

Matthew 6:9-13 The Lord's Prayer

The Lord's Prayer in Makaton from Jesmond Parish Church

<https://youtu.be/jTal-F9sxms>



When we add a little prayer to our lives, our lives get better, just like adding a bit of sweetness or spice to a recipe. Here's a recipe you can make with your family, and when you're using the spoons for some of the ingredients, think about saying thank you, sorry or please to God.

You need: 18 tablespoons (100g) oats; 13 tablespoons (100g) self-raising flour; 8 tablespoons (100g) soft brown sugar; 1.5 teaspoons cinnamon; 1 large free-range egg; 2 tablespoons runny honey; 2 tablespoons unrefined rapeseed oil; 2 tablespoons water; 2 carrots, grated

What you do: Preheat the oven to 175 degrees/Gas Mark 4. Mix together oats, flour, sugar and cinnamon. Beat egg in a separate bowl then add to the dry ingredients with the honey, oil and water. Stir in the carrots and mix well. Using two teaspoons, place small balls of the mixture onto baking parchment on a baking tray and cook for 10-12 minutes. Allow to cool.



A prayer for whenever you use a spoon

Jesus, thank you for giving me the things I need. Sorry that I sometimes stir things up by doing or saying the wrong thing. Please help me spread your love. Amen.



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Bible Reading

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So when you pray, you should pray like this:

'Our Father in heaven,
we pray that your name will always be kept holy.
We pray that your kingdom will come.
We pray that what you want will be done,
here on earth as it is in heaven.
Give us the food we need for each day.
Forgive the sins we have done,
just as we have forgiven those who did wrong to us.
And do not cause us to be tested;
but save us from the Evil One.'

[The kingdom, the power, and the glory are yours forever. Amen.]

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I wonder whether you have a special prayer you like to use ?

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