

February Overview

Jesus Teaches Us To Pray; A Closer Look at the Our Father



Verse of the Month

1 John 3:1

“See what love the Father has bestowed on us that we may be called the children of God.”

Saint of The Month

St. Josephine Bakhita

(Research this saint and put 3 things you learned in your scrapbook.)

“Be good, love the Lord, pray for those who do not know Him. What a great grace it is to know God.” - St. Josephine Bakhita

Overview

“Faith in God the Father asks you to believe in the Son, through the action of the Spirit, recognizing in the Cross that saves the final revelation of Divine love. God is our Father giving his Son for us, God is our Father, forgiving our sins and bringing us to the joy of the risen life, God is our Father giving us the Spirit that makes us children and allows us to call Him, in truth, "Abba, Father "(cf. Rom 8:15). This is why Jesus, teaching us to pray, invites us to say "Our Father" (Mt 6.9 to 13; cf. Lk 11:2-4).”

- Pope Emeritus Benedict XVI

What a joy it is to be brought into the Body of Christ through the Sacrament of Baptism. As we are made a part of the spiritual body of the Church we enter into a relationship with God which lasts for all eternity. We dare to call God our Father because He instructs us to do so. This is the jaw dropping Truth that we will focus upon this month which is beautifully expressed in the prayer that Jesus taught us, The Our Father.

By The End of This Month Your Children Should Be Able To:

- ___ Recite this month’s Scripture Memorization
- ___ Define this month’s Words to Know
- ___ Work on memorizing The Our Father
- ___ Identify the prayer Jesus taught us

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Parent Suggested Reading/Viewing Before Lesson:

Catechism of The Catholic Church 2777 - 2796

This is a beautiful reflection on The Our Father: <https://youtu.be/QstnmA3KoAE>

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The terms below are words that you and your children should know and understand at the end of this lesson. Use your best judgement about which words to expect each of your children to learn.

If you would like, flashcards are a wonderful way to learn these vocab words together.

Hallowed - Holy

Abba - Father or Daddy

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Opening Prayer

Begin with the Sign of The Cross. Then pray together the following prayer.

The Our Father

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.

If applicable, ask an older sibling to read this Scripture as a part of your opening prayer:

1 John 3:1 - "See what love the Father has bestowed on us that we may be called the children of God."

After they read it, take over and finish the prayer.

Question to Explore

The Lord's Prayer can be broken into two parts:

The first part articulates who we pray to (Father) and who we pray with (our). We pray to the Father and we pray with the Son and His Church. God is Father, but also Son and the Spirit in unity with them. God is in heaven, our ultimate destination.

The second part of the Lord's Prayer includes seven petitions. St. Thomas Aquinas pointed out that the Lord's Prayer "not only teaches us to ask for things, but also in what order we should ask for them (CCC, 2763). There is a method to the order of things we ask of God in the Lord's Prayer. We start with God himself and his will, then we move towards ourselves asking for him to sustain us, forgive us, and help us stay in union with him and others.

Now that the students understand what each of the phrases in the Lord's Prayer *mean*, they can begin to understand what each phrase *means to them* through meditation.

The goal is to add additional, personal meaning on top of each part of the Lord's Prayer. We want the children to slow down and reflect, for example, on what trespasses they need forgiven or what trespasses they need to forgive of others. We want them to personalize the prayer so that they can start to understand what God is asking of them in the prayer.

The best way to do this is to turn each part of the prayer into a question. Have your children meditate on one or each of these questions. As a family you can write your responses in your family scrapbook.

The Lord's Prayer meditation questions:

1. Do you think of God as a Father? Why or why not?
2. What do you think heaven will be like?
3. What are your favorite names for God? We are called to be like God. What do those names call you to be like?
4. Where do you see God's Kingdom in the world today?
5. What is God's will for you?
6. How does God sustain you and feed you spiritually?
7. What sins do I need God to forgive?
8. Whose sins against me do I need to forgive?
9. What temptations do I need to avoid?
10. Where do I see evil in the world?

Scripture Memorization

For all ages

Have your children write out this month's verse in your Family Scrapbook. I also recommend writing it out yourself and posting it somewhere visible, perhaps on the refrigerator.

Activities

The following activities are presented as options. **Do as few or as many as will work with your children.** Never feel as if you must create a "classroom" setting in your home. Instead, look for opportunities to have these discussions and do these activities in everyday life around the kitchen table, during car rides, before bed, and so forth.

Prayer Ball Activity

All Ages

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 together 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 'catcher' cannot continue saying the Our Father from the point where his or her thumb lands, allow the student to read it from the lesson.

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.

Crossword Puzzle Activity

All Ages

Use the words from The Our Father to solve the attached crossword puzzle.

Amen Card Game Activity

All Ages

[2 or more players]

Preparation: You will find the page with game cards on it at the end of this lesson. 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.

Pray With Our Mind, Body and Soul

All Ages

For each line of The Our Father come up with a hand/body motion. After choreographing the prayer take note of the motions and use them throughout the month as you pray the prayer together. It will help with memorization and literally build muscle memory. If you are at a loss,

follow this video link to see the prayer signed in ASL for some inspiration:

https://youtu.be/XYkvOps_QBE.

Finding The Time To Pray

Older Kids

Take time to watch this video by Fr. Mike talking about finding the time to pray:

<https://youtu.be/-mASCSCQW7U>

Write a response in the Family Scrapbook. Why is it so hard for you to find the time to pray? Going forward, when will you make time to pray and what will that look like? Set a goal and make a plan, it will pay off.

Scripture and Storytelling

For all ages

Together read the Our Father in Matthew 6:9-13. Read it through a few times and as you are reading, have your children draw a picture of Jesus speaking to the crowd. Have them draw a picture of themselves in the crowd. If you want, you can also read Luke 11:2-4 and compare the two Our Father Gospel readings.

Closing

For all ages

God is all-powerful. He is all-seeing and all-knowing. Yet he chooses to reveal himself to the people he has created not in some fearsome way, but as a parent. When asked how to pray, Jesus says to call God “Father” (Luke 11:2). Saint Paul points out that all of us have been “adopted” by God the Father as his children by being joined with his Son through Baptism (Romans 8:15). The Catechism of the Catholic Church states that calling God “Father” indicates recognition of two important understandings: First, that God is the source of all things. Nothing came into being without him, and he rules over everything. Second, we recognize that he “is at the same time goodness and loving care for all his children” (CCC, 239).

As Father, God is provider. He gives us the things we need. Jesus teaches us not to be afraid to ask God for the things we need, saying, “Is there anyone among you who, if your child asks for bread, will give a stone? Or if the child asks for a fish, will give a snake? If you then, who are evil, know how to give good gifts to your children, how much more will your Father in heaven give good things to those who ask him!” (Matthew 7:9–11).

The Catechism points out the new revelation Jesus brings regarding God as Father: He is Father not only in the sense that he is Creator of everything, but he is eternally Father by virtue

of his relationship with Jesus, the Son (CCC, 240). Through the mystery of the Holy Trinity, God, in his very being, is Father, Son, and Spirit.

Application

God is Our Father and as Father, he provides for all of our needs. This is a perfect time to slow down and count our blessings as a family. Using pieces of paper or poster board, create a family blessing board. Together, list all of the blessings you have been given by God. This is a simple, yet important practice because so often we take for granted all of the gifts God places in our lives.

Family Monthly Assessment

Reflect upon the importance of family prayer and discuss how you can fit more prayer in as a family. Answer the following questions as a family in your Family Assessment:

- Currently, when do we pray as a family during the day?
- When can we commit more time to praying as a family?
- Summarize your family prayer gameplan going forward. If you need help or suggestions about how to start with this please reach out to me.

Email this to me at faithlifeformation@comcast.net or bring it to the next in-person parent class. This is how I will be taking attendance each month so it is super important.

Closing Prayer

The Our Father

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.

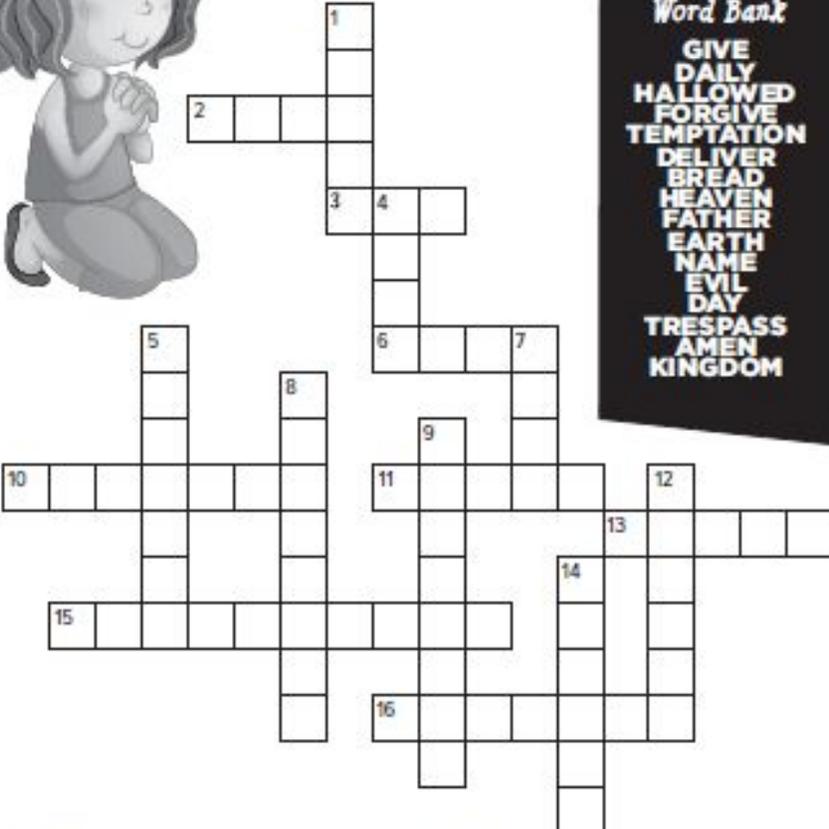
Amen.

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 LESSON PLAN 2

Amen card game activity



How Can I Pray?

HOW DO YOU PRAY A NOVENA?

A novena is a prayer that is repeated for nine successive days to obtain a special intercessory grace from Virgin Mary and the saints.

Steps to pray:

- 1. OPENING PRAYER**
We do a short opening prayer (it can be the Act of Contrition).
- 2. WE ASK FOR INTERCESSION**
Is usually prayer that is repeated during the 9 days. We ask for the saint's intercession.
- 3. PRAYER OF THE DAY**
We reflect on the saint's virtues or a particular episode or his/her life.
- 4. PETITION**
We ask for a particular grace or intention.
- 5. FINAL PRAYER**
We thank the saint for his/her intercession.

How to pray? 10 ways of praying

(cut image out and put in your scrapbook)

Journal Question of the Month:

As a family choose one of the lines in The Our Father. In your Family Scrapbook, write about what this line has taught you about who God is and how that makes your relationship with Him stronger.

Respond to this journal prompt in your Family Scrapbook using words and pictures.

As a family we are called to help one another become saints!

Let's Read The Bible!

Bible Reading Log: Please log five 20 minute blocks of reading time. After you finish, cut this out and glue it into your scrapbook.

Date:_____ Minutes Read:_____ Parent Initials:_____

Liturgical Living Challenge

Being Catholic is Fun and we have so many reasons to celebrate!

February 17 is Ash Wednesday and begins the Liturgical Season of Lent

In your scrapbook, as a family, write down your family plan for Lent as well as personal things you might do to make the season holy.

Need some ideas, this webpage has multiple Lenten related links. It starts by explaining Ash Wednesday and works its way up through Holy Week. So many great ideas!

<https://simplycatholic.com/your-guide-to-a-catholic-lent-everything-you-need-for-a-more-spiritual-lent/>

Have fun!

Take time to write down how you celebrated in your scrapbook or take/draw pictures and glue those into your scrapbook.

