

Props: print out the word sheets at the end of this document.

Put your hand up if you've ever heard, or said, the prayer that starts like this:

Our Father in heaven, hallowed be your name...

Does anyone know what this special prayer is called?

[Take answers.]

That's right: it's called the Lord's prayer. We call it the Lord's prayer because it's the prayer that Jesus taught his friends, when they asked him how they should pray. Christians call Jesus our Lord because we've put him in charge of our lives: we've made him our *Lord*.

If you know the Lord's Prayer, then you know that it's quite long and can sound quite complicated. But today we're going to understand that it's actually rather simple.

What are the first two words of the prayer?

Our Father

We are invited to call God *Father*.

Let's think a bit about God: can anyone tell me something that God made?

[Take answers - work towards the enormity of God having made not just space but even time itself.]

And when Jesus teaches us how to pray, he says that we should go to this awesome God and just start by calling him Dad.

[Give a volunteer the 'Dad' sign to hold up.]

So this is the first part of the prayer. Let's say it together:

Dad.

I'm going to ask you to say the first part of the Lord's prayer with me - just until I hold up my hand for you to stop.

If you don't know it very well, don't worry. Just join in when you can.

Our Father in heaven, hallowed be your name. Your kingdom come: your will be done on earth as it is in heaven.

There are some long words in that part of the prayer, aren't there?

Hallowed means holy. God is holy.

Your kingdom come means that we want God to be king of everything: we want life on earth to be just like heaven, with everything just how God likes it. We want this, because God is so amazing. Remember: he's the awesome Creator who loves us so much that he wants us to call him Dad.

[Give a volunteer the 'You're the best!' sign to hold up.]

So this is the next part of the prayer. Let's say it all together:

Dad, you're the best!

Our Father in heaven, hallowed be your name. Your kingdom come: your will be done on earth as it is in heaven.

What comes next?

Give us today our daily bread.

Why do we need bread?

[Take answers.]

That's right: to eat.

What would happen if we didn't eat?

[Take answers.]

That's right: we'd die.

But what if the *only* thing we had to eat was bread? It would be a bit boring, wouldn't it, and not too good for our health.

And what if the only thing in the *whole world* was bread? It's hard to imagine!

So why does Jesus teach us just to ask for bread every day?

He's teaching us that everything we have comes from God, and that we can

trust him to give us everything we need. Every day, we need to ask God to look after us.

[Give a volunteer the 'Look after me today' sign to hold up.]

So this is the next part of the prayer. Let's say it all together:

Dad, you're the best! Look after me today.

What came before today?

[Take answers.]

That's right: yesterday.

Our Father in heaven, hallowed be your name. Your kingdom come: your will be done on earth as it is in heaven. Give us today our daily bread.

What comes next?

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

A *sin* is anything that gets between us and God, or us and other people. Sin is all the things we do, say or think that we shouldn't do - and all the things we *should* do, say or think that we don't!

Jesus is teaching us to say sorry when we sin - and to forgive other people when they hurt us.

In other words, as well as asking God to look after us today, Jesus teaches us to say sorry for yesterday.

[Give a volunteer the 'Sorry for yesterday' sign to hold up.]

So this is the next part of the prayer. Let's say it all together:

Dad, you're the best! Look after me today. Sorry for yesterday.

What comes after today?

[Take answers.]

That's right: tomorrow.

Our Father in heaven, hallowed be your name. Your kingdom come: your will be done on earth as it is in heaven. Give us today our daily bread.

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

What comes next?

Lead us not into temptation, but deliver us from evil.

Temptation is a feeling of wanting to do, have or say something that we know we shouldn't - or to ignore something we know we should!

Deliver us from evil means that we're asking God to save us from anything that could harm us.

In other words, as well as asking God to look after us today and saying sorry for yesterday, Jesus teaches us to ask God to protect us tomorrow.

[Give a volunteer the 'Protect me tomorrow' sign to hold up.]

So this is the next part of the prayer. Let's say it all together:

Dad, you're the best! Look after me today. Sorry for yesterday. Protect me tomorrow.

Nearly finished . . .

Our Father in heaven, hallowed be your name. Your kingdom come: your will be done on earth as it is in heaven. Give us today 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.

What comes next?

For the kingdom, the power and the glory are yours, now and forever.

God doesn't need us to praise him and tell him how great he is. But Jesus teaches us to say these things to remind ourselves how great God is: that he is the king, he has all the power, he's utterly glorious, and he'll never change.

[Give a volunteer another 'You're the best!' sign to hold up.]

So this is the next part of the prayer. Let's say it all together:

Dad, you're the best! Look after me today. Sorry for yesterday. Protect me tomorrow. You're the best!

And right at the end, we say *Amen*.

'Amen' is just a way of everyone agreeing with the prayer they've just heard or said.

[*Give a volunteer another 'Amen' sign to hold up.*]

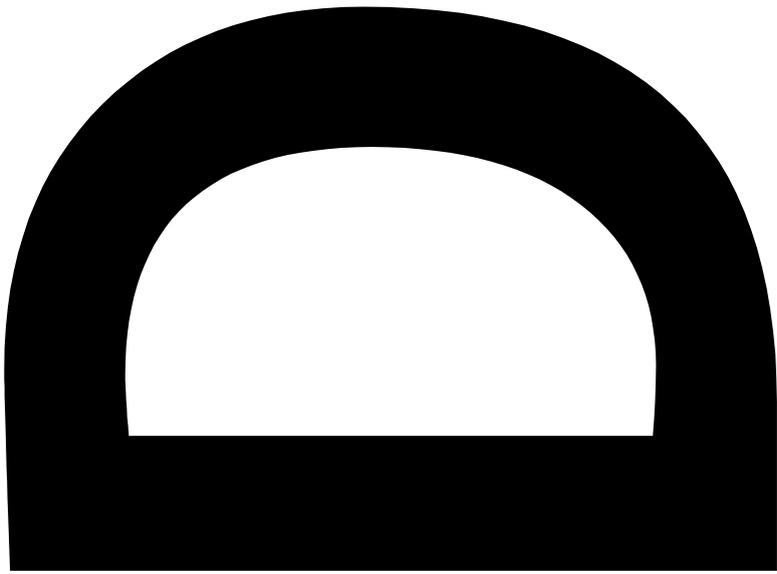
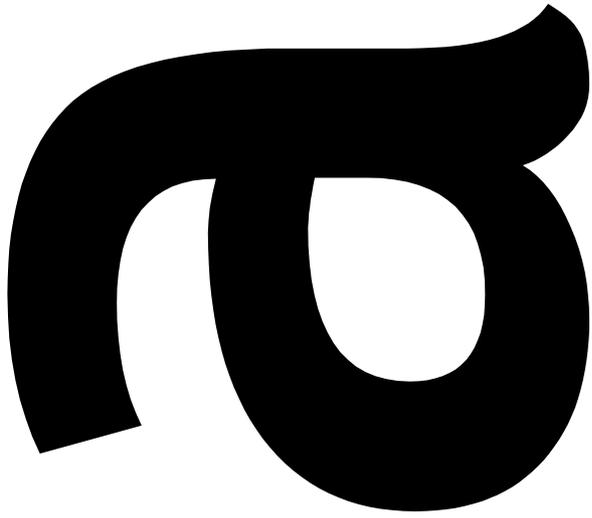
So let's put the whole prayer together:

Dad. You're the best! Look after me today. Sorry for yesterday. Protect me tomorrow. You're the best! Amen.

And that's it. The Lord's Prayer. It's good to say it all together - and wherever you go in the world you'll find Christians saying this very special prayer together - but Jesus really gave it to us as a way of remembering how to pray: not by saying those exact words but by remembering always to praise God and trust him with the whole of our lives: past, present and future.

Let's say it again:

Dad, you're the best! Look after me today. Sorry for yesterday. Protect me tomorrow. You're the best! Amen.



You're

the

best!

**Look after
me today.**

**Sorry for
yesterday.**

**Protect me
tomorrow.**

You're

the

best!

Amen