

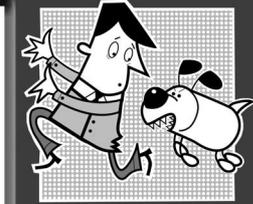
Handout 6

prayer — one to one with god

byte

The Lord's Prayer

When people asked Jesus how to pray he taught them the Lord's Prayer.



Father, help us to honour your name.

Come and set up your kingdom.

Give us each day the food we need.

Forgive our sins, as we forgive everyone who has done wrong to us.

And keep us from being tempted.

Luke 11.2-4 CEV

The Lord's Prayer can be summarized as 5Fs:

FATHER – We address God as Father and acknowledge that he is great and holy.

FOCUS – We ask God to focus us on his kingdom, his values, his will.

FEED – We ask God to give us our food and all that we need to grow.

FORGIVE – We ask God to forgive us and make us forgiving.

FREE – We ask God to free us from temptations that entangle us and from evil in the world and in ourselves.

Use the 5Fs to pray this week.

home page

Prayer is a one to one with God.



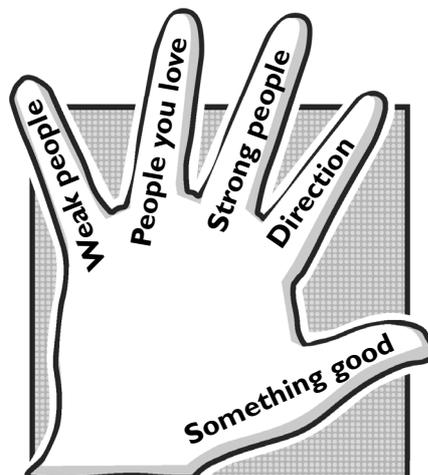
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Praying hands

Sometimes praying is just like chatting to friends – we say whatever is on our mind. But sometimes we might want to make our prayers more structured and organized.

You could use this five-finger prayer to help shape the things you talk to God about.

Something good	Thumb
Direction	Index finger
Strong people	Middle finger
People you love	Ring finger
Weak people	Pinky



Handout 6
prayer

byte

Prayer beads

Many people find holding something while praying helps them to focus their thoughts. You could try holding your prayer beads as you pray. Let each bead remind you to pray for a person or place.



Draw and colour the bead

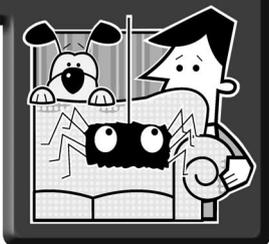
Who or what will it remind you to pray for?

Write the person, place or thing.

- A member of your family
- A friend
- A place or country in the news
- A problem or difficulty you face
- Someone you know who is ill or unhappy

interfacing

Use your prayer beads, the 5Fs prayer and the five-finger prayer this week. Which style of praying suits you best?



do something about it

Why not make a special 'Prayer Space' in your bedroom. This could be a cushion or a comfy chair. You could put a cross there (use the one you made after Session 4), a candle (be careful!) an icon, or natural objects such as pebbles or shells, and perhaps a notebook and pen to write down your thoughts.



processing

This Bible verse tells us to pray all the time!

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

(1 Thessalonians 5.16-18 NRSV)

See if you can learn it for next week.



coming soon

Next week: The Bible – the world's bestseller!

