

We Pray as Jesus Taught Us



Background Focus

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 that they are likely attracted to and utilize some forms of prayer more than others.

Children seem to be natural pray-ers and are generally open to the variety of prayers that 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 your child participate more fully in the Mass and have yet another prayer option for their personal prayer lives.

GO (10 minutes)

Opening Prayer

- Invite your child to turn to page 1 in the chapter 8 activity booklet and locate the prayer on the page.
- Begin prayer by making the Sign of the Cross, then saying, “Let us remember we are in the holy presence of God.” Allow about 10 seconds of silence.
- Read the prayer, say “Amen,” and then close with another Sign of the Cross. Have your child put the activity booklet away for now.

Engage Activity

- Ask your child to describe what prayer is, and discuss how they pray, where they pray, and when they pray.
- Tell your child that they will learn about a special prayer that Jesus taught us.

Chapter 8

Featured Story

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

Lesson Goals

- to express that 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

Lesson at a Glance

-  **Go** (10 minutes)
Opening Prayer
Engage Activity
-  **Seek** (30 minutes)
Featured Story
Core Learning Activity
-  **Find** (20 minutes)
God’s Treasure of the Eucharist
Lesson Wrap-Up
Closing Prayer

Materials Needed

- *The Catholic Children’s Bible* and chapter 8 activity booklet
- Large craft sticks and a small plastic bag

Music Suggestions

- “Our Father,” by Christ Music Kids (Christ Music Kids)
- “Our Father,” by Covenant Worship & Covenant Kids Worship (Covenant Worship)

f **Seek (30 minutes)**

Featured Story

- Invite your child to find Matthew 6:5–13 in *The Catholic Children's Bible* (page 1459).
- Direct them to turn the page and place an "I found it!" sticker next to the Featured Story (page 1460).
- Ask your child to look at the images on pages 1460–1461, and invite them to point out the different things they notice.
- Read the title and the Featured Story on page 1460, review any new vocabulary, and ask your child if the prayer Jesus taught sounds familiar.

Understand It!

- Invite your child to look at the Our Father prayer in Live It! on page 1461. Explain that these are the words we use to pray this prayer today. Read the prayer together.
- Read Understand It! on page 1461, explaining the meaning of the different parts of the Our Father. Stop after each part, making sure your child follows which part of the prayer is being explained.
- Read the different parts of the prayer randomly, and ask your child to recall the meaning of each part.

Live It!

- Tell your child that it is helpful 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.
- Invite your child to turn to page 2 in the activity booklet and complete the fill-in activity. Encourage them to try to complete it first without looking at their Bible or prayer book and doing their best at spelling.
- Give them some time to complete the activity. If they are stuck after a few minutes, have them open their Bible or prayer book for help.

Tell It!

- Invite your child to look at the images in Tell It! on page 1461.
- Ask them to share which parts of the prayer are represented by the images and which parts of the prayer are not represented by the images.
- Have your child use some of the smaller stickers to mark parts of the Featured Story pages that capture their interest. Remind them to save enough stickers to use on the remaining chapters.

Core Learning Activity

Our Father Sticks

- Prepare for this activity by writing parts of the Our Father on large craft sticks. When the entire prayer is completed and on separate sticks, place all of the sticks together in a small, plastic bag.
- Tell your child that they are going to see how quickly they put the prayer together by arranging the sticks in order.
- Give them the bag of sticks, and tell them that when you say "go," they can open their bags and begin.
- Play this game several times by having your child place the sticks back in the bags, then racing again when you say "go." If your child is fairly unfamiliar with the prayer yet, put the sticks in order together without timing. Then, as your child gains confidence, allow them to do it themselves, and time them to see if they can beat their best time.

X **Find (20 minutes)**

God's Treasure of the Eucharist

- Explain to your child that 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.
- Tell your child that the Our Father sums up everything that Jesus taught us. Because of this, it is the perfect prayer for the Church to pray together.

- Help your child understand that as they read more of the Bible, they will keep hearing about the **Kingdom of God**, which Jesus also mentions in the Our Father. Continue with the following:
 - 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.
- Invite your child to turn to page 3 in the activity booklet and complete the matching activity.
Answers: 2, 1, 3, 5, 4, 6, 7

Lesson Wrap-Up

- Ask your child to think back over all of the different things they did in this lesson, and invite them to share some of the key things they learned.
- Ensure that 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.
- Ask your child to place the chapter 8 sticker in the correct circle on the treasure map.



Closing Prayer

- Begin prayer by making the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God," followed by a few seconds of silence.
- Invite your child to turn to the Lord's Prayer on page 6 of *The Order of the Mass and Key Words* booklet if they have not yet memorized the Our Father.
- Pray this prayer together.
- Play a piece of music, if you have time, that supports the focus of the lesson.
- Close with a final Sign of the Cross.

Additional Family Suggestions

For additional ideas, activities, and prayers that can be used by your family for this chapter, please refer to the Family Page on page 4 of this chapter's activity booklet.