



*in our villages, towns & cities*



## Ideas for using the Lord's Prayer with families

The first two ideas by Lucy Moore are from *Messy Church 3*, published by BRF [www.brfoonline.org.uk](http://www.brfoonline.org.uk), November 2012, used by permission.

*Messy Church 3* includes a Messy Church session exploring the Lord's Prayer from which these activities are taken.

The third idea *The Lord's Prayer Quiz* by Lucy Moore is from *The Lord's Prayer Unplugged*, published by BRF [www.brfoonline.org.uk](http://www.brfoonline.org.uk) 2004, 2012, used by permission

*The Lord's Prayer Unplugged* is used in churches, schools and house groups. It has ten sessions, one for each phrase of the Lord's Prayer with a range of different activities to explore it.

For more information about Messy Church and further resources see [www.messychurch.org.uk](http://www.messychurch.org.uk) for details.

### An activity: Kingdom Feelies

**You will need:** Rising bread dough and bread dough without yeast in; seeds; small, non-toxic bulbs; tray and compost; a growing bulb or plant; pearl beads and one real pearl in a box; scribble board/graffiti wall with the title 'Your kingdom come'; marker pens

Explain that you're taking people on a lightning tour of what God's kingdom is like.

Let them poke the two sorts of dough while you tell them Jesus' parable about yeast (Luke 13:20–21).

Let them plant a seed or bulb in the compost tray and then marvel at a growing plant as you tell them the parable of the mustard seed (Luke 13:18–19).

Let them run the beads through their fingers and touch the real pearl in a box as you tell them the parable of the pearl of great price (Matthew 13:45–46).

Now ask them to scribble on the board what they think the kingdom of heaven is like.



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## An Action Prayer

Jesus gave his friends a brilliant present: he gave them the present of a prayer. It's a magic sort of prayer: the bigger you get, the bigger the prayer gets! Jesus' friends have been praying this prayer for nearly 2000 years and they haven't worn it out yet! We're going to learn this prayer today and see if we can say it with actions. It's a family prayer to say together, so it starts off:

*Our Father in heaven (point up with one hand and keep it up).*

And we need reminding how holy God is, so we say that his name is holy or hallowed:

*Hallowed be your name (point up with the other hand so both arms are raised).*

We ask God to make things better on earth, so we say:

*Your kingdom come (as you're speaking bring your hands across your body, crossed in front of you, and then let them spread out to either side), your will be done (continue the movement till your arms are open wide), on earth (turn hands palms down) as it is in heaven (turn hands palms up).*

We ask him for the good things we need:

*Give us today our daily bread (bring your hands together like a bowl in front of you).*

And we ask him to make us right with him and with each other:

*Forgive us our sins (wipe one hand across the other twice as if wiping away dirt), as we forgive those who sin against us (turn hands over and repeat the action four times in a rhythm with the words).*

We ask for protection and safety:

*Lead us not into temptation (clench a fist and place one arm firmly across your chest).  
But deliver us from evil (clench the other fist and cross that one across your chest).*

And we finish with a joyful shout of praise:

*For the kingdom (open arms wide again), the power (make a 'strong man' pose with clenched fists) and the glory (make a full circle with your hands from as high as you can to as low as you can in front of your body) are yours (push out arms forwards) now (indicate the start of a 'timeline' with your left hand) and forever (continue the timeline over to the right with a spiralling 'on and on' movement with your left hand).*

*Amen! (Finish with both arms up again and a high clap.)*

Pray it several times to practise. Try it very loud and very fast, then very quietly and with quiet music behind it. Encourage people to pray it at home at bedtime, and remind them that the older they get, the bigger the prayer will get!



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## The Lord's Prayer Quiz

A prize for everyone taking part could be a card with the Lord's Prayer on, or of Durer's Praying Hands.

- 1 Who invented the Lord's Prayer?    **A)** Moses      **B)** Matthew      **C)** Jesus
- 2 Who asked Jesus how to pray?    **A)** his friends    **B)** the Pharisees    **C)** a reporter from Galilean News
- 3 What are the opening words of the Lord's Prayer?  
**A)** My Father    **B)** Our Father      **C)** Your Father
- 4 The word Jesus uses in this first line is Abba. What English word is this most like?  
**A)** Oy you;    **B)** Daddy      **C)** Honourable Father
- 5 What does 'hallowed' mean?      **A)** Holy or set apart    **B)** Hollow      **C)** Greetings
- 6 Give an example of hallowing God's name.
- 7 'Your kingdom come' – Can you think of a parable about the kingdom of heaven?
- 8 'Your will be done' - Where was Jesus when he prayed 'But do what you want and not what I want'?  
**A)** by the river Jordan    **B)** in the Garden of Gethsemane    **C)** at Mary and Martha's house
- 9 Can you name a time when it might be hard to do what God wants rather than what you want?
- 10 Which of these is something you need? **A)** bread    **B)** sticky toffee pudding    **C)** burgers
- 11 What might 'Give us today our daily bread' be changed to in China where they don't eat bread much?  
**A)** Give us today our daily fish and chips    **B)** Give us today our daily crispy fried wan tun  
**C)** Give us today our daily rice
- 12 Fill in the missing word in this part of the prayer: '..... us our sins'
- 13 How many times does Jesus say we should forgive someone who sins against us?  
**A)** loads and loads and loads of times      **B)** once      **C)** not at all
- 14 Name one thing that might tempt us.
- 15 What does 'deliver me' mean in the prayer?  
**A)** Send me a letter    **B)** Rescue me      **C)** Remove my liver
- 16 True or false? Jesus didn't put 'For the kingdom the power and the glory are yours now and for ever. Amen.' at the end of his prayer?
- 17 Amen means...?  
**A)** I trust you'll answer this prayer    **B)** At last the prayer's over    **C)** That's all folks.