



Notes for Adult discussion groups at On-Line@9
Worship Service on
18 January 2009

The Lord's Prayer

This is how Jesus told us we should pray:

Our father in heaven,

may your holy name be honoured,

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

Give us today the food we need.

Forgive us the wrongs we have done, as we forgive the wrongs that others have done to us.

Save us from the time of trial; and keep us safe from evil.

For the kingdom, the power and the glory are yours, now and for ever.

Amen

You will find this prayer in Matthew's gospel, chapter 6, verses 9-13.

Our Father in heaven means we're praying to our father who is in heaven. We start the prayer out this way so we know that we're praying to God our father and we're not alone. God likes it when we call him father and he wants us to talk to him like we would talk to our own father. God is our loving father/mother and we are his special children.

May your holy name be honoured is next and it means 'your name is sacred, divine'. Even though God wants us to call him our father, he is still God. It's sometimes really hard to understand who God is and what he's like. How did he make us? How is he perfect and never makes mistakes? God just wants us to remember that we need to treat him extra special because he is God and when we pray to him we need to be respectful.

May your kingdom come, may your will be done, on earth as it is in heaven. If we think about where God lives, we know it's wonderful. The Bible says that in heaven there will be no more crying, God will live with us, and there will be no hunger or hurt there. This part of the prayer means we are praying that people would live in peace and love with one another, the way it is in heaven. It reminds us that we should be living the way God wants us to – every day.

Give us today the food we need means give us today all that we need. Keep in mind that these are things that we can't live without. We don't *need* big cars or designer clothes or expensive jewellery. Those are the things that we might want; what we need is food, water and shelter.

Even though we pray for things we need, that doesn't mean we'll get them. There are still people with no food in many parts of the world but that doesn't mean we stop praying for these things. When we ask God for things that means we trust Him and we'll leave the decision to God.

Forgive us the wrongs we have done, as we forgive the wrongs that others have done to us. This part of the prayer is asking for forgiveness for our mistakes. Forgiveness means that we are sorry for something we've done and we don't want to do it anymore. But we also need to forgive people who have done wrong to us. Sometimes others hurt us very badly, so we need to ask God to help us forgive them because it's really hard or we don't want to. If we forgive others, God will forgive us.

Save us from the time of trial; and keep us safe from evil. Is it sometimes tempting to do something you're not supposed to? This part of the prayer is really useful because it asks God to help us to know the right thing to do - to protect us against the evil that is in the world and keep us away from it.

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For the kingdom, the power and the glory are yours, now and for ever. Amen

The last part of the prayer is the best part! *For yours is the kingdom* means that Heaven will last forever and will always be God's. God also has all the power and all the glory - FOR EVER! It makes us happy knowing that God will never die and he's the strongest and greatest. With God we will always win!

And by saying Amen at the end of it means 'so be it' which means we agree with what we've just said! Amen is not just a way to finish any prayer.

Anyone can read the Lord's Prayer, so it's important to think about what you're saying. For example, when you pray "give us this day our daily bread" (traditional version) think about all the things you have to be thankful for and how God has given you everything you need, or things you need to ask for or pray for others. When you pray "forgive us our sins/debts" ask forgiveness for those things you did wrong.

For reflection

Are you able to say **THE LORD'S PRAYER** sincerely? The following might help you to answer the question honestly:

*Lord, I cannot say **Our Father** if my religion has no room for other people and their needs.*

*I cannot say **Father** if I fail to resemble you in the way I live my daily life and if I fail to come to you like a child.*

*I cannot say **Who art in heaven** if I who am called by your name am not holy.*

*I cannot say **Thy kingdom come** if I fail to acknowledge you as King of my life.*

*I cannot say **On earth as it is in heaven** unless I am truly ready to serve you with all of my life here and now.*

*I cannot say **Give us this day our daily bread** without doing an honest day's work and without considering the needs of others who are less fortunate.*

*I cannot say **Forgive us our trespasses as we forgive those who trespass against us** if I bear a grudge against my brother or sister.*

*I cannot say **Lead me not into temptation** if I deliberately choose to remain in a situation where I am likely to be tempted.*

*I cannot say **Deliver me from evil** if I am not prepared to take a stand against injustice in my society.*

*I cannot say **Thine is the kingdom the power and the glory** if I do not submit to Christ as King, if I fail to trust you to act in my life or if in pride I seek my own glory.*

*I cannot say **Amen** unless I can honestly say, come what may, this is my Prayer.*

Remember...

Prayer is our special way of talking to God so remember to pray as many times as you can. God loves you and wants to know everything about you and how you're doing.