

The Lord's Prayer Meditation

*(If possible says the parts of the Lord's prayer in **bold** a little differently to the other parts. The sections should be read slowly with plenty of time for children to think about what you are saying.)*

"Our father in Heaven.

Think about your perfect Dad in heaven, He loves you and thinks your are amazing. Think about all the good things about God your Father... he's patient... kind... forgiving... understanding... great at listening to you... He's with you all the time.. He's always there for you. Tell Him how you're feeling and what's on your mind.

Holy is your name.

Holy means 'set apart'. What is it that makes God set apart from us?

He knows us completely... He is everywhere... He takes care of us... He is creator of everything including each of us... His thoughts are beyond our understanding. He is the holy one.

Your kingdom come,

Who belongs to the kingdom of God?

Jesus said that anyone who believes in Him, and asks for forgiveness for the things they do wrong can be part of the kingdom of God.

It's a bit like becoming part of God's family.

Remember the story of the seeds? We need to be like the good seeds, helping those around us and telling them about God's kingdom. Think of someone you could help or talk to about the kingdom now.

Your will be done.

Sometimes it might seem good to go your own way; you might even be doing something good. However we believe that God's way is always better. How do we know God's way is best? Well because God is God, he can see the big picture - he has the ability to see our past, present and our future. He knows what is best for us. Ask God to help you follow His way now.

Give us today our daily bread.

God provides for all our needs, just like He did for over 5000 people who came to hear Jesus speak.

So when we pray 'give us today our daily bread', we are not just asking God to give us bread, but to give us everything we need. Thank God for all the good things He has given you now.

And forgive us our sins.

Think of something that you would like to say sorry to God for. Maybe you said something you shouldn't have, or took something that wasn't yours. Or maybe you've just had lots of angry thoughts in your head.

The reason that God can forgive us is because, when Jesus died on the cross, He took the punishment we deserve.

Now when God looks at us, He doesn't see someone who messed up. Instead He sees someone perfect.

That's why it says in the Bible that there is a party in Heaven whenever someone says sorry and comes close to God.

As we forgive others who sin against us.

The Bible says that because we have been forgiven by God, we should also forgive other people, and we need to be willing to forgive them as much as God has forgiven us, from the bottom of our hearts.

Think of someone you need to forgive. Try to let go of whatever they did to hurt you. Sometimes it can be difficult to forgive people, and we can only do it with God's help.

Help us to resist temptation and save us from the evil from."

Ask God to help you with something you know you find it difficult to resist doing. Maybe it's swearing, or taking things out on a brother or sister. Think about the different parts on the armour of God, and imagine putting them on.

Now you're ready for action. Slowly open your eyes and sit up when you are ready.