

Our Father Discussion Guide

Our Father, who art in Heaven

- **Ask:** Why do you think we call God “Father”? *God created us. He loves us as a Father and wants to be in a relationship with us like a Father to His child. Accept other reasoned answers.*
- **Discuss:** Ask students to underline the word “our” on this page. Tell them that this is a prayer that we are all meant to say. God is Father to all of us, not just to one of us, or even just to Catholics. He is Father to all people everywhere, and He wants us to know Him and be loved by Him. We are all one family, and God is our Father.
- **Write:** Have your students write a one-sentence summary of the meaning of this line of the prayer, along the lines of “God is a Father to all people.”
- **Draw:** Have your students draw a picture of God as our Father.

Hallowed be Thy name

- **Ask:** What does **hallowed** mean? *Holy. Repeat the line of the prayer, replacing hallowed with “holy” — “holy be Thy name.”*
- **Ask:** What does it mean to say that God is holy? *Accept reasoned answers.*
- **Discuss:** It is important for us to know how holy God is. And it is important for us to make His holiness known throughout the world. To be holy is to be all good, without sin, set apart from those persons and things that are not holy. To call God holy is to say that He is God! God also wants us to be holy. He wants us to be good, and free from sin, and set apart from those things that are not holy.
- **Write:** Have your students write a one-sentence summary of the meaning of this line of the prayer, along the lines of “God is holy, and we should tell the whole world about His holiness.”
- **Draw:** Have your students draw a picture that will help them remember that God is holy.

Thy kingdom come

- **Ask:** What is God's Kingdom? *God's Kingdom is His **reign**, or rule, over all things.*
- **Discuss:** When we talk about God's kingdom, we are talking about God's reign or rule extended over all of Creation. His reign is one of love, purity, and goodness. When we pray for His Kingdom to come, we are asking God that all of His goodness and love would be with us in our everyday lives. We are also looking forward to the day when God will give us eternal life.
- **Write:** Have your students write a one-sentence summary of the meaning of this line of the prayer, along the lines of "We pray for God's reign to come over all of Creation."
- **Draw:** Have your students draw a picture that will help them remember the meaning of God's Kingdom.

Thy will be done on earth, as it is in heaven.

- **Ask:** What is God's will? *God's will is what He wants, His plan for us, for our lives, and for all of Creation. Accept other reasoned answers.*
- **Discuss:** This is a very important part of the prayer — and praying in general. We must always try to be open to what God wants for our lives. He wants only what He knows is best for us, so we want to trust God's answer to our prayers. Even when it can be hard and seem as if God is not answering our prayers, He is doing something that is best for us. This part of the prayer is all about telling God that we want to do what He knows is best for us.
- **Write:** Have your students write a one-sentence summary of the meaning of this line of the prayer, along the lines of "God's will is what He wants for our lives."
- **Draw:** Have your students draw a picture of themselves doing God's will.

Give us this day our daily bread

- **Ask:** What do you think Jesus meant by **daily bread**? *Jesus was referring to our basic needs, the things we need to survive on a daily basis — we all need food to live. Accept other reasoned answers.*
- **Discuss:** “Our daily bread” means two things: first, we need “daily bread,” or food, in order to live. Jesus is teaching us to pray for the things we need and to trust that God will provide for our needs. “Our daily bread” also refers to the Eucharist, the Bread of Life. Just as our bodies need food to survive, so too do our souls need the Eucharist, the Body and Blood of Jesus, in order to live. Jesus is teaching us to pray for our physical and spiritual needs.
- **Write:** Have your students write a one-sentence summary of the meaning of this line of the prayer, along the lines of “We ask God to give us what we need to live.”
- **Draw:** Have your students draw a picture of themselves receiving their daily bread or, one day, the Eucharist.

And forgive us our trespasses

- **Ask:** What do you think trespasses are? *Our trespasses are our sins, the times we have disobeyed God.*
- **Discuss:** We must ask God to forgive us when we do things that we shouldn’t so we are not separated from Him. It can be hard to admit when we are wrong, but it is important to receive God’s forgiveness.
- **Write:** Have your students write a one-sentence summary of the meaning of this line of the prayer, along the lines of “We ask God to forgive us when we have done wrong.”
- **Draw:** Have your students draw a picture of themselves asking God for forgiveness.

As we forgive those who trespass against us

- **Ask:** What do you think it means to “forgive those who trespass against us”? *It means to forgive others when they have hurt us.*
- **Discuss:** God teaches us that in order for us to be forgiven, we must forgive others. We want to get rid of any bad feelings in our hearts — such as jealousy, anger, or hate — to make room for the love we receive from God after being forgiven. It can be hard to forgive others when they have hurt us, but we must work hard to forgive them, and this prayer is one way in which we begin to do that.
- **Write:** Have your students write a one-sentence summary of the meaning of this line of the prayer, along the lines of “We ask God to help us forgive others when they hurt us.”
- **Draw:** Have your students draw a picture of themselves forgiving someone.

And lead us not into temptation, but deliver us from evil

- **Ask:** What is **temptation**? A temptation is something that attracts or lures a person to sin.
- **Discuss:** We are asking God to help us when we are tempted by things. For instance, we might be tempted to lie if it seems easier to lie to our parents than to tell the truth, because we do not want to get into trouble. We are asking God to help us get through those temptations so that we will not sin. We are also asking Him to keep us safe from Satan and all of the evil and bad things that he causes. When we avoid evil things, we are less likely to sin. When we surround ourselves with good and holy things, it is easier to be holy and to follow Jesus.
- **Write:** Have your students write a one-sentence summary of the meaning of this line of the prayer, along the lines of “We ask God to help us avoid temptation, evil, and sin.”
- **Draw:** Have your students draw a picture that will help them remember the meaning of this line of the prayer.