



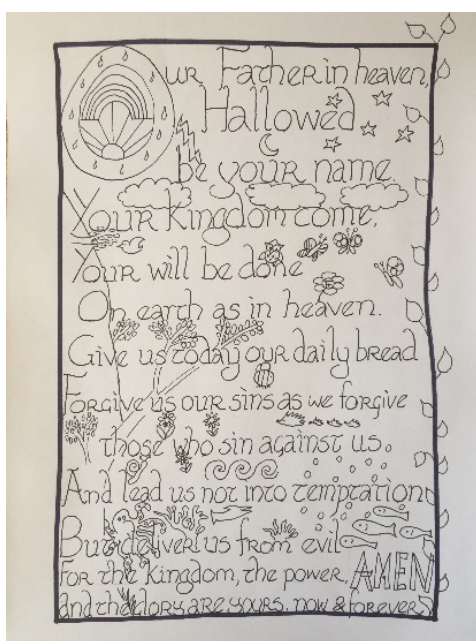
Our Father in heaven

Jesus talked to God as 'Our Father in heaven'. Some parts of the world celebrate Fathers' Day this week, and Jesus told ALL his disciples to pray to God as their Father in heaven too.

Activity time

If you can't get exactly these materials, just see what you can find around the house instead!

1 Lord's Prayer in colour



You will need: a copy of the sheet; coloured pens or crayons

Can you make the Lord's Prayer glow with colour? Pray each line as you colour round it.

Talk about what Jesus meant when he said his friends should call God 'Father' or 'Daddy'.

2 Family tree

You will need: paper; pens; either a family history site on the internet or a chat with the oldest members of your extended family; old family photo albums

Draw your family tree and see how far back you can go. You can download plenty of templates or just create your own.

Talk about what gets passed on down the family tree in your family. What family traits does God share with Jesus? And with other children in God's family?

3 Balloondad

You will need: balloons; thick marker pen; scissors; paper drinking straws; sticky tape; smooth string (about the length of your room)

Blow up the balloon and, without tying a knot in the neck, draw a picture of a Dad on it with the marker pen. Cut a piece of drinking straw about 4cm long and sticky tape it to the balloon. Thread the piece of string through the straw and stretch the string tautly across the room. You may need to tilt it so that the Balloondad is at one end of the string, slightly higher up than the other end of the string. Let go of the balloon neck and see how fast Balloondad moves along the string. You could have two pieces of string and have races between different Balloondads.

Talk about the way Jesus saw his heavenly Father as someone who would run a long way for the sake of his children. Think of the story of the lost son (read it in Luke 15:11–32) – the dad in that story runs down the road to welcome his son home again. Nothing can get between our heavenly Father and his children!

4 Lord's Prayer challenge

You will need: a stopwatch; matches and candle or (if outside) campfire kindling; household items as below (nothing special); a scorecard with seven rounds on

Challenge everyone to this Lord's Prayer challenge. You may want to put in suitable handicaps if different ages and abilities are involved.

Our Father in heaven: Heaven isn't geographically above us, but we associate the heavens with the 'up' direction. How long does it take you to run from the starting line to the highest point of your house or garden and back again?

Hallowed be your name: In the burning bush, Moses met a hallowed or holy God: how long does it take you to get the candle/campfire alight?

Your kingdom come, your will be done on earth as in heaven: How long does it take you to find a seed? (Jesus said, 'The kingdom of heaven is like a mustard seed...')

Give us today our daily bread: How long does it take you to collect five different things to eat, bring them one by one to the timer and put them all back again one by one?

Forgive us our sins as we forgive those who sin against us: Forgiveness is like being washed clean. How long does it take you to wash clean a window, a car, a welly, your hands (or whatever is most suitable in your context)?

Lead us not into temptation: With everyone else trying to make you smile or laugh without touching you, how long does it take before you smile or laugh? (The winner in this round is the one who holds out longest.)

But deliver us from evil: Tie a teddy or doll to a tree or chair using some string or wool. How long does it take you to set them free without cutting or snapping the string/wool?

For the kingdom, the power and the glory are yours now and forever. Amen! Give each other a high five and cheer the winner.

Celebration

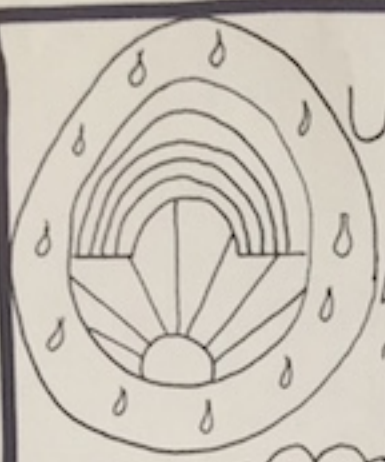
Read [Luke 11:1-13](#).

- Do the two very short stories (vv. 5-8 and 11-13) that follow the prayer tell you anything about how Jesus sees God his Father?
- What do you like about this prayer?
- What does each line say about being a good father?
- If you had to say one thing about our Father in heaven, what would you choose to say?

Say the [Lord's Prayer](#) and the [Messy Grace](#).

Mealttime

What can you make with BREAD, FISH and/or EGGS to remind you of the Lord's Prayer and the stories that accompany it?



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

Forgive us our sins as we forgive

those who sin against us.

And lead us not into temptation

But deliver us from evil.

For the Kingdom, the power,
and the glory are yours, now & forever.

AMEN

