

The Our Father (2)



Matthew 6: 9-13

In the Sermon on the Mount Jesus Christ instructed the disciples how to pray. He taught them an important prayer, the Our Father (or the Lord's Prayer). We pray the Our Father before Holy Communion. It should be prayed consciously and with great concentration. The Lord's Prayer is prayed by the entire congregation. It is the expression of heartfelt fellowship.

24

The children are shown the significance of the Our Father.
They pray it earnestly. They know it by heart.

1/2

Give us this day our daily bread



Give us this day our daily bread.

What do we need to live? We look at the picture with the children. We must eat and drink. (The picture depicts basic foodstuffs of various countries. We can discuss with the children what all needs to be done before we can eat bread, maize or rice.) Do we need anything else apart from food and drink? The children will come up with suggestions: work, clothing, a home, health...

But we should not only ask God for things for this earthly life, we also ask for food for our soul:

bread (food for the body);
basic foodstuffs with important nutrients

spiritual bread (food for the soul);
the word of God.

**And forgive us our debts,
as we forgive our debtors**



*And forgive us our debts,
as we forgive our debtors.*

Listen to this:

Rita, a child of God your age, walks across the lawn to her favourite spot in the garden. She settles down to play there. She has brought a little case with doll's clothes and dresses her doll in different outfits whilst speaking to it lovingly. Rita is completely absorbed with all this when suddenly her younger friend, Edith, arrives on the scene. "Oh, can I play too?" Edith asks eagerly.

"Of course," replies Rita. "Should we play hairdresser? Look, I have brought a brush, comb and hairclips."

"Oh yes, let's. It will be such fun!" Both girls enthusiastically comb the doll's beautiful, long hair. They make up new styles as they go along. After a while Rita starts packing up the doll's clothes again and Edith continues to play with the doll. Then she calls: "Look, Rita, I have invented another new hairstyle, a short one!" Shocked, Rita turns around. To her horror she sees that Edith has cut off the doll's beautiful long hair. She is very angry.

"That's a new doll! Now you've completely spoilt it! I was so happy with it because it had such beautiful long hair!" Rita

shouts at Edith, tears running down her face. Furiously, she rushes at her friend and starts hitting her wildly and pulling at her hair until Edith, too, is in tears. A big fight is now under way!

The following days the girls avoid each other. They no longer play together. They just cannot forget their quarrel. Then Rita hears something very important in Sunday-school. The teacher explains that one's sins can only be forgiven if one is also prepared to forgive the one who has done the hurt. Rita did not know this. She thinks of her quarrel with Edith. Now she understands that she must forgive Edith before the Lord can forgive her. She decides to make peace with Edith the next day and to forgive her.

What will happen the next time sins are forgiven? (Rita's sins will be forgiven because she has forgiven "her enemy".)

We look at the picture in the children's book. The two children make peace. They forgive each other. But it is very important that the matter is truly forgiven for good!

**And lead us not into temptation,
but deliver us from evil**



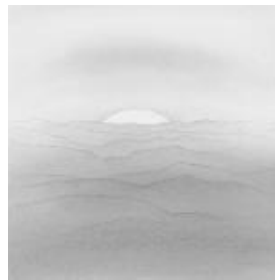
*And lead us not into temptation,
but deliver us from evil.*

We look at the picture with the children and ask them whether it reminds them of something? The children discuss this. The following thoughts can be discussed:

Everyone has shortcomings or bad habits. One may be unfriendly or malicious, another lazy or dishonest, a third one impudent, another may hurt or harm others.

In the Our Father we pray the Lord to free us from such evils. We ask God to give us the strength to overcome bad habits and to withstand temptation.

**For thine is the kingdom, and the power,
and the glory, for ever. Amen.**



*For thine is the kingdom, and the
power, and the glory, for ever. Amen.*

We look at the picture of the rising sun with the children. The children discuss this. (For example: The sun is shining brightly and warmly. It has power, it gives light, it always shines.)

We transfer this thought to the last sentence of the Our Father:

God is our spiritual light. His kingdom will be glorious and peaceful. We wait for this joyfully. This kingdom is our future.

The sun is vital to all living creatures on the earth. God gives us strength in our life and faith so that we may reach the desired goal and gain eternal life. We place our trust and hope in him. In the last sentence of the Our Father, we praise and glorify God and acknowledge him to be the Almighty. Finally, we draw the children's attention to the word "amen". "Amen" means: So be it, so shall it be.

**1 Who knows the first part of the Our Father by heart?
We repeat the first lesson and look at the pictures.**

2 We discuss the second part of the Our Father and look at the pictures.