



Faith Adventures for Children Together



*Committed to URC Children Together:
enabling everyone to grow more like Jesus
together in the home, church and beyond.*

For guidance on the purpose of the resource
and how to use it as a launch pad for your
engagement with children and families, please
use this link: www.bit.ly/FACT-how-to-sheet

Matthew 6: 9-14 The Lord's Prayer

Theme: This is how we should pray

Contents:

| | |
|------------------------------|----|
| Introduction | 1 |
| Together | 2 |
| Experience | 3 |
| Explore | 4 |
| Express | 5 |
| Handouts | 10 |

Introduction: What would be helpful to know in my planning?

Welcome to our new monthly theme all about praying. We shall be exploring this theme by looking at well-known prayers and seeing what links them together whilst also looking at different ways in which we can pray and offering the opportunity to experience some of these.

We start with what is probably the most famous prayer of all: The Lord's Prayer. The words were given as an example by Jesus to his followers – a template to follow, or a framework. It doesn't matter if we don't use the exact words (indeed many churches use different versions: forgive us our trespasses/sins/debts.) What is important is that we make connections with the themes Jesus mentions – praising God, admitting our own faults, thanking God for what God has done for us and trying to be better ourselves, and also asking God for help.

Because The Lord's Prayer is so well known to us, we sometimes don't think about the actual meaning of the words – are they all literal? Do we really want God to give us bread every day? What else might that sentence mean?



Together

How do I help my group to come together and get started with the theme?

Gathering prayer

Jesus, our friend

(use alternate index fingers to point and tap the middle of opposite palms)

Be with us today

(two hands, palms up in front of you, move up and down twice)

As we share together,

(two hands, palms up in front of you, move one forward and one back and alternate twice)

Pray together,

(hands together, palm against palm, as though praying)

Play together,

(hands to each side, palms up, make two small circles outwards)

And get to know you better,

(point up with one hand)

As children together in your family

(one hand out, palm down in front of you, move it sideways and up in three 'steps' as though to indicate children of three different heights)

AMEN

(Two thumbs up, and bring fists slowly together to meet in front of you)

OR

Thank you, God, for bringing us together today.

Help us to grow closer to you in all we do.

Help us to speak and to listen, to learn and to grow together,

Adventuring together with you wherever we may go.

Amen

Active game - Lord's Prayer Corners

What you need:

Four signs: PLEASE, SORRY, THANKS, PRAISE (These can be attached to the wall or left on the floor in four corners of the room)

A copy of The Lord's Prayer (it's surprising how often we forget words when we have to say them out of rhythm!)

Prayers mostly fall into four categories: Please, Sorry, Thanks and Praise. When Jesus offered his followers The Lord's Prayer as a framework for how to pray, he included examples of each of these categories. In this game, your group members will have the chance to choose into which category they think a line of The Lord's Prayer fits.



What you do:

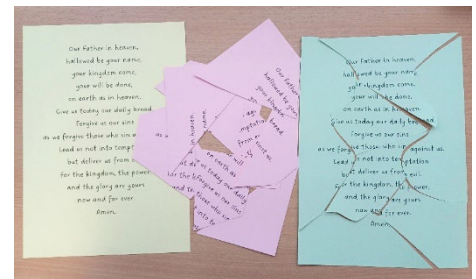
Designate each corner of the room to be a different prayer theme (use the signs to help remind group members)

Read out, one line at a time, the words of The Lord's Prayer. After you've read each line, the group members run to whichever corner they think best summarises that line.

There are no right/wrong answers, and group members shouldn't have to explain their decision if they don't want to, but there could be some interesting discussions about both themes and words (If you say 'forgive us our trespasses' do all the group members know what 'trespasses' means?)

Alternative game - Lord's Prayer puzzle race

You will need copies of The Lord's Prayer printed out on A3 or A4 paper and cut up into shapes that can be put back together like a puzzle. For younger children make the pieces larger and perhaps only six pieces. For older children you can gauge how difficult you want to make it for your group.



Spread the pieces around the room and get the children to run and collect the pieces and time how quickly they can complete the puzzle.

If you have a larger group playing this game, split into teams. Print out copies of the prayer on different coloured card and mix them up. Spread the pieces out and get the children to put the puzzle back together in their teams and see which team can complete their puzzle the fastest.

Experience

Hear, watch and sing the Bible story

For this story we recommend using the Easy to read version

<https://www.biblegateway.com/passage/?search=matthew%206%3A%209-14&version=ERV>

Where can I find the story online?

Under fives: Our Father Memory verse song and story for younger children by The Great Big Bible Story

<https://youtu.be/BdnIYYKTPB0>

Five to elevens: How to pray - the Lord's Prayer by the exciting singing hills Baptist Church

<https://youtu.be/d4R-WFkm41s>

A reflective storytelling of the Lord's Prayer for all ages read by Nicola Grieves

https://youtu.be/L70unT8rpX4?si=ouvTB6G_ywgraOJA5-11

Songs to support the story

Under fives: The Lord's prayer by Saddleback kids



<https://youtu.be/ZqQMxMWXJ7E>

Five to elevens: The Lord's prayer by Hillsong

<https://www.youtube.com/watch?v=kUjLd6k6uXk>

Explore

Ideas and activities to explore this week's Bible passage together

A new story to share

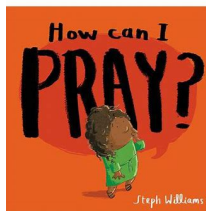
We invite you to explore with your group how visual items link with The Lord's Prayer. This activity will hopefully help them learn the prayer and understand its meaning for them and will aid their engagement with the prayer in future.

Items (or images of) that you could include are: chickens, a torch, globe, heart, cross, candle, names of those present written on card, crown, different food items, clothing, water, soap, people holding hands, towel, stones, church, world map, arrows, gate, paths where you can choose a route, maze, labyrinth, key, rainbow, emergency services, batteries, crown, shiny gems, tube of glitter, table sprinkles.

As you read each line of The Lord's Prayer, invite those gathered to choose an item that they think represents that line for them, there are no right or wrong answers. Briefly discuss why that item was chosen by them and then ask them to return the item/image, continue through the rest of the prayer.

Modern parables

Jesus used stories to help people understand the things of God, even though they weren't necessarily overtly Christian stories. Lots of children's books can be used in a similar way as a conversation starter on the week's theme. Examples are shared here but you may think of others too.



How Can I Pray? (Little Me, Big God) by Steph Williams

<https://youtu.be/HfuV20n8t3c?si=LPYY6-Obmlku5JZT>

Describes lots of different ways we can pray from out loud to silently.

Talking together: How might we talk about the story together?

- Why do we pray?
- Why do we close our eyes when we pray? Do we have to sit, kneel, join hands to pray?
- Can I pray on the toilet?
- I wonder how and when you pray? (leaders to be prepared to answer this too)



Wondering together: suggested questions to use during activities

- I wonder if any translations of the Lord's Prayer have lost their meaning?
- I wonder why we added the extra bit of the Lord's Prayer?
- I wonder what daily bread means?

What's in the box (for under fives)

Use the special box or bag and sing "what's in the box/bag? What's in the box/bag? Let's see, let's see, what's in the box/bag" (to the tune of The Farmer's in the Dell). You could tap the top of the box twice after the word 'box'. Pull out the things one by one and then let the children play with them, talking about the theme or the story in simple terms.

This week's box could include:

Talk about the Lord's Prayer using these objects:

- a crown or a small globe (God is like the king or queen of the whole world and wants our life on earth to be as amazing as it is in heaven)
- play food (God gives us everything we need. What food do you like? God made our food and drink and we can say thank you)
- a cross (the cross reminds us of Jesus who lived and died because he loves us. God wants us to love and forgive other people)
- a cycle helmet or a hi-vis jacket (talk about things which help us to keep safe; we can ask God for help to keep us safe too)
- A set of play people to act out the story or random shapes/bits you can move around to make pictures from the story as you tell it (eg stones, felt, twigs etc) A set of play people to act out the story or random shapes/bits you can move around to make pictures from the story as you tell it (eg stones, felt, twigs etc)

Express

Praying together: how can you involve the children actively in prayer?

Prayers - Spoon prayers

You will need:

- Spoons any size or disposable spoons
- Sticky labels
- Marker pen

Write the initial letter on a label on the spoon
or, if using disposable spoons, write directly onto the spoon with marker pen.
Each letter of SPOON represents a different part of the prayer that Jesus taught us.

Place all the spoons into a mug or a cup and place it in the center of your group. Ask each person to draw out a spoon and say a prayer, using the letter on the spoon for the type of prayer. The prayers can be a quiet prayer or spoken out loud. Return the spoon to the pot and then the next person takes a spoon and prays. You can do this as many times as you like.

S = Sorry





P = Praise & Thanks

O = Others

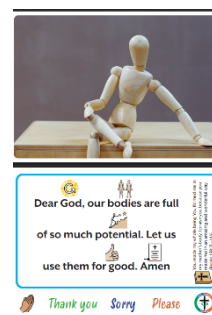
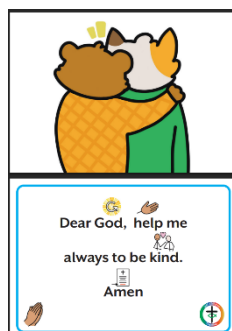
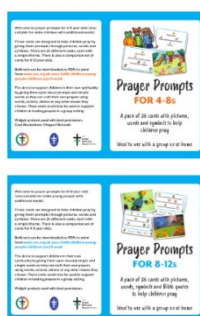
O = Ourselves

N = Needs of the world and our needs

Here are some simple ideas to get you started:- Dear God, I am sorry for.... Dear God please help.... Dear God thank you for.... Dear God please help me to....

Spoken prayer

Church House have produced two sets of prayer prompt cards, one set for 4 to 8 years and another for 8 to 12 years. These bright and engaging cards help nurture a life of prayer. You can request a pack by emailing children.youth@urc.org.uk or find them as digital downloads on the URC website: bit.ly/Child-prayer-cards



Recite the Lord's Prayer together using your chosen version or else use this Makaton version together.

The Lord's prayer using Makaton - <https://youtu.be/-lNhwR-YEI4?si=t3ggzDI7lvjHcXKe>

Responding together

Here are some suggested crafts and activities, and there is a colouring sheet at the end of this resource. You could also use small play toys and/or have a basket of resources available so children can choose their own way to respond.

With an online group, plan whether to deliver any resources in advance or how you will encourage them to use what they've got to hand in their response.

However you do it, it is good for the adults to engage in the response too, and all chat together.



Lord's prayer book

You will need:

- Some paper or felt
- Some images to use/ magazines/ felt shapes
- Some ribbon



What you do:

Create a book based on the Lord's Prayer using images that relate to the prayer. You could find images like these.

Someone praying, a world, an image of bread or food, a heart and a broken heart, a candle.

For smaller children, have the images cut out already. If you have felt, you could use that to create your book and some felt shapes to use as images.

Create your visual image book of the Lord's Prayer to help you as you pray.

Stem activity - Prayer cake

You will need:

Ingredients to create a traybake cake. This could be rocky road, flapjack, crispy cake, whatever is the easiest for you to make. Here is the recipe we used for tiffin.



75g golden syrup

100g unsalted butter, chopped up to make it easier to melt

175g milk chocolate, roughly chopped

125g dark chocolate, roughly chopped

225g digestive biscuits, crushed

100g Maltesers

100g raisins

400g melted milk chocolate to add to the top

What you do:

Line the base and sides of a 20cm/8in cake tin with baking paper.

As you add the syrup, the butter, the milk and dark chocolate into a bowl over some simmering water, pray the words *Our father who are in heaven*.

Stir the mixture until it's almost melted and smooth. Remove from the heat, stir until smooth and leave to cool for 5 minutes.



As you combine the crushed biscuits with the Maltesers and raisins in a large mixing bowl, pray the words *Give us this day our daily bread*

Pour the melted chocolate mixture into the bowl and, using a rubber spatula, mix to combine thoroughly, pray the words *forgive our sins as we forgive others*.

Scoop the mixture into the prepared tin and spread level using the back of a spoon. Pour the melted milk chocolate over the top and chill for half an hour in the fridge, pray the words, *Lead us not into temptation*

As you cut it into sections, pray the following words to end the prayer, *The kingdom, the power, and the glory are yours now and forever. Amen.*

Everyday with Jesus – Walking the Way

What could we do this week to carry on what we've learned? Maybe members of the group could come up with a suggestion. If not, get them to choose from these two challenges:

- Talk to someone older or younger than you and ask them to tell you something you might not already know about Jesus.
- Challenge your friends to see who can resight most accurately The Lord's Prayer from memory. I wonder who can do it the fastest?

We hope you enjoyed exploring the story of the Lord's Prayer with us.

Please let us know what you liked or what you would find useful by emailing **sharon.lloyd@urc.org.uk**

Please join the Faith Adventures Facebook Group **bit.ly/FACT_FB**

Why not have a look at next week's resource on **Prayer**

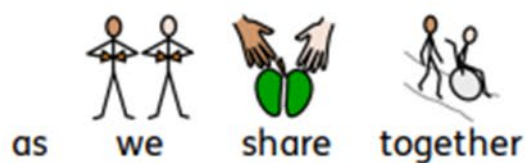




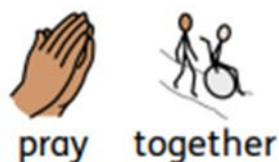
Jesus our friend,



be with us today



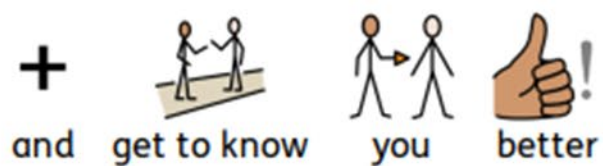
as we share together



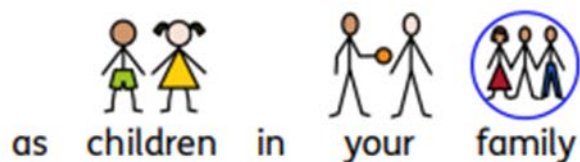
pray together



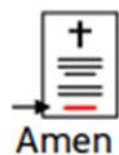
play together



and get to know you better



as children in your family



Amen





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