

Featured Story

Jesus Teaches Us How to Pray
(Matthew 6:5–13)

8

Lesson Goals

- to express the Our Father was taught to the disciples and us by Jesus
- to identify the meaning of the different parts of the prayer
- to recognize that we pray the Our Father at every Mass to prepare us to receive the Eucharist

Materials Needed

- The Catholic Children's Bible
- Chapter 8 activity booklet
- Treasure map
- Stickers
- Journey Book
- Coloring and writing tools
- Activity worksheets at the end of the lesson (booklet, flashcards, puzzle pieces)
- Scissor

We Pray as Jesus Taught Us

Background Focus (for parents)

Prayer is an essential part of a life of faith, and the Catholic Church has a rich tradition of prayer and a variety of forms and expressions that can guide us in this area. As people learn differently, it is also true they are likely attracted to and utilize some forms of prayer more than others.

Children seem to be natural prayers and are generally open to the variety of prayers we might introduce them to. Using this time of curiosity and openness to expose them to different ways of praying can prepare them for a rich journey of prayer throughout their lives.

This chapter focuses on the prayer Jesus taught to His disciples, the Our Father. Learning the words and meaning of the Our Father can help children participate more fully in the Mass and have yet another prayer option for their personal prayer lives.

Go

(10 minutes)

Opening Prayer

 **Child:** Turn to page 1 in the Chapter 8 activity booklet and locate the prayer on the page.

Together: Begin prayer with the Sign of the Cross.

- (Allow about 10 seconds of silence.)
- Read the prayer aloud.
- End with an “Amen” and the Sign of the Cross.

Engage Activity

 **Child:** What is prayer? Can you describe it?

(Prayer is talking to God. It's telling Him what's going on, asking for help, thanking and praising Him and seeking forgiveness. Prayer is also about listening to God. Sometimes we talk too much about what we want and fail to listen to what God is telling us.)

 **Child:** In your My Journey Book draw a picture of you praying. Be sure to include the answer to the following questions in your drawing.

- How do you pray?
- Where do you pray?
- When do you pray?

Parent: Let your child know this lesson will teach about a special prayer that Jesus taught us, a prayer they probably already know.

Seek (30 minutes)

Featured Story

- Child: Find **Matthew 6:5-13** in The Catholic Children's Bible.
- Turn the page to the Featured Story on page 1460 and place an "I found it!" sticker on the page.
- Look at the pictures.
 - What different things do you notice?
 - Is there anything that is the same?
- Read the title of the story.
- Read the Bible story.
 - Does the prayer Jesus taught sound familiar?
 - Where have you heard it before?

Understand It!

- Child: Look at the Our Father prayer in Live It! on page 1461.

Parent: Express these are the words we use to pray this prayer today.

Together: Read the prayer.

Parent: Read Understand It! on page 1461, explaining the meaning of the different parts of the Our Father.

- Stop after each part, to be sure your child knows which part of the prayer you are explaining.
- Read the different parts of the prayer randomly and have your child to recall the meaning of each part.

Live It!

 **Child:** Work on learning The Our Father by heart.

Parent: Encourage your child to learn this prayer by heart.

- Explain that when we don't know what else to pray or say to God, we can say this prayer in our hearts at any time and in any place.

 **Child:** Turn to page 2 in the activity booklet and complete the fill-in activity.

Parent: Give encouragement to complete the activity first without looking at their Bible or prayer book and to do their best at spelling.

- Give time to complete the activity.
- If your child is stuck after a few minutes, have them open their Bible or prayer book for help.
- Correct the prayer together.

Tell It!

 **Child:** Look at the images in Tell It! cartoon on page 1461.

- Which parts of the prayer are represented by the images?
- Which parts of the prayer are not represented by the images?
- Use some of the smaller stickers to mark parts of the Featured Story pages that capture your interest.

(Remember to save enough stickers to use on the remaining chapters.)

Core Learning Activity

The Our Father Prayer Booklet

Materials Needed:

Booklet template (at the end of the lesson)

Coloring tools

Scissor

Parent: Print Booklet template. Assist your child with the following:

Child:

- Color the booklet.
- Cut around the outside dotted line.
- Fold in half along the center solid line, so you can still read the words.
- Cut along the dotted line in the center.
- Fold each side in half again along the solid lines so you end up with a "fan fold".
- Fold in half.
- Unfold everything!
- Fold in half lengthwise so you can see a long strip of images on both sides.
- Hold each end of the booklet and push together so the title page and back page are in place.
- Crease firmly to finish the booklet.
- Keep the booklet handy while you learn The Our Father. Once you have memorized the prayer put the booklet in your My Journey Book.

The Our Father Flashcards

Materials Needed:

Flashcards, (at the end of the lesson)

Scissor

Parent: This activity reinforces what we mean when we pray the Lord's Prayer.

- Print a copy of the flashcards. You will need double sided printing.
- Start with the first phrase of the prayer and go in order.

- Each card has a different phrase from the Lord's Prayer along with questions about that phrase on one side of the card. The other side of the card has the answers to those questions.

Together: Work together asking the question(s) on the front of the cards. Discuss the answers to ensure your child's understanding of the different parts of the prayer.

Additional Activity Option

The Lord's Prayer (Video)

Materials Needed:

Computer with internet access

- ⊕ Child: Watch: **The Lord's Prayer | Explaining The Lord's Prayer for kids.** (6:44) on YouTube

https://www.youtube.com/watch?v=69JT4zsV_uY

Parent: Review the video with your child answering any questions they may have.

The Lord's Prayer Puzzle

Materials Needed:

Puzzle template (at the end of the lesson)
Scissor

Parent: Print a copy of the puzzle. To strengthen the puzzle use cardstock or glue it to a piece of cardboard.

- ⊕ Child: Color the puzzle sheet.
- Cut on the lines to make puzzle pieces.
 - Put the puzzle together to practice the Our Father.
 - Save the puzzle pieces in an envelope or plastic bag.

Find

(20 minutes)

God's Treasure of the Eucharist

Parent: Explain, we pray The Our Father, which is also known as The Lord's Prayer, at every Mass to prepare our hearts to receive Jesus in the Eucharist.

- The Our Father sums up everything Jesus taught us. Because of this, it is the perfect prayer for the Church to pray together.
- As you read more of the Bible, they will keep hearing about the **Kingdom of God**, which Jesus also mentions in the Our Father.
 - The Kingdom of God is the power of God's love ruling over the world and our lives.
 - In the Our Father, we ask God to make his Kingdom grow—on earth and in our lives.

 **Child:** Turn to page 3 in the activity booklet and complete the matching activity.
(Answers: 2, 1, 3, 5, 4, 6, 7)

Parent Note: This content is presented in a child-friendly way in the *God's Treasure of the Eucharist Student Booklet*. You may wish to have your child read all or parts of Chapter 8 to supplement the lesson. Or use the concluding points under "Things to Remember" to wrap up the lesson before prayer.

Lesson Wrap-Up

Parent: Invite your child to think back over all of the different things discussed in this lesson. Have your child share some of the key things they learned. Ensure the following points are made:

- The Our Father was taught to the disciples and us by Jesus.
- Each part of the prayer has special meaning.
- We pray The Our Father at every Mass to prepare us to receive the Eucharist.

 **Child:** Place the Chapter 8 sticker in the correct circle on your treasure map.

Closing Prayer

Together: Begin with the Sign of the Cross.

(Allow about 10 seconds of silence.)

- ❖ **Child:** Turn to the Lord's Prayer on page 6 of *The Order of the Mass and Key Words* booklet if you have not yet memorized the Our Father.

Together: Pray The Our Father.

- Close with a final sign of the Cross.

Parent: Before gluing the activity booklet into the journey book, make sure to read over the Family Page.

Please make sure you keep all your Eucharist Journey Memories in your “Journey Book”.

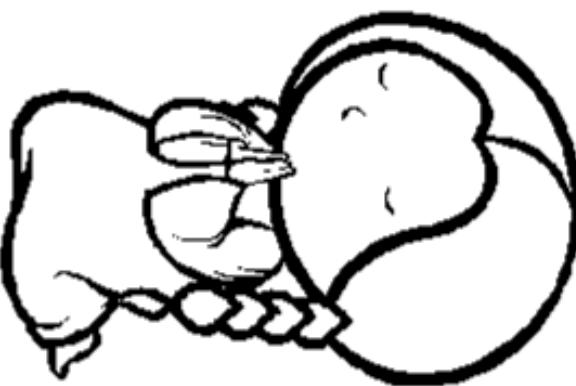
(The Eucharist activity book, the activities done for each lesson and any other memories you wish to include.)

Name: _____

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.



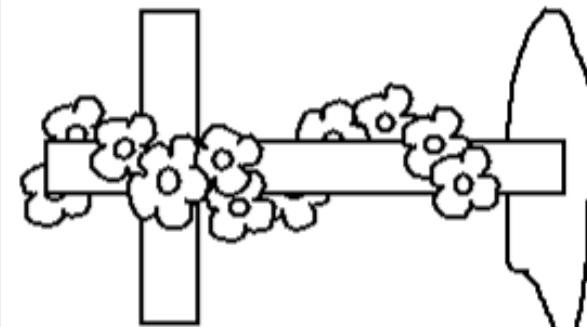
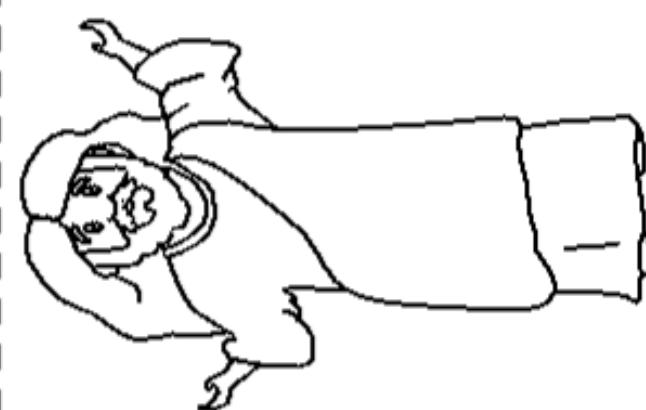
Give us this day our daily bread.



And forgive us our trespasses, as we forgive those who trespass against us.



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



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.

Amen.

OUR FATHER

Who is **Father**??

When we say **Our**, whom do we mean?
Do we mean just the children in this classroom?
Do we mean all the people in our Church?
Do we mean only the people in this country?

WHO ART IN HEAVEN

What does **art** mean?
Where is heaven?

HALLOWED BE THY NAME

What does **hallowed** mean?
What does **thy** mean?

THY KINGDOM COME

We are talking about God's kingdom.

WHO ART IN HEAVEN

What does art mean?

It is an old way of saying is. So, we are saying, Our Father, who is in heaven.

Where is heaven?

Some people think of heaven as up in the sky or up among the stars. That's one way to think of heaven; as a place. You can also think of heaven as being with God. We are with God when we love each other and do the kind things God wants us to do.

OUR FATHER

Who is Father??

God

When we say **Our**, whom do we mean?

Do we mean just the children in this classroom?

Do we mean all the people in our Church?

Do we mean only the people in this country?

We mean everyone. God is the Father to all the five billion people on earth.

THY KINGDOM COME

We are talking about God's kingdom.

What would be different about our world if it were truly God's kingdom?

No one would be hungry. No one would be poor. Everyone would take care of each other. No one would be excluded.

Everyone would be included. There would be no fighting and no wars. There would be peace, and everyone would love each other. The world would be a beautiful place.

HALLOWED BE THY NAME

What does hallowed mean?

Hallowed means holy or sacred or saintly.

What does thy mean?

This is an old way of saying you. So, we are saying, God, your name is holy. We respect God's name and say it with reverence. We do not use God's name in anger.

THY WILL BE DONE ON EARTH AS IT IS IN HEAVEN

Thy will be done, means we live like God wants us to live.
Can you think of what God gave us that would help us to do what
God wants to be done?

GIVE US THIS DAY OUR DAILY BREAD

What does this mean?

AND FORGIVE US OUR TRESPASSES

Have you ever seen a sign No Trespassing? What does this
mean?
What do you think this means?

AS WE FORGIVE THOSE WHO TRESPASS AGAINST US

How do you feel when someone hurts your feelings or hits you?
What does God want us to do?

GIVE US THIS DAY OUR DAILY BREAD

What does this mean?

We are asking God to provide for us and make sure we are fed. God, in turn, wants us to care for each other and make sure the poor are fed. We are God's hands-on earth.

AS WE FORGIVE THOSE WHO TRESPASS AGAINST US

How do you feel when someone hurts your feelings or hits you?

Angry.

What does God want us to do?

God wants us to forgive that person and try to make peace. In the Our Father, we ask God to forgive us AND FORGIVE US OUR TRESPASSES now God asks us to forgive people who hurt us.

THY WILL BE DONE ON EARTH AS IT IS IN HEAVEN

Thy will be done, means we live like God wants us to live. Can you think of what God gave us that would help us to do what God wants to be done?

The Ten Commandments and his son, Jesus, who came to explain to us how we should live. Jesus said to love God with all your heart and to love your neighbor as yourself. If we obey the Ten Commandments and do what Jesus told us to do, then God's will be done on earth as it always is in heaven.

AND FORGIVE US OUR TRESPASSES

Have you ever seen a sign No Trespassing? What does this mean?

This means to stay off someone else's property, because you might harm or hurt it. Here God is not talking about property; he is talking about trespasses to other people.

What do you think this means?

God doesn't want us to harm or hurt people. We can hurt people by saying mean things or by physically hurting them. We can also hurt people by not taking care of them, by not feeding them or giving them clothes or shelter. When we hurt someone, we ask God to forgive us.

**AND LEAD US NOT INTO
TEMPTATION**

What is temptation?

BUT DELIVER US FROM EVIL

Can you name some things that are evil?

BUT DELIVER US FROM EVIL

Can you name some things that are evil?

Killing, stealing, lying, cheating, hurting people. Take one of your child's examples and ask, for instance, could the person who cheated have made a better choice?

God wants us to make good choices. We are praying to God to deliver us from evil. We want God to protect us from evil and keep us safe.

AND LEAD US NOT INTO TEMPTATION

What is temptation?

Temptation is wanting to do something that you know is wrong. Here is an example. Your mom asks you if your homework is done. It's not done, but you want to go out and play. You are tempted to lie to your mom. You want to lie because you want to play, but you know it is wrong to lie.

That's the way temptation is. You have a good choice to make and a bad choice to make, and you want to make the bad choice.

We are asking God to help us make good choices and to keep us away from temptation.

