

Especially for Children and Families

3/22/20

Preschool: Since the rest of our community will be focused on the Lord's Prayer, the [lesson here](#) from our preschool curriculum addresses Jesus praying from a younger child's perspective. You can use plastic toy figures or other items in place of the materials pictured.

Elementary: In his Sermon on the Mount, Jesus tells us that we have the amazing opportunity to talk with a loving God simply, briefly, and privately. This is what we call prayer, which we can do anytime and anywhere. *Talk with your child(ren) about prayer. Share about your experience with prayer. Ask questions like: Do they like to pray quietly? Out loud? Not at all? Do they feel close to God when they pray? Or not? Do they ever wish they could ask God how to pray? No need to "correct" their answers, but just have a conversation.*

Jesus would often go to a quiet outdoor place to pray, and his friends asked him to teach them how to pray. Jesus gave them (and us) some words or ideas we can use when we talk with God. The following prayer, which we say together sometimes during Big Church at Cedar Ridge, is based on Jesus' teaching in Matthew chapter 6. The words we use are in bold, and some other words that might be easier to understand are in italics. Talk through the different parts of what we call "The Lord's Prayer."

Our Father in heaven,

God, you are like a loving parent who makes sure we have all we need in our home.

Hallowed be your name.

You are more special than anyone or anything else, and I hope everyone gets to know that.

Your kingdom come, your will be done, on earth as it is in heaven.

I want your love to fill the world, so help me show that love to people around me.

Give us this day our daily bread.

Please give me – and people everywhere - all that we need for today.

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

Forgive me for the wrong things I've done and help me forgive people who made me mad or sad.

Lead us not into temptation.

Help us be strong enough to do the right thing.

And deliver us from evil.

Keep us safe from any bad things that might hurt us.

For yours is the kingdom and the power and the glory, now and forever. Amen.

You are awesome, and you always will be! Amen.

Matching Activity: If your child is a reader, cut out the strips on [this page](#) and have them try to match the words of the Lord's prayer with the kids' version (as above).

Song: If your child likes music or moving to music, listen to [this song](#) together, based on the Lord's Prayer.

Creativity: You may want to print off [this coloring page](#) for whoever wants to color.

Prayer Activity: Today at mealtime, or bedtime, say the Lord's Prayer together. You may want to use the regular (bold) version, or perhaps use the bold and italics together as a kind of responsive reading. Perhaps say this prayer several times this week – or use the words as a "conversation starter" with God to talk about other things on your child's mind.