THE OUR FATHER
(THE LORD’S PRAYER)

Catechist background
The Our Father is commonly referred to as the “Lord’s Prayer,” not because Jesus prayed it but because he taught it to the disciples. We pray this prayer at every Mass.

The Our Father is found in the Bible in two different places. Saint Luke (Luke 11:2–4) has one version of the prayer, and Saint Matthew (Matthew 6:9–13) has another. Perhaps this is because Jesus actually taught it more than once and, as the prayer was passed down orally, it was remembered somewhat differently. The recitation of the Our Father is part of the baptism ritual as well as part of the Liturgy of the Hours (the official daily prayer of the church). The Our Father is also included when we pray the rosary.

As you teach this basic prayer, have the students imagine that they are listening to Jesus teach them how to pray just as he did the disciples.

Prayer
Our Father, who art in heaven, hallowed be your name; your kingdom come; your will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Lesson
- Gather the students and point out the words of the Our Father on the board or chart paper.
- Talk about what each phrase of the Our Father means.
- Read the Our Father together two or three times prayerfully.
- Use the prayer ball.
- Explain the crossword puzzle; then give time for students to complete it.
- Gather in your prayer space, and conclude the lesson by praying the Our Father together.

Prayer ball activity
1. Using a permanent marker, put a large dot on the ball and a phrase of the Our Father (see phrase list below). Continue placing dots and phrases until the entire prayer is on the ball. Gather the children in a large circle. Throw the ball back and forth. When the person catches the ball, he or she must begin reciting the Our Father, beginning with the phrase closest to the person’s right thumb. If the student cannot continue saying the Our Father from the point where his or her thumb lands, allow the student to read it from the display.

Phrases for ball:
- Our Father, who art in heaven
- Hallowed be your name
- Your kingdom come
- Your will be done
- On earth as it is in heaven
- Give us this day
- Our daily bread
- And forgive us our trespasses
- As we forgive those who trespass against us
- And lead us not into temptation
- But deliver us from evil. Amen.

Objectives
- To practice saying the Our Father by using a prayer ball (see phrases to write on the ball)
- To learn important words from the Our Father by solving a crossword puzzle

Materials
- LARGE BEACH BALL OR RUBBER BALL
- CROSSWORD PUZZLE HANDOUT
Crossword puzzle activity

1 Use the words from the Our Father to solve the crossword puzzle (page 12).

Amen card game activity

[2 or more players]

Preparation: Cut out two of every card except the Amen card. There should be only one Amen card.

Goal: To avoid being the player who ends the game holding the Amen card.

Setup: Choose a dealer. Deal the cards as evenly as possible among the players. It is acceptable for some players to have more cards than other players.

Game play: Players sort their cards and discard any pairs. The dealer then offers his hand, face down, to the player on his left. That player randomly takes one card from the dealer. If the card matches one he already has in his hand, he puts the pair down. If not, he keeps it. Play proceeds clockwise; so the player to the left of the dealer then offers his hand, face down, to the player on his left. This cycle repeats until there are no more pairs and the only remaining card is the Amen card.

Winning: The game ends when the Amen card is the only card in play. The persons not holding the Amen card are the winners.

Our Father Lesson Plan 2

Objectives

☐ To learn the Our Father by playing the Amen card game
☐ To compare Matthew’s version to Luke’s version

Materials

☐ AMEN CARDS (page 13), copied on heavy paper or cardstock
☐ DRAWING PAPER
☐ MARKERS/CRAYONS

Lesson

■ Gather the students and display the Our Father found in Matthew 6:9–13.
■ Ask if it is similar to the one prayed at Mass or used in the rosary.
■ Talk about how it is similar to the one in Matthew, and discuss how it is different.
■ Discuss which one the students like better and why.
■ Ask students to draw a picture of Jesus teaching the disciples this prayer. Tell them to put themselves into the picture.
■ Explain the Amen card game. Organize the students into small groups. Distribute one set of cards to each group and have them play the game.
■ Conclude the lesson by praying the Our Father together.
OUR FATHER LESSON PLAN 1

Crossword puzzle activity

Word Bank

GIVE
DAILY
HALLOWED
FORGIVE
TEMPTATION
DELIVER
BREAD
HEAVEN
FATHER
EARTH
NAME
EVIL
DAY
TRESPASS
AMEN
KINGDOM

ACROSS
2. To offer something to another person
3. A period of 24 hours
6. A person’s identification
10. To show mercy
11. To do something every day
13. The planet we live on
15. The desire to do something wrong
16. To hand over

DOWN
1. Food made of flour, water, and yeast
4. Word said at the end of a prayer
5. The spiritual domain
7. Very bad
8. To enter someplace without permission
9. To honor as holy
12. Creator of heaven and earth
14. The home of God and the angels

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Our Father, who art in heaven, hallowed be thy name.

thy kingdom come, thy will be done on earth as it is in heaven.

and forgive us our trespasses, as we forgive those who trespass against us;

but deliver us from evil. and lead us not into temptation,

Amen