

THE LORD'S PRAYER

(Adapted from All Age Resources .Org © Jane Hulme 2015)

1. OUR FATHER IN HEAVEN

Pick up a mirror and look into it. What do you see?



Do you take delight in what you see?

Listen to the truth about yourself

Then God said, "Let us make humankind in our image, according to our likeness."
(Genesis 1: 26)

The Lord our God is with you, he is mighty to save.
He will take great delight in you, he will quiet you with his love,
he will rejoice in you with singing. (Zephaniah 3: 17)

For you created my inmost being;
you knit me together in my mother's womb.
I praise you because I am fearfully and wonderfully made. (Ps 139: 13,14)

God speaks:

My Precious Child,

I want you simply to know that I love you and I delight in you. I delight in you not because of what you do or because of how successful you are, but because you are my child. I created your inmost being. I knew you even before you entered your mother's womb. I know the plans I have for you - plans to give you a hope and a future.



So my Child, relax. Relax into my love and know that I am with you always, even to the end of the age.

Look into the mirror again.



Now see yourself as God sees you, and rejoice!

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2. HALLOWED BE YOUR NAME

Read the words printed below describing some of the attributes of God. Choose one that stands out for you and write it on a card. You might like to illustrate it.

As you dwell on this word, allow the word to lead you into worship.

Hold your card asking the Lord to help you always to honour his precious and holy name. Make a commitment never to misuse it.

MIGHTY

FAITHFUL

AWESOME

COMPASSIONATE

ALMIGHTY

MERCIFUL

HOLY

HEALER

KIND

GOOD

PROVIDER

GRACIOUS

TRUTH

LOVE

SHEPHERD

PATIENT

BOUNTIFUL

KING OF KINGS

PEACE

RESTORER

SLOW TO ANGER

BEAUTIFUL

3. YOUR KINGDOM COME. YOUR WILL BE DONE ON EARTH AS IN HEAVEN



Invite the Lord to reign over every part of your life:

- your relationship with him
- your relationship with others
- your time
- your money
- your body

Pray for five people who are not yet Christians that they would come to know of God's love.

Look at the world map and pray for the areas which are on your heart.

4. GIVE US TODAY OUR DAILY BREAD

If you have a loaf of bread place it on a table - a slice of bread is OK if you don't have a whole loaf.



Meditate on the words "My God will meet all your needs according to his glorious riches in Christ Jesus". (Philippians 4: 19).

Spend some time bringing your own personal situation to the Lord and ask him to provide what you need.

Now spend some time thinking of the difference between what we want and what we do actually need!

How much of what you asked God to provide is a 'want' rather than a 'need'?



Take a piece of the bread and hold it awhile. Before you eat it, consider those who have very little, or who live in parts of the world in which there is hunger. Pray for them now. You might like to use the world map again.

5. FORGIVE US OUR SINS

Sometimes we can feel guilty for things we did a long time ago, even though the Bible assures us that God so wants us to be reconciled to him that he not only forgives our sin, but actually forgets it as well! (Jeremiah 31: 34)

To help you be rid of any guilt you may feel, imagine that you have a tray of sand in front of you.

First of all, remind yourself that God is here.

Now call to mind the incident about which you still feel guilty.

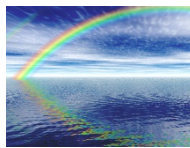


Imagine yourself writing the concern, or a symbol representing it, in the sand. As you do so, acknowledge it to yourself and confess it to God.



As you pray, asking for forgiveness, and for feelings of guilt to be removed, imagine yourself wiping away the reminder of your wrong action in the sand.

Now remind yourself of this glorious promise:
'As far as the East is from the West, so far has he removed our sins from us.'
(Psalm 103: 12)



GO IN PEACE

6. AS WE FORGIVE THOSE WHO SIN AGAINST US

Place a stone and a small bowl of water on the table.

Think about these words:

Jesus said, "But I say to you who hear, love your enemies, do good to those who hate you, bless those who curse you, pray for those who treat you spitefully." - Luke 6: 27 & 28

Whom do you consider your 'enemies' to be? When a name comes into your head, take your stone and hold it awhile. Think for a moment about that person. How has he/she hurt or offended you?



In your imagination, 'place' those hurts on the stone.

Consider the love that God has for this person and whilst holding the stone in your hand, pray a forgiveness prayer:

Lord, I choose to forgive (*name the person*) for (*what they did, or failed to do*), which made me feel (*tell God about the pain you feel*).

I remember (*name the person*) before you, believing that you paid for their sin as well as mine when you died on the cross.

I choose not to hold on to my resentment any more. I ask you to bless

Please come and heal my damaged emotions.

After the prayer, wash the stone in the water and allow God to wash away your bitterness. It is never easy to pray for someone who has hurt us, but remember that God never asks the impossible of us. If you are truly willing to bless this person, ask God to give you the strength to do so.



Now place the stone somewhere you can see it easily. Each time you look at it, say another prayer of blessing for this person.

7. LEAD US NOT INTO TEMPTATION, BUT DELIVER US FROM EVIL.

Place a candle and lighter on the table. You may prefer to use a LED tea light, if you have one.

Meditate on the words, "Lead us not into temptation, but deliver us from evil"

Ask the Lord to protect you from the main temptation that you face and to keep your eyes on him.

Light your candle, and pray the 'Armour of God' prayer, which reflects Paul's words in Ephesians 6: 10-18.

Father God,

I put on the **belt of truth** around my waist. Help me to listen to, and act on your truth alone, and not be deceived by the devil's lies.

I put on the **breastplate of righteousness**. Thank you that, because of the cross I can be righteous in your sight. Help me to live in a way that honours you.

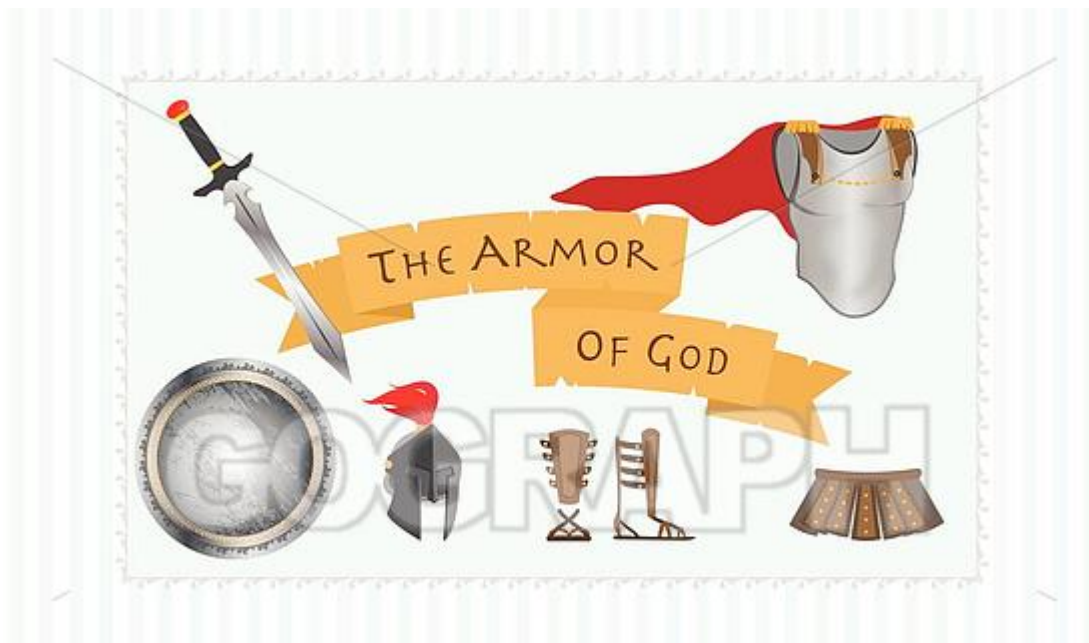
I put on the **shoes of the gospel of peace**. Lord, I am willing to go anywhere you ask and do anything you ask of me.

I stand **behind the shield of faith**. Secure in the knowledge of your goodness, love and power.

I place the **helmet of salvation** on my head. Thank you that all the riches of heaven are mine in Jesus.

I take up the **sword of the Spirit**. Bring your word to my mind as I need it for the glory of your name.

Amen.



8. FOR THE KINGDOM, THE POWER AND THE GLORY ARE YOURS, NOW AND FOREVER. AMEN.

Have a small treat prepared for yourself - may be a sweet or a piece of chocolate.

One day we will see the Lord face to face in all his glory. Ask the Lord to show you one thing in your life that you need to change before that day comes.



Take your sweet and eat it, remembering the sweetness of God and thanking him for loving us so much.

As we come to the end of this prayer, remember that from the beginning to the end it is "all about Him". Invite the Lord to fill you again with His Holy Spirit, so that you may live for His praise and glory.