



THE LORD'S PRAYER

WEEK 1: OUR FATHER IN HEAVEN, HALLOWED BE YOUR NAME

The Lord's Prayer.

You may have heard it, read it, or even memorised it.

The Lord's Prayer was Jesus' response to his disciples when they asked him how they should pray. It offers us a template for how we should too.

This week we will be looking at the first step in this prayer, and what it says to us about our priority and purpose for prayer.

You will need:

- Butchers paper/cardboard
- Pens/markers

CONNECT

Ask your choice of the following questions:

- What are 3 words your friends might use to describe you?
- Who is your favourite celebrity/sports star? What makes them your favourite?
- If you could have any job/career, what would you choose?

INVOLVE

As a group, spend some time brainstorming the characteristics of God and writing them on the piece of paper/cardboard.

Some examples include loving, holy, just, forgiving, etc.

Ask each person in your group to choose the characteristic of God that they value the most and explain why.

Once everyone has had the chance to share, spend some time with your group in prayer, praising God and thanking Him for being who He is.



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DISCUSS

Ask your group to read Matthew 6:9-13.

- Have you heard this prayer read or recited before? Where did you hear/read it (e.g. at church, at home, at school)?
- Why do you think we pray this prayer?
(*Leaders: the Lord's Prayer is a guide to prayer that Jesus gave the disciples when they asked him how they should pray.*)

Ask someone to read Matthew 6:9 again.

- What do you think the word 'hallowed' means? Have you heard any other words used in the Lord's Prayer in place of 'hallowed'?
- Why do you think God deserves our honour?
- Why do you think Jesus suggests starting a prayer by honouring God? Why is this important? How might this change your purpose for prayer?
- Thinking about your own life, do you start a prayer by focussing on God and honouring Him? If you started doing this, how do you think it would affect your prayer?
- What is one thing that you honour besides God?
- Have you ever prayed a prayer where your purpose was to praise God, and not ask for anything? What led you to do that? Was it easy to do?

APPLY

This week, if you don't already do so, set aside some time each day (maybe 5-10 minutes) to spend in prayer with God. Rather than asking Him for things, spend this time praising Him and thanking Him for who he. You may like to use the list of characteristics the group came up with earlier as a reminder.

A prayer journal is a great way of keeping track of your prayers and seeing how God has answered them. It also gives us an opportunity to recognise God's faithfulness and to give him thanks.

Encourage your group to start a prayer journal. Use this over the next 5 weeks to help them form the habit of writing down their prayers. We'll refer back to this journal in later weeks to share how God is working through these prayers.



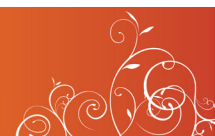


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LEADER'S NOTES

- Not all people are wired to pray in the same way. In the handout for this week, you'll find a list of different ways that young people can connect with God.
We encourage you to give this handout to your group and refer back to it over the next 5 weeks.
- The act of writing out prayers can be really helpful for young people. If you're able, you may want to purchase a prayer book for each person in your group. It's important to remember that there's no right or wrong way to keep a prayer journal, and everyone's may look different. Encourage your group to find a way that suits them best, whether it be writing a prayer point list, writing prayers word-for-word, or writing words that stood out to them while praying.





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WAYS TO PRAY

Everyone is different, and everyone has different ways of spending time with God.

If you find praying hard to do, you might like to try some of these options.

1. IF YOU LIKE NATURE...

Visit a beach, a park, watch a sunset or go anywhere where you can be quiet and close to nature. Start by declaring who God is. You are... (E.g. creator, the best artist ever, the beginning and the end, perfect, full of love...). When you are ready, stop and listen for his voice.

2. IF YOU LIKE ART...

Choose some art materials (paints, crayons, spray paints) and use them to draw an expression of your relationship with God. Maybe ask God questions about your relationship as you create your artwork.

3. IF YOU LIKE MUSIC...

Get comfortable at home and put on some worship music. Focus in on the words and what they mean. Let God speak to you about who you are, or about the events that are going on in your week.

4. IF YOU LIKE WRITING...

Write God a letter about your life at the moment. Use two headings:
1. Where I am now, and, 2. Where I sense you want me to be. Take time to make sure you're listening to your heart and to God before you write.

5. IF YOU LIKE EXERCISE...

Go for a run with God! Practice talking to God for 3 mins, and then listening for 3. If you find yourself getting distracted just repeat the name of Jesus over until you refocus.

6. IF YOU CAN'T STAND BEING ALONE...

Then it's ok to include other people in your personal time with God!
Organise to meet up with one or two others a few times a week to pray and read the Bible together.





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WEEK 2: YOUR KINGDOM COME, YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN

Do we want what God wants?

Are the desires of our heart the same as His?

This week we're looking at what it means to pray for God's Kingdom to be present on earth.

**What will it look like when he answers that prayer?
What's our part?**

You will need:

- Butchers paper/cardboard
- Pens/markers

CONNECT

Ask your choice of the following questions:

- Have you ever admired someone so much that you changed how you spoke, behaved or dressed to be like them? (e.g. a celebrity, popular person at school, etc.)
- If you had all the money and resources in the world to help make the world a better place, what would you do and why?

DISCUSS

This week we are looking at verse 10 of the Lord's Prayer. Ask a couple of people (with different versions) to read out Matthew 6:10.

It may be helpful for your group to read over the whole prayer again to refresh their memories (Matthew 6:9-13).

- What do you think Jesus means by the 'Kingdom of God?' What does it look like?

Ask someone to read Romans 14:17. This is Paul's definition of the Kingdom of God.

- Do you agree with this definition of the Kingdom of God? Why, why not?

Give each person a copy of the Kingdom of Darkness/Kingdom of Light handout. The handout is an illustration of the principles that exist in our world (Kingdom of Darkness) compared to the principles that exists in God's Kingdom (Kingdom of Light).



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WEEK 2: YOUR KINGDOM COME, YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN

- In what ways is this similar/different to Paul's definition?
- What do you think it means to pray for God's Kingdom to come?
- What do you think it means for God's will to be done "on earth as it is in Heaven"? What might this look like if it happened?
- What aspects of the Kingdom of God cannot fully exist on earth?
(*Leaders: e.g. death will continue to happen on earth, but in Heaven there is no death. e.g. justice can be achieved on earth, and exists in heaven.*)

Watch the clip 'Kingdom of God – Whiteboard'
(<http://www.youtube.com/watch?v=gVHz34eiSPE>)

- Is it our responsibility to help bring/show the Kingdom of God to the world? Why, why not?
- If we're in relationship with Jesus, how might this change what we want our world to look like?
- Can you think of any examples in the world today that show God's Kingdom on earth? (e.g. people, nature, etc.)
- What are some practical ways that we can be living out the Kingdom of God on earth?
- What situations in the world show the Kingdom of Darkness in action?
What issues in our world does this highlight that need our prayer?

INVOLVE

Looking at the Kingdoms handout, choose one area of your life that used to be in the Kingdom of Darkness but is now in the Kingdom of Light. Share it with the group.

Ask each person to choose and share one thing from the Kingdom of Darkness list that is a currently a part of their lives. Spend time praying together about these things, asking Jesus to transform them.

AND/OR

As a group, brainstorm issues in the world that don't align with the Kingdom of God. Think about some of the global issues (i.e. child slavery) and also local issues (i.e. friends who struggle with self-esteem). Spend time praying for these issues.





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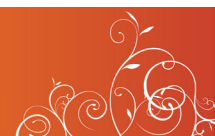
WEEK 2: YOUR KINGDOM COME, YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN

APPLY

Each person in the group has identified one thing from the Kingdom of Darkness that is currently a part of their lives. Challenge your group to pray for transformation in this area of their lives every day this week. (It may be helpful for your group to use their prayer books as a way to reflect on how things go.)

AND/OR

Ask your group to share 1 practical way that they will build God's Kingdom this week.



SAVED FROM...

Principals of operation
LAW – and punishment

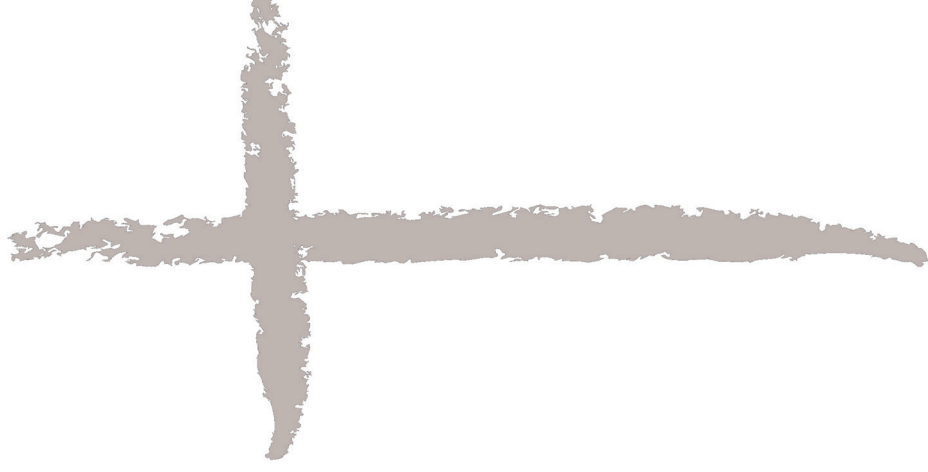
WORTH – comes from what I have & what I do
VALUED – wealth, comfort, happy place
REWARD – based on self effort (deserve/earn)
ACHIEVING
RELIGION
HOLIDAY – always needing one

Principals of power
POWER – comes from me
SELF FOCUSED
SELF RIGHTNESS
STRENGTH
WINNING
INDEPENDENCE

Principles of motivation
FEELINGS – I make decisions based on how I feel
FEAR
GUILT, SHAME AND CONDEMNATION
FORCE & MANIPULATION
WORRY
JUDGMENT – I judge others and compare myself to them
REVENGE

Picture of the Kingdom
SEEING IS BELIEVING
LOGICAL, RATIONAL (2+2=4)
THE KING – hides, manipulates, lies and deceives.
DEATH AND DECAYING

THROUGH JESUS



SAVED TO...

Principals of operation
FREEDOM
WORTH – comes from the King
VALUED – relationship (love God, self and others)
BLESSING – undeserved, unmerited, unearned
RECEIVING
INTIMACY
PERMANENT REST

Principals of power
POWER – comes from the king in me
OTHERS
CREDITED WITH RIGHTEOUSNESS
WEAKNESS
LAST
INTERDEPENDANCE – community

Principles of motivation
FAITH – I make decisions based on what I believe
LOVE
ACCEPTANCE
CHOICE
PEACE
NO JUDGEMENT
UNMERITED, UNENDING FORGIVENESS

Picture of the Kingdom
BELIEVING IS SEEING
MYSTERY, SUPERNATURAL (2+2 = 18)
THE KING – is intimately known and good
LIFE – eternal life

Life.



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WEEK 3: GIVE US THIS DAY OUR DAILY BREAD. AND FORGIVE US, AS WE FORGIVE THOSE WHO SIN AGAINST US

You will need:

- Business card sized pieces of paper/cardboard (1 for each person in your group)
- Pens

CONNECT

Ask your choice of the following questions:

- How did you go with the application from last week?
- If you were going to a deserted island and could only take 3 belongings with you, what would you take?
- Have you ever been forgiven by a friend/family member for something wrong that you did? What did you do, and how did it feel when they forgave you?

DISCUSS

This week we are looking at verses 11 and 12 of the Lord's Prayer. Ask a couple of people (with different versions) to read out Matthew 6:11-12.

It may be helpful for your group to read over the whole prayer again to refresh their memories (Matthew 6:9-13).

- What do you think "daily bread" refers to?
(*Leaders: this is referring to our basic needs – food, clothing, shelter, etc.*)
- What does this show us about God's character and how he feels about us?
- Why do you think Jesus asks us to pray only for "daily" bread rather than asking for all our future needs? What does this teach us about dependence on God? What does this teach us about how often we should pray?

Ask someone in your group to read Matthew 6:25-34.

- What is the main message you get from this passage?
- What things do you find easy to leave in God's hands? What things do you find hard?



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WEEK 3: GIVE US THIS DAY OUR DAILY BREAD. AND FORGIVE US, AS WE FORGIVE THOSE WHO SIN AGAINST US

Ask someone in your group to read Matthew 6:14-15.

- What do these verses say about our role in forgiveness?
- Do you find it easy or hard to forgive? Why, why not?
- What is the biggest thing you have been forgiven for? Did you feel that you deserved to be forgiven?
- Have you ever forgiven someone? How did it make you feel?
- Have you ever been forgiven for doing something, but then went and did it again? How did you feel when you realised you had done this?

INVOLVE

Give everyone in your group 2 small pieces of paper/cardboard.

On the first piece of paper, ask your group to write something that they need forgiveness for. If they feel comfortable, ask them to share it with the group.

Spend some time, individually, asking God to forgive you for what's written on the card. Once you've asked for forgiveness, rip up the card as a reminder that God remembers our sin no more.

AND/OR

As a group, go around the circle as many times as possible and have each person name something that God provides for them. Keep going until you can't think of anything else!

Encourage your group to not only identify the obvious things God provides, like food or water, but also the less obvious, like safety, health care, fresh air, etc.

Ask each person identify 2-3 things that they are most thankful to God for providing, and have them pray out loud for these things, thanking God for his provision.





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WEEK 3: GIVE US THIS DAY OUR DAILY BREAD. AND FORGIVE US, AS WE FORGIVE THOSE WHO SIN AGAINST US

APPLY

We know that God provides for us, but sometimes we forget to recognise and thank Him for His provision.

Each day this week, take a photo of something that reminds you of God's provision. It could be a photo of your house, your family, your school: anything that God has provided as your "daily bread". After you take the photo, take time to thank God for what He has provided for you.

You may like to upload these photos on Instagram or Facebook, and as a group come up with a unique hashtag that you will use for your photos (e.g. #7happydays #Godprovides #dailybread). You may also like to write/print and glue these photos into your prayer book as a reminder as well.

LEADER'S NOTES

- Don't forget to encourage your group to try out some new ways to pray, from the handout, throughout this series!



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WEEK 4: AND LEAD US NOT INTO TEMPTATION, BUT DELIVER US FROM EVIL

CONNECT

Ask your choice of the following questions:

- What has been one of the best parts of the last week for you?
- Who is your favourite superhero? What makes them your favourite?
- If you could have 1 superpower, what would you choose?

INVOLVE

Think of a time in your life when you really wanted to do something that you knew you shouldn't do. This is temptation. If we choose to allow him to, God can help us to avoid temptation.

Can you think of a time when you were tempted but felt like God helped you not to give in?

What happened?
How did it feel to know He was there?
Did it ever feel like He wasn't there?

Share your experiences with the group.

DISCUSS

This week we are looking at verse 13 of the Lord's Prayer. Ask a couple of people (with different versions) to read out Matthew 6:13.

It may be helpful for your group to read over the whole prayer again to refresh their memories (Matthew 6:9-13).

- Do you think God leads us into temptation, or is this verse asking God to deliver us from the everyday temptation we face?
- What do you think "evil" refers to in this verse?

Ask someone to read James 1:12-14.

- What do these verses say about God's role in the temptations and trials of our lives?
- What are some ways that God can deliver us from these temptations or trials? Does he always remove them?
(Leaders: He doesn't always remove the trials, but sometimes he will give you the strength to endure them or put people in your life to help).



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WEEK 4: AND LEAD US NOT INTO TEMPTATION, BUT DELIVER US FROM EVIL

- What are some temptations that people your age face? (E.g. materialism, lust, greed, gossip, peer pressure, sex, drugs, pornography, etc.)
- What are some trials that people your age face? (E.g. parents going through divorce, fights with friends, etc.)
- 1 Corinthians 10:13 says:

"And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure".

What do you think this verse show about God's love for us?

- Who could you trust to keep you accountable for the things you are tempted by?

Read this quote by C.S. Lewis (famous Christian author):

"We must learn by experience to avoid either trains of thought or social situations which for us (not necessarily for everyone) lead to temptation. Like motoring – don't wait til the last moment before you put the brakes on but put them on, gently and quietly, while the danger is still a good way off".

Summarise C.S. Lewis in your own words. Do you agree with what he says about temptation?

- C.S. Lewis mentions that there are some situations that can lead to temptation for Christians, but not for non-Christians. What are some examples of these situations?
- What does this quote tell us about how aware we should be of temptation?
- Thinking about the temptations that people your age face, what are some practical ways we can avoid temptation?

APPLY

Ask each person in your group to share a current temptation or trial in their life. (*Leaders: remember that everyone faces temptation and we need to be careful not to judge each other*)

As a group, think of some practical ways you can support each person this week (e.g. prayer, encouragement, accountability).

AND/OR



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WEEK 4: AND LEAD US NOT INTO TEMPTATION, BUT DELIVER US FROM EVIL

Identify someone in your life who is facing a trial at the moment (e.g. maybe their parents are getting a divorce, maybe they're stressed about school, or maybe someone in their family is sick).

Think of a practical way you can show your support to them this week. For example, you might want to send them a letter/card, take them out for a meal or a hot chocolate, organise to spend the day/afternoon with them and plan some relaxing activities, help them with their homework, etc.



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WEEK 5: FOR YOURS IS THE KINGDOM, THE POWER AND THE GLORY, FOREVER AND EVER. AMEN

CONNECT

Ask your choice of the following questions:

- What is one thing you're looking forward to in the next week?
- What is the best movie you've seen this year?

INVOLVE

Reflect on your prayer life over the past 5 weeks. Share something with the group that you've learnt or enjoyed, or a prayer that God answered. If you've been using a prayer journal, it may be an example of God's faithfulness that you've seen through this.

OR

Choose one of the following below, and share with the group how this affected your faith.

- A time when God said yes to a prayer.
- A time when God said no to a prayer.
- A time when God asked you to wait for an answer to prayer.
- A time when it seemed like God didn't hear/answer your prayer.
- A time when you didn't like God's answer to your prayer.
- A time when God's answer was beyond your expectation.

DISCUSS

This week we are looking at a verse of the Lord's Prayer that may or may not be included in your version of the Bible:

For Yours is the Kingdom, the power and the glory, forever and ever. Amen.

It may appear in brackets, it may appear as a footnote, or it may not be written at all.

This verse (found in Matthew 6:13 in some Bibles) is called a Doxology, which is defined as an expression of praise to God. Doxologies were often added to the end of Jewish prayers during Bible times. This doxology can be found in some modern versions of the Bible, but were not found in the



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WEEK 5: FOR YOURS IS THE KINGDOM, THE POWER AND THE GLORY, FOREVER AND EVER. AMEN

original transcripts. Therefore, there is no certainty whether these verses were spoken by Jesus himself, or whether they were added by a scribe later on.

- Think back to when you've read/heard the Lord's Prayer. Was this line included?
- Do you think it matters if it was added on later by a scribe? Why, why not?
- What are the benefits of including this line in the prayer? How does it influence our priorities in prayer?
(Leaders: it helps to bring the focus back on God, and finish the prayer the way it started: in prayer)
- What do you think these words mean?

Reflecting on the past 5 weeks:

- How has learning more about The Lord's Prayer changed the way you spend time with God?
- What has been the best part about keeping a prayer book?

APPLY

Challenge your group this week to spend 10 minutes a day worshipping God through silent time with Him. Whether it be listening to worship music, out in nature, sitting in silence, or any of the other options in the Week 1 handout.

Encourage them to spend some time praising God in prayer, but also sitting and listening for His voice. They may like to use their prayer books to write down anything they hear from God during this time.

It can be difficult to sit still, undistracted, for 10 minutes, but the more you do it the easier it becomes. Call/text/email your group during the week to encourage them with the task.

LEADER'S NOTES

Some scholars believe that the doxology at the end of the Lord's Prayer is taken from 1 Chronicles 29:11-13. You may wish to share this passage with your group if you think it will contribute to the DISCUSS or APPLY sections.

