting.