**This is How You Pray**

**Welcome (Parents and Carers asked to stay until after the Opening Prayer)**

Welcome back to Friends on Faith Adventures. We are looking forward to going on a journey and nobody knows where we will end up. All we know is we have got our crate filled with adventure and an open path ahead. So, hold on tight and enjoy the ride!!

Let’s hear about FOFA bear and FOFA cam’s adventures this week and how everyone got on with the Walking the Way challenge. (Encourage everyone, including parents and carers, to join in.)

**The Opening Prayer**

We are friends together *(shake hands with both palms facing towards body)*

On a faith adventure (*point to forehead with thumb. Hold other hand with palm facing up and bring the side of your first hand down so that it goes across the palm of the second hand just below the fingers)*

With the Bible as our mapbook *(draw cross with thumbnail on back of hand then put hands together and open like a book)*

And Jesus as our guide *(use index fingers to point into palm of each hand in turn).*

God, be with us in all that we do *(point up, then make index finger into a hook shape and move down as though pulling down towards you)*

And go with us wherever we go *(point outwards).*

Amen *(two thumbs up with hands apart, bring hands together)*.

**The Alternative Prayer**

Lord help us to be:

**P**repared for adventure

**I**n all we do.

**L**oving and caring,

**O**pen to others

**T**ogether as one community

**S**haring the love of Jesus on our way.

Amen

**Fun together**

**Are you listening?**

*What you need:*

* a recording with noises on (there are many on YouTube to choose from)

Ensure everyone is sat down ready. Play the sounds and ask the group to guess what they think each sound is. To create a more competitive game, split into teams and play a sound for each team to guess one go at a time, if the team guesses correctly they get a point. If they don’t guess correctly then the other team gets to guess and gets the point if their guess is correct.

**Order, order!**

*What you need:*

* 2 sets of the Lord’s Prayer cut into sentences
* 2 copies of the Lord’s Prayer
* Timer

Start by reading aloud the Lord’s Prayer. Have a set of the sentences of the Lord’s Prayer printed out and spread/hide them around the room. Split the group into teams then the teams send runners one at a time to find a sentence and bring it back. Challenge the teams to collect the sentences and put them in the right order. You may wish to have a copy of the prayer to hand in case a team struggles and needs a helping hand. The quickest team wins.

**Today’s theme looks at the Lord’s prayer, a prayer Jesus taught his disciples.**

**The Big Story – The Lord’s prayer – Matthew 6**

*What you need:*

* large signs with the different sentences from the Lord’s prayer on.

Reader 1: Dear God, I um………….I well I, did something wrong today………..no, no that’s not right, I want to thank you for my, um, new trainers. This is impossible, I give up.

[Reader 2 comes in after hearing Reader 1 get frustrated]

Reader 2: What’s all the noise? What’s the matter?

Reader 1: I want to talk to God but I just don’t know how!

Reader 2: Well, have you tried just saying what’s in your head?

Reader 1: I’m not sure it’s always repeatable?

Reader 2: You can tell God anything, nothing will surprise him.

Reader 1: I guess so, I just don’t know where to start.

Reader 2: I know what will be helpful, in the Bible there is a bit where Jesus disciples ask him how they should pray.

Reader 1: Cool, what did Jesus say?

Reader 2: He told them to use a prayer which we now call the Lord’s prayer or the family prayer.

Reader 1: I think I have heard of this, isn’t it just a load of words you say of by heart though?

Reader 2: Some people use it to help them pray for other things too and some people say the words just as they are written.

Reader 1: Umm, I have said it out loud before but not sure I really know what I am saying?

Reader 2: Let’s look at it together then?

Reader 1: Ok

[*First sentence from the prayer is brought out and laid on the floor*]

Reader 2: Our Father who art in heaven

Reader 1 : Art? So that’s about God doing painting in heaven? I really don’t get it.

Reader 2: Well, the part of the Bible that tells us about the prayer was written in Greek and it was translated into English a long time ago, so some of the language is a bit old and a bit different from how we’d say it today. They used “thee” and “thou” to mean “you” and the word “art” just means “is”

Reader 1: Ah, I get it now then…. That bit tells us where God sort of lives?

Reader 1: Ok, I get that bit, it tells us where God sort of lives?

Reader 2: Yeah.

[*The next sentence from the prayer is brought out and laid on the floor*]

Reader 1: Ok, the next bit is Hallowed be thy name . What on earth does ‘hallowed’ mean? Can any of you help me? [*Ask the children to explore what the word might mean*]

Reader 2: Hallowed means, holy, special, so God’s name is special and holy

Reader 1: That makes sense!

[*The next sentence from the prayer is brought out and laid on the floor*]

Reader 2: Thy kingdom come

Reader 1: So, like asking God to be here with us?

Reader 2: I guess you could look at it like that?

[A*sk the children what they think it might mean]*

[*The next sentence from the prayer is brought out and laid on the floor*]

Reader 1: Thy will be done on earth as it is in heaven…..whose will? Who’s Will? I don’t remember anyone called Will in the Bible?

Reader 2: God’s…..God’s will – the things He, God, wants and hopes for us and the world to happen here on earth and for heaven to remain holy too.

Reader 1: Wow this is all rather awesome, isn’t it? So we’re asking God to make earth just like Heaven really – that would be amazing!

[*The next sentence from the prayer is brought out and laid on the floor*]

Reader 2: Let’s look at the next bit……….give us this day our daily bread.

Reader 1: But what if you are wheat intolerant or you don’t like bread, that would make this bit a little tricky?

Reader 2: It doesn’t literally mean bread, it could be any food, in fact it just means that we are asking God to provide all we need for the day.

Reader 1: A few short sentences can mean a lot can’t they, so next……………forgive us our sins as we forgive those who sin against us. I have heard the word ‘sin’ before but I don’t really know what it means. And don’t people sometimes say ‘trespasses’ instead? That means walking on other people’s land, doesn’t it? Do any of you know what it means?

[*Give the children opportunity to share what they think it might mean]*

Reader 2: This is a tricky one, sins are the things we do, say and act that are hurtful or harmful

Reader 1: Would it include things that God would not be happy about?

Reader 2: That’s what I think

Reader 1: Gosh, I am excited to see what comes next

[*The next sentence from the prayer is brought out and laid on the floor*]

Reader 2: Lead us not into temptation but deliver us from evil

Reader 1: ohhhhhhh…..temptation, evil – they are strong words. What are we asking God here? Do you know? [*encourage suggestions from the children*]

Reader 2: They are strong words. I think God knows that we will struggle to say no to some things and some people, so our strength to say no can come from God

Reader 1: This must be nearly it by now?

Reader 2: That was actually the end of the prayer that we can read in the Bible but people since then have added a couple of sentences.

[*The next sentence from the prayer is brought out and laid on the floor*]

Reader 2: For thine, is the kingdom, the power, and the glory, forever and ever.

Reader 1: Cool, that sounds like soldiers or knights of the castle or something.

Reader 2: God is in charge of everything for forever.

Reader 1: I bet I can guess the last bit of the prayer……

[*The next sentence from the prayer is brought out and laid on the floor*]

Reader 1: Amen, though I don’t know what it means. Is it like when I write ‘The End’ when I’ve finished a story?

Reader 2: Not quite – it’s a bit more important than that. It means so be it, I agree, yes please.

Reader 1: So, Jesus gave this prayer to the disciples for them to use.

Reader 2: That’s right.

Reader 1: And we can use it too?

Reader 2: We can. We can use it to help us pray.

Reader 1: I wonder how I might use this prayer to help me?

**Creative adventure**

**Colourful Lord’s prayers**

*What you need:*

* canvas boards or thick card each
* special pens to write with
* gem stickers
* lord’s prayer cut into sentences or written out in full. (Older children may chose to write out the prayer onto the canvas)
* glue
* scissors

Use the glue to stick the different sentences of the Lord’s Prayer onto the canvas board (it would be best to try and fit them all on before gluing them). Use the special pens and gem stickers to decorate the board further. Some younger children would benefit from sticking the prayer on whole, older children may like to write the prayer out themselves.

**Wondering questions to use during creative time:**

I wonder …why the disciples needed help taking to God?

I wonder …if you find it easy to talk to God?

I wonder …if should be anything else added to the Lord’s prayer?

**The Adventure Map**

Explain the Adventure Map and how a lot of the books were written shortly after Jesus’s time. They tell us about what Jesus said and did and how his friends lived their lives, sharing with others how to be good followers of Jesus.

Take the group to the Adventure Map that you have created on the wall. Get the group to find where on the Map today’s story came from. Choose one or some of the things created by the group to be photographed and attach this to the wall to create a visual reminder of where the story came from and your adventure together. The aim is that in a year you will have lots of reminders of the stories and where in the Bible they come from. Use a piece of string or ribbon to connect the photo of the craft work to the book of the Bible.

**Walking the Way**

**This is a time to invite the parents and carers back in to share what the children have been up to during the session. They will also be here to hear about the Walking the Way challenge and the tasks (should they choose to accept them) that the children (and parents) are about to undertake.**

For the Younger: FOFA the bear

This is FOFA. FOFA likes nothing more than to go on an adventure; FOFA is a little more adventurous than me. FOFA believes that faith is a journey and that’s why FOFA would love to take you on a journey with him and walk the way of God in our everyday lives. Each session FOFA would like to go home with one of you and add to FOFA’s scrapbook of things you do together. FOFA doesn’t mind if you draw a picture of what you have done, take a photograph or just write a story about it. FOFA also doesn’t mind if you just come and tell the rest of us what you got up to together. But because FOFA’s memory isn’t very good as FOFA’s brains are made of stuffing, it would be better to save the memories in the book if you can. At the end of our time together we can always remember the great adventures we have been on together with FOFA and hopefully you will walk a little closer with God.

For the Older: FOFA cam

This camera is your window on the world. You have one shot at this, so choose carefully. You will be given a very precious piece of equipment – a FOFA cam. You have one photo to take with the camera, that records one thing – a way you have met the challenge. If there are other people in the photo, please ask their permission first and explain this photo will be put on display here. Bring back the camera and your photo next time to share your moment - and remember you only have ONE shot at this!

Every time we will choose someone to take FOFA bear and someone to take FOFA cam to help them with the challenge – but we can all have a go at the challenge!

Our Walking the Way Challenge this time is: To take home the craft and use it to help memorise the Lord’s Prayer or write your own version in your own words. Perhaps next week you could share it with everyone at FOFA?

**Adventurers Go!**

So, today we have heard how Jesus taught his disciples the Lord’s prayer, we looked at how people use it to talk to God and what some of it might mean. We also heard about the importance of prayer and chatting to God about anything and everything. Although Jesus gave these words to help us speak to God there are no wrong things to say in prayer.

**Prayers (choose one/both)**

Prayer

Our Father, who art in heaven,

Hallowed be they name,

Thy kingdom come,

Thy will be done,

On earth as it is in heaven,

Give us this day our daily bread,

Forgive us our sins as we forgive those who sin against us,

Lead us not into temptation,

But deliver us from evil,

For thine is the kingdom, the power, and the glory,

Forever and ever Amen

**Active Prayer** Use some Makaton signs to say the Lord’s Prayer – you won’t want to do all the words, but key words are on the attached sheet. Or watch Becky George signing on YouTube <https://youtu.be/_a7mYX_9UlU>



**End Prayer Every Session: All together**

**We are Friends on Faith Adventures, travelling together with God.**

**Adventurers go! Amen**

Amen

***What you need for this session:***

* A recording with noises on (there are many on YouTube to choose from)
* 2 sets of the Lord’s Prayer cut into sentences
* 2 copies of the Lord’s prayer
* timer
* large signs with the different sentences from the Lord’s Prayer on.
* canvas boards or thick card each
* special pens to write with
* gem stickers
* Lord’s Prayer cut into sentences or written out in full. (Older children may choose to write out the prayer onto the canvas)
* glue
* scissors
* bubbles

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| **Location** | **Possible hazard** | **Action required** | **Action taken** | **Signature** |
| **During session** | Use of sharpies and possible damage to clothes | Consider offering protective clothing  |  |  |
| **During session** | Use off scissors possible cutting of hands | Use rounded end scissors or closely supervise young children |  |  |