

Monday 1st February

LO: The Lord's Prayer

What do you think about when you hear the word prayer?

Watch the video

There are 6 different videos about prayer. Click on each person to hear their views.

<http://request.org.uk/life/spirituality/prayer>

What kind of picture do you have when you hear the word 'prayer'?

Have you ever prayed? What did you pray about?

Why did you pray?

For many Christians, prayer is just the name they give to speaking to God. It includes listening and thinking, as well as talking. For many, prayer makes their relationship with God stronger, changes them and the world in which they live.

What is prayer like ?

What do you do when you talk with your friends?

Do you:

- Talk about your family and other friends?
- Dream about the future?
- Ask them questions or advice?
- Say sorry when you've messed up or thank-you when they've done something that makes you happy?
- Or do you just spend time not saying much, but just glad to be with them?

For many Christians, this is what prayer is like. Praying is much more than giving God a list of stuff you want Him to do, although sometimes it can seem like that.

It is more to do with spending time enjoying God's company, a bit like you would do with your best friend. There aren't any 'rules' about how Christians pray.

Christians pray anytime, anywhere. A lot of people find a quiet room in their home. Others might pray when they walk the dog, or when they are riding to school or work. You don't have to pray out loud, you can pray in your mind, or just be quiet and listen.

The Lord's Prayer



Our Father, who art in heaven
Hallowed be thy name
Thy kingdom come
Thy will be done
On earth as it is in heaven
Give us this day our daily bread
And forgive us our trespasses
As we forgive those who trespass against us
And lead us not into temptation
But deliver us from evil
For thine is the kingdom
The power and the glory
For ever and ever
Amen

What Does it Mean?

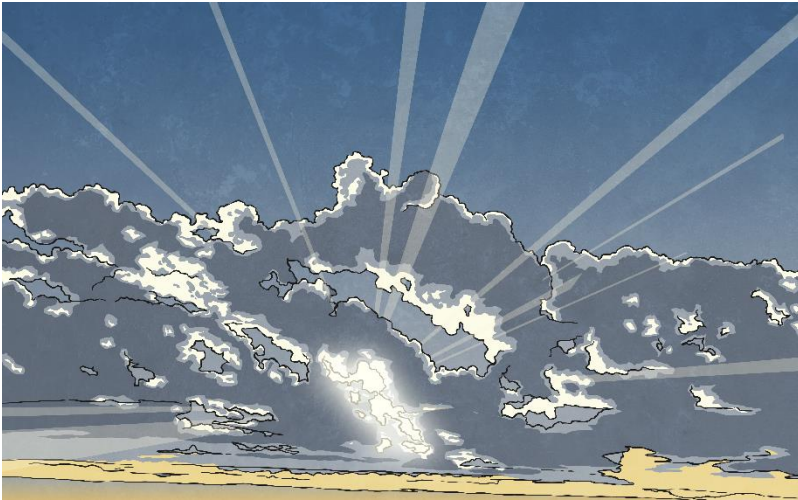
The Lord's Prayer is a Christian prayer which Jesus taught his disciples to say.

Each line has its own meaning.



Our Father, who art in heaven

The prayer begins by making it clear who people are praying to. Christians believe that God is the Father of everyone.



'Art' is an old way of saying 'is', so we are saying:
'Our Father who is in heaven'.
One God, in heaven.

You can think of heaven as being with God.

Hallowed be thy name



God's name is honoured and respected as holy. 'Thy' is an old way of saying 'your', so we are saying:

"God, your name is holy."

Thy kingdom come

God's Kingdom will come to every Christian and God is their King. That they live by His commandments and let him 'rule' in their hearts.



Thy will be done

Christians believe that they should not always do just what they want to do, but live according to *God's* will.

That His will is done, and not ours. Living in peace and love.



On earth as it is in heaven

Christians believe that heaven is a beautiful, loving, caring and perfect place, and that life on earth would be wonderful if it could be more like that in daily life.



Give us this day our daily bread

Shows the need for food and nourishment of the body, but also the need to 'feed' our minds and spirits.

Christians recognise the need for spiritual growth and 'feed' their spirit through prayer and reading the Bible. Trusting God to give them what they need.



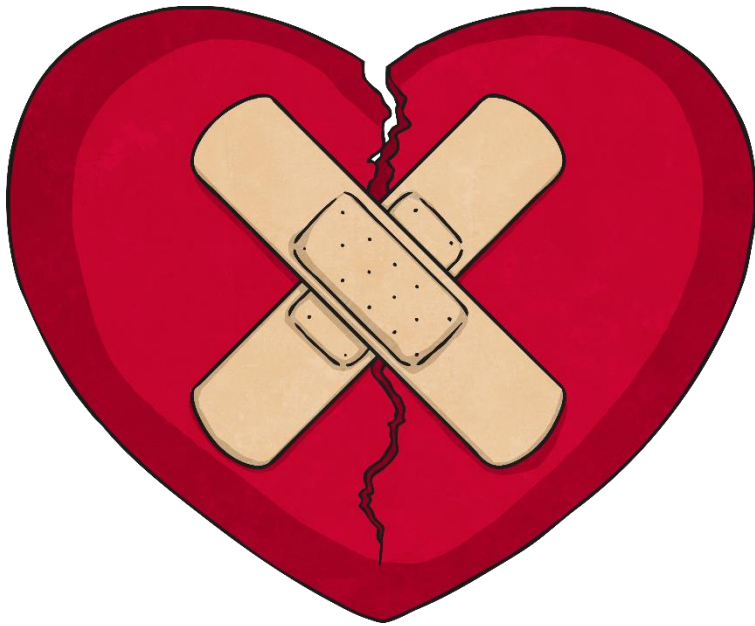
And forgive us our trespasses



The word 'trespasses' means 'sins' or 'wrongful thoughts and actions'. Christians ask for forgiveness from God in prayer when they have done wrong.

As we forgive those whose trespass against us

Not only can Christians ask God for forgiveness, they must also learn to forgive people who have upset or hurt them.



People cannot forget forgiveness without letting go of anger, grudges and unpleasant thoughts about others.

And lead us not into temptation

When tempted, no one should say, 'God is tempting me.' For God cannot be tempted by evil, nor does he tempt anyone.



But deliver us from evil

Evil is anything that leads a person away from God, it can get in the way of a good relationship with God and others. Christians ask God for protection from evil.



For thine is the kingdom

This is referring to *God's* kingdom again: For **yours** is the kingdom. It means that the kingdom of heaven is *God's* and that he is King of spiritual life.



The power and the glory

Praising God as the most important being. Christians worship him for all he is and all that they have received from him.



For ever and ever

This means for eternity. That *God's* kingdom will always be *God's* forever!



Amen

Amen means 'So be it'. It is a form of blessing at the end of the prayer.



Watch the video

<http://request.org.uk/life/beliefs/how-to-pray/#>

Task

Use a piece of A4 paper and draw around each hand carefully.

On one hand write a prayer that is being thankful to God- this could be personal, around creation, his love, celebrating something.

On the other hand write a prayer that is something you either want or need to ask God's forgiveness for.

Think about how Christians in the film clips also talked about waiting for answers, listening to God, if they wanted to know that their prayer had been heard.

Reflection

Have you ever prayed and had a prayer answered or do you know of anyone else, who has prayed and had a prayer answered?

How does being 'at one' with God make a difference to the way some of these Christians pray?