

Lesson 38 – The Our Father

Grades 6-8

Lesson Preparation:

Read Lesson 38 in the Baltimore Catechism. You will need to have a Bible for this session. Also, be sure to print the sheets for the lesson activity and prepare the note cards for the opening.

Opening Prayer:

Scripture: “This is how you are to pray: Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread; and forgive us our debts, as we forgive our debtors; and do not subject us to the final test, but deliver us from the evil one. If you forgive others their transgressions, your heavenly Father will forgive you. But if you do not forgive others, neither will your Father forgive your transgressions.” Matthew 6:9-14

Leader: Jesus, thank You for teaching us to pray. As we study the prayer that You yourself gave us, may we understand the truths it has to teach us. Amen.

Together: Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created, and You shall renew the face of the earth. O God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit, we may be truly wise and ever rejoice in His consolations, through Christ our Lord. Amen.

Opening:

The lesson today can start with a game. Using nine note cards, write one part of the Our Father on each card:

“Our Father, who art in Heaven”

“Hallowed be thy Name”

“Thy kingdom come”

“Thy 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.”

Then pass out the cards to the students and allow them to mingle among each other, trying to figure out where their cards fit in the prayer. They should try to line up in the correct order. Then, when they think they have it, they should each read, in order, their cards, to see if they got the prayer right.

Watch the Lesson 38 Video on Catholic Brain

Comprehension Questions: *Note: These questions are asked after the video, just to check student comprehension. They are not discussion questions, but be sure students understand the answers to these questions before moving on*

1) Who gave us the Our Father?

Jesus did

2) What does “Amen” mean?

“So be it,” or “So it is”

3) Should we pray both scripted prayers that we learn, as well as prayers in our own words?

Yes, both are important

4) What are some other prayers you have learned?

Answers will vary.

Discussion Questions: *Note: These questions are for student discussion. The students should consider these questions and comment on them. There are some key points included in this lesson, after each question, that you can use to help guide their discussion toward truth. It’s important that the students think about and discuss these things, but that they don’t leave the discussion with false impressions about what is true.*

1) When the Apostles asked Jesus how to pray, why did He give them the “Our Father”?

Answers will vary, but should focus on the important elements expressed in the prayer.

2) Why is it significant that we begin, “Our Father,” instead of, “My Father,” even when we are praying alone?

It acknowledges the universal Fatherhood of God and our union with one another, as the people of God. We also pray the prayer together at Mass.

3) Why do we begin and end prayer with the Sign of the Cross?

It expresses two great mysteries of our Faith: the Trinity, and Jesus’s saving death on the cross. It also immediately brings God to our attention. One can not pray the Sign of the Cross without immediately putting oneself in the presence of God.

4) Why is it important to have some prayers already created, that we learn and recite?

Prayer is meant to change us, not God. The Our Father, Hail Mary, and other scripted prayers have deep meaning; they can teach us things and help us grow when we pray them well. They can also help with meditation, as when they are part of the rosary. Also, it allows us to pray them in common when we pray with others.

Go Deeper:

Return to the nine parts of the “Our Father.” Each student will consider the section he or she got at the beginning of the lesson. The students will try to rewrite each portion of the prayer in their own words, drawing out their meaning. It is important to truly grasp the meaning of the Our Father. It is said that sometimes St. Teresa of Avila could take an hour to pray one Our Father. Sometimes, after just the first two words, she would break into tears of joy at the thought that God is her Father.

Activity:

The activity sheets have broken the Our Father into nine parts. The sheets will be distributed among the students, and they should draw an image representing their section of the Our Father. When everyone has finished, it should be a beautiful visual representation of this beautiful prayer.

Closing Prayer:

Together: Our Father, who art in heaven, hallowed be thy Name; thy kingdom come, thy 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.

Together: Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.