

## THE LORD'S PRAYER

MATTHEW 4:23-25; MATTHEW 5:1

Prayer is talking to God. (*Arcana Coelestia* 2535) There are different kinds of prayers that we offer to the Lord. There are prayers of thanksgiving, prayers of praise, prayers of confession and prayers asking for help in times of trouble. The Lord delights in our prayers because, through sincere prayer, He can become more present in our minds and hearts. It is important to trust that the Lord will answer our prayers in the way that will look after our spiritual needs in the best possible way. "Thy will be done."

The Lord told His disciples how to pray. We call this prayer the Lord's Prayer because He specifically asked us to pray these words. It is a comprehensive expression of all things in heaven and on earth.

### IDEAS FOR PARENTS & TEACHERS

- The Lord's Prayer was divinely given in the Word as a unique means of communication with heaven.
- The Writings indicate that it is important for children to develop the habit of daily prayer.
- "Prayers of little children are much more fully heard in heaven than the prayers of adults." (*Spiritual Experiences* 2435)

### FROM THE WRITINGS

From experience I have been able to learn that the prayers of little children are much more fully heard in heaven than the prayers of adults. *Spiritual Experiences* 2435

Prayer is talking to God and if the prayer springs from love and faith, and if the things which a person prays about are celestial and spiritual, something like a revelation is present within the prayer which shows itself in the affection of the person praying in the form of hope, comfort, or some inward joy. See *Arcana Coelestia* 2535

The contents of the Lord's Prayer hold more within them than the whole of heaven is capable of understanding. See *Arcana Coelestia* 6619

In prayer, when inspired by God, there is always the thought and belief that the Lord alone knows whether what is sought would be beneficial or not. Therefore the one who prays leaves the Lord to decide whether to listen to what he asks for, then accordingly pleads that the Lord's will may be done, not his own, in keeping with the Lord's words uttered in Gethsemane during His severest temptation. *Arcana Coelestia* 8179.3

## THE LORD'S PRAYER

### IMPORTANT IDEAS

The Lord's Prayer is a way of talking directly to the Lord who is our Heavenly Father.

We need to pray to Him every day.

When the Lord was living on this earth, He told people how to live a good life that leads to heaven. He reminded people about the importance of loving the Lord and the neighbor. He explained what people can do to show their love to the Lord and to the neighbor. One of the things the Lord said we can do is to pray to Him every day.

Our story is found in the New Testament, the part of the Word that tells about the Lord's life on earth. The Lord had been healing and teaching people who lived in Galilee. Many people came to hear Him and to be healed of diseases. The Lord went up on a mountain to teach His disciples. Many other people went as well.

Read Matthew  
4:23-25, 5:1.

The special prayer that we call the Lord's Prayer was given at this time. The Lord gave us this prayer because it can lead our minds to the important things that will make our spirits grow strong. When we say this prayer with an open



and loving heart, the Lord can come to us and help us with any difficulty that we may face. We are going to talk about what each part of the prayer means.

"Our Father, who are in the heaven, hallowed be Thy name." When we pray, we are talking directly to the Lord who is our Heavenly Father. His name is holy.

"Thy kingdom come." The Lord's kingdom is heaven. People who live in heaven love the Lord. They are happy because they obey the heavenly rules given by the Lord. We can be a part of the Lord's heavenly kingdom when we do His will.

"Thy will be done, as in heaven, so upon the earth." If we act like angels, we will be happy. Everyone around us will be happy too. Earth will be like heaven.

"Give us this day our daily bread." The Lord, our Heavenly Father, gives us everything we need. He provides for our life in this world, and also gives us heavenly food for our minds. Heavenly food is the true ideas in His Word. Heavenly food helps our spirits grow strong in a similar way that natural food helps our bodies grow strong.



"And forgive us our debts as we also forgive our debtors." We know the Lord will understand when we tell Him that we are truly sorry for something bad we have done and that we will try not to do it again. The Lord can then forgive us and send us a feeling of happiness and peace. The Lord wants us to forgive other people who may have hurt us. When we forgive others, He can help us feel joy and love in our hearts.

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

Temptations, or thoughts about doing something against the Lord's commandments, come from evil spirits. The Lord can help us to turn away from doing bad things. Prayer is a powerful way to bring the Lord close and ask for His help to protect us from evil spirits.

"For Thine is the kingdom, and the power, and the glory, forever. Amen." The Lord has all power and glory. He is forever the King of heaven and earth. We know that this is true from reading the stories in the Word about Him.

## DISCUSSION

- When we pray to the Lord, we are talking directly to Him. We pray to Him for many different reasons. Can you think of some of the reasons we might want to pray to the Lord? (*Possible answers may include: to tell the Lord that we love Him, to thank Him, to say we are sorry for something that we have done that is wrong, to ask for help in doing what is right, to ask the Lord to care for people who need His help.*)
- There are times when we don't feel safe and are afraid of something. Prayer can help us know that the Lord is near us as our Heavenly Father who protects us and helps us.
- Another wonderful thing can happen when we open our hearts to the Lord in prayer. When we are praying, the Lord sends His angels to be especially close to us. These angels can comfort us and help us to remember to do what is right.
- We need to remember that the Lord is always near us. He already knows everything that we want or need. We might ask, "Why bother to pray to the Lord if He already knows what we want to say to Him?" The answer is that it helps us to talk to the Lord. Then we feel closer to Him and remember that He is always taking good care of us. Sometimes we may feel that we ask for something from the Lord and it is not given to us. We need to remember that the Lord knows what is really best and is always providing for us.



# THE LORD'S PRAYER | LESSON 11

## Recitation

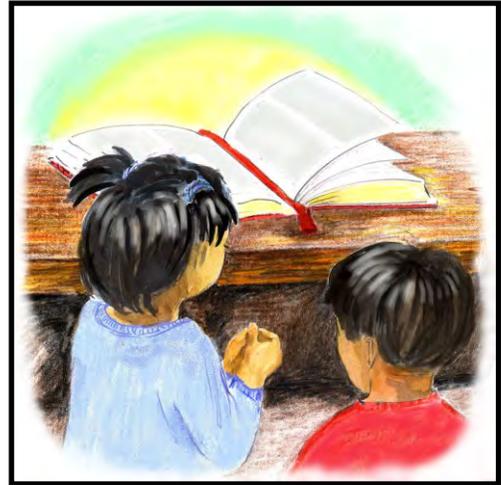
- Learn the recitation.

The Lord's Prayer

Our Father, who art in the heavens, hallowed be Thy name. Thy kingdom come. Thy will be done, as in heaven, so upon the earth. Give us this day our daily bread. And forgive us our debts as we also forgive our debtors. And lead us not into temptation, but deliver us from evil. For Thine is the kingdom, and the power, and the glory, forever. Amen.

Matthew 6:9-13

When your child has learned the recitation, look for the recitation award picture like this in the *Recitation Book*. Give your child a sticker, e.g. a star, to decorate it.



## Song

- The Lord's Prayer - Track 16

## Projects

- The Lord's Prayer Project
- Picture to color. Add yourself kneeling in prayer next to the bed and color the picture.

## Additional Activity

- Write or dictate a prayer and make a picture to illustrate it. Share your prayer with your family.

## The Lord's Prayer Project | Lesson 11

Take the Lord's Prayer to heart by making praying hands that hold the Lord's Prayer. Read the prayer. Point to the words as you read them. Encourage child(ren) to find key words, such as Lord, Prayer and Amen.

### Supplies needed

- 1 piece stiff colored paper (e.g. construction paper) approx. 8½"x11" (22cm x 28cm)
- glue
- glitter
- decorating supplies such as special metallic pens, stickers, etc.

### Directions

1. Using the template provided, cut a pair of folding hands from stiff colored paper.
2. Cut out and glue the Lord's Prayer on to the center of the hands.
3. Decorate the hands, e.g. with glitter, metallic pens, magic markers, stickers, etc.
4. Fold the hands down the middle as if they are closed in prayer.



## **THE LORD'S PRAYER**

*Our Father, who art in the heavens,  
Hallowed be Thy name.  
Thy kingdom come.*

*Thy will be done, as in heaven so upon the earth.  
Give us this day our daily bread.  
And forgive us our debts as we forgive our debtors.  
And lead us not into temptation,  
but deliver us from evil.  
For Thine is the kingdom,  
and the power, and the glory, forever.  
Amen.*

