

The Lord's Prayer

Prayer and Reflection Stations for Schools

These prayer stations have been designed to enable pupils of both primary and secondary ages to engage with the Lord's Prayer.

It is anticipated that these prayer stations will be used in church schools or schools with a Christian foundation. Although the Lord's Prayer was given by Jesus to make the prayer activities more inclusive the word God has been used throughout. Experience has shown that this makes it easier for children of other faiths or no faith to engage with the activities. Schools may wish to adapt the wording on the instruction cards to suit the age and background of their pupils.



There are eight prayer stations:

- Station 1 Our Father in heaven
- Station 2 Hallowed be your name
- Station 3 Your kingdom come, your will be done on earth as in heaven
- Station 4 Give us today our daily bread
- Station 5: Forgive us our sins as we forgive those who sin against us
- Station 6: Lead us not into temptation
- Station 7: But deliver us from evil
- Station 8: For the Kingdom, the power and the glory are yours, now and for ever, Amen

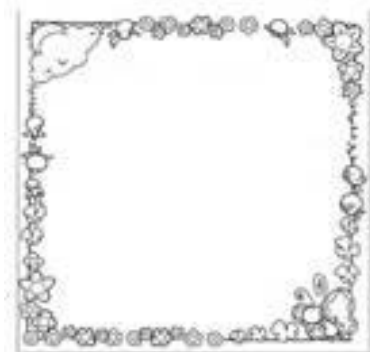
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Prayer Station 1 Our Father in heaven

Aim – For the pupils to appreciate that they are God’s children. He is “our father” they belong to the same big family; so we are brothers and sisters in Christ.

Note – Some pupils may have a negative experience of fathers so focus on their parent figure. This may be mother, step parent, adoptive parent, grandparent, aunt or uncle or carer.



Prayer activity – The pupils will think about their parent figure and what they appreciate about their care.

They will draw a small picture of their face on a square of paper and stick it into the photo frame making them part of the family portrait.

What difference does it make knowing that we are all part of God’s family.

You will need:

- A table
- A cloth
- A very large empty picture frame (glass removed) or large piece of paper decorated to look as if it has a frame around it.
- Small squares of paper of a size that lots will fit into your frame
- Glue sticks
- Pens or pencils
- Laminated instruction card

Optional extras

- Clipboards for the pupils to rest on while they do their own drawings
- Small plastic mirrors for them to look at themselves for their portrait
- Photographs of families from a wide range of compositions, cultures and ethnicities

Resources

Pictures frames are cheapest from charity shops or jumble sales.

Ideas for drawing or downloading a picture frame design can be easily found online

Small plastic mirrors are available from www.Bakerross.co.uk

“Our father in heaven”

We are all part of God’s family. He is “our father”.

Draw a picture of your face on a square of paper and stick it into the photo frame with all the others, you are part of a big family picture.

Think about all the adults in your family: mum, dad, grandparents, step parents, god parents, aunties and uncles. Think about the ways that they care for you and thank God for them.

Look at the faces in the picture. What difference does it make knowing that we are *all* part of God’s family?

Prayer Station 2 Hallowed be your name

Aim – For the pupils to think about the concept of God being holy and deserving our respect.

Note – In schools which follow the Guildford Diocesan RE Guidelines some pupils may have done the RE units of work for KS1 “What is God like?” or lower KS2 “What do Christians believe God is like?” Reminding pupils about these units may help them generate ideas.

Muslim pupils will be uncomfortable with the idea of drawing a picture God, you may need to explain that this activity is representing the attributes of God not what he looks like.



Prayer activity – The pupils will think about a word or image that describes their understanding of God and write that word or draw that picture on a bunting flag.

The flags will be stapled onto the tape to create celebratory bunting.

You will need:

- A table
- A dark cloth draped with some fairy lights if you have them
- Bunting tape
- Paper cut into triangles (if you can use a variety of colours it looks effective)
- Staplers and spare staples
- Pens
- Laminated instruction card

Optional extras

- Clipboards for the pupils to rest on while they do their own drawings
- A plasma ball is a wonderful way to safely explore God’s power

Resources

Plasma ball available from Argos and online

Bunting tape from high street haberdashery shops or online from Amazon.

“Hallowed be your name”

God is holy.

Think about what words you might use to describe what God is like.

Strong, Powerful, Gentle, Fair,

Or phrases to describe what God is like?

God is like a torch because he goes with you in the dark.

God is like a sat nav because he shows you where to go.

Write or draw your idea onto a flag and staple it onto the bunting tape to make a banner praising God for who he is.

Prayer Station 3 **Your kingdom come, your will be done on earth as in heaven**

Aim – For the pupils to think about what it would be like if the earth was like God’s kingdom, heaven. To focus on one thing that would be different in the lives of either people the pupils know or people in the wider world.

Note – You may choose to focus on a particular area of the world or situation that is relevant to the school. It may be an international link school, link church or link project, a current world event, the natural environment or a local charity.



Prayer activity – The pupils will think about what one thing would be different in the world for it to be like God’s kingdom? Write it on a post it and stick it on the world map.

You will need:

- A table
- A cloth something brocade or velvet such as an old curtain would be ideal
- Globe with a crown placed on top of it
- A large world map, if using a shower curtain this could be placed on the floor or attached to the wall where the pupils could stick post its onto it.
- Post its
- Pens or pencils
- Laminated instruction card

Optional extras

- Clipboards for the pupils to rest on while they write their thoughts
- For older pupils copies of current newspapers or headlines cut from newspapers

Resources

Plastic or foam crowns can be purchased from party shops or www.bakerross.co.uk

Most schools will have a globe and large world map.

The cheapest way to source a very large world map is as a shower curtain. These are available from a variety of places including Argos, Asda and Amazon.

“Your kingdom come your will be done on earth as in heaven”

Heaven is a perfect place, where everyone has all they need, is with God and the people they love and are happy.

Our life on earth is not like that.

Write or draw one thing that would be different in the lives of people around you if the earth was like heaven today.

Reflect - is there one small thing you could do to make that happen?

Prayer Station 4 Give us today our daily bread

Aim – For the pupils to thank God for our food, shelter and water, the things that most of us take for granted each day.

For the pupils to pray for those who do not take for granted their daily food shelter and water.

Note – You may choose to focus on a particular area of the world or situation where people cannot take food, shelter or water for granted.

This maybe a local foodbank or shelter for the homeless or a situation further away. This could be an opportunity to work with your local church and find out more about one of their partners.



Prayer activity – Share bread or breadsticks and thank God for our food.

Pray for those who do not have enough to eat, clean water to drink or a safe and warm place to sleep and put your prayer into a shopping bag.

You will need:

- A table
- A table cloth maybe checked or striped
- Bread cut into small pieces or breadsticks for the pupils to share.
- Gluten free bread kept well apart from the other bread to avoid cross contamination
- Small pieces of paper, cut into slice of bread shapes if you have time
- A shopping bag or basket
- Pens or pencils
- Laminated instruction card

Optional extras

- Clipboards for the pupils to rest on while they write their thoughts
- A display of information about the charity of your choice.

Resources

Your parish church may be able to give you information about projects they support locally and internationally

Tearfund, Christian Aid and Cafod provide excellent schools materials.

“Give us today our daily bread”

Eat a small piece of bread and thank God for your food, drink and a warm place to sleep.

We take for granted that we will have food and drink each day.

Write or draw a prayer for people in who do not know if they will have enough food to eat, clean water to drink or a warm place to sleep in tonight.

Put your prayer into the shopping bag as a way of bringing that prayer to God.

Prayer Station 5 **Forgive us our sins as we forgive those who sin against us**

Aim – for the pupils to think about the things that they are sorry about or regret, give them to God and experience his forgiveness.

For the pupils to think about someone who has hurt them and to give that feeling of hurt to God as they release forgiveness to them.



Note – This prayer station is in two parts. Firstly for the pupils to experience dealing with regrets and then to move onto forgiving others. Some pupils may only wish to do one part of the activity.

This activity could lead to a pupil disclosing sensitive information about themselves or their home situation. It is important that the school and volunteers hosting this activity have an agreed plan for managing such disclosures in a sensitive way.

You will need to change the water in the vase frequently so site this activity near a sink if possible.

Prayer activity – This could be set up on the floor. Think of something that you have said or done, or not said and not done that you regret. Take a stone as a symbol of that regret and lay it at the foot of the cross as a symbol that God forgives you.

This part needs to be set up on a table. Think of someone who has hurt or upset you. Take a fizzy vitamin tablet and drop it into the class jar. As you watch the tablet dissolve release your forgiveness towards that person. Talk to an adult that you trust if that would help you.

You will need:

- A table
- A washable cloth
- Pebbles enough for at least one per pupil in each session
- A large wooden cross, on a stand if possible
- A large clear glass vase
- Fizzy vitamin tablets broken into 4 pieces
- Laminated instruction card

Optional extras

If a cross is not suitable for your school context use an attractive tray or dish.

Resources

Garden centres sell large bags of pebbles. Poundland sell smaller bags of polished pebbles.

The larger the cross the more effective.

Lemon or lime vitamin tablets work best because they do not colour the water as quickly as the orange ones. Available from Superdrug

“Forgive us our sins as we forgive those who sin against us”

This is a time for you to think about things that you wish had gone differently to say sorry to God, or give those feelings of regret to God and leave them with Him.

Is there anything that you are sorry that you **did** to someone?

Is there something that you are sorry you **said** to someone?

Is there a time when you could have helped someone or said something kind, but you didn't?

Is there anything that you think “I wish I had.....”?

Take one of the pebbles hold the pebble and feel how hard it is and think about what you regret or are sorry for.

When you are ready gently lay the pebble by the cross as you give that regret or sorry to God.

“Forgive us our sins as we forgive those who sin against us”

We get hurt.

Sometimes people do and say things to hurt us on purpose.

Sometimes they don't mean it, but it hurts anyway.

Holding onto hurts isn't good for us. Has someone hurt you?

Forgiveness is hard, it's about letting go.

If you want to, pick up a tablet and think about those hurt feelings. When you feel ready, drop it into the water.

As you watch the tablet dissolve imagine forgiving the person who has upset you and the hurt disappearing.

If it would help now talk to an adult that you trust.

Prayer Station 6 Lead us not into temptation

Aim – For the pupils to think about choices that they have made in the past, were they good or bad choices? For the pupils to think about choices they are making now and ask God to guide them to make good choices in the future.



Note – This activity is probably suitable for pupils in key stage two and above. Younger children tend to be fairly immediate in their decision making and may struggle to recall thinking through a decision. If you decide not to do this prayer station add the phrase “lead us not into temptation” to the next prayer station so that the pupils read the whole prayer.

Prayer activity – When it is difficult to make decisions people sometimes toss a coin. The pupils will use the two sides of a coin to think about any choices they are making at the moment and give that choice to God.

You will need:

- A table
- A cloth
- A dish of low value coins.
- A wooden cross
- Laminated instruction card

Optional extras

- If a cross is not suitable for your school context use an attractive tray or dish
- Some copies of advertisements that encourage pupils of that age to make an expensive or less healthy choice

Resources

Use real money because you need a head and a tail on the coins. My experience with real money in schools is that the number of coins increases rather than decreases over time!

“Lead us not into temptation”

When it is difficult to make decision people sometimes toss a coin.

What difficult choices are you making at the moment?

Take a coin and look at the picture of the King or Queen’s head. Think about the reasons why you should say yes.

Now look at the other side of the coin, the tail, think of reasons why you should say no.

Take your time bring this choice to God.

When you are ready lay your coin at the foot of the wooden cross to show that you have given that choice to God.

Prayer Station 7 but deliver us from evil

Aim – For the pupils to think about times when they are afraid and to recognise that God is with them.

Note – It is best to use battery operated candles rather than naked flames in a school.

Prayer activity – The pupils will think about things that make them worried or frightened. Then they will light a tea light as a sign that God gives light to dark situations and if they wish take a small star as a sign of God being with them to keep in their pocket or pencil case.



You will need:

- A table
- A cloth
- Battery operated tea lights or candles
- Small stars sold as table confetti
- Laminated instruction card

Optional extras

- Older pupils may prefer to take a small safety pin and pin it somewhere on their uniform where only they can see it as a sign that God is with them. Some pupils may like to decorate the pin with small beads or thin ribbon.

Resources

Battery operated tea lights available online, in supermarkets or garden centres

Safety pins are available from haberdashery shops such as C&H or online from Amazon

Small gold and silver stars are available as table confetti from party shops or online from Amazon

“but deliver us from evil”

Think about something that worries you or frightens you.

Even when we feel on our own God is with us and cares about us.

Light a candle as a sign that God brings light when it feels dark.

Take a small star as a sign that God is with you day and night and keep your star in your pocket or pencil case to remind you.

Prayer Station 8 **For the Kingdom, the power and the glory are yours, now and for ever,
Amen**

Aim – For the pupils to consider that God’s everlasting love.

Note – Muslim pupils will be uncomfortable with the idea of a picture God, you may need to explain that this activity is representing God’s everlasting love not what he looks like. It may be helpful to refer back to the first activity and God as a parent or care giver for children who have experienced damaging relationships at home.



Prayer activity – The pupils will decorate a strip of paper to represent God’s love, power or glory and then tape it to create a simple Mobius strip.

Younger pupils may find it easier to decorate a ring of card

You will need:

- A table
- A cloth gold, silver or a shiny fabric to represent glory would be ideal
- Strips of paper about 2cm wide by 30cm long
- Sticky tape
- Scissors
- Laminated instruction card

Optional extras

- Clipboards for the pupils to rest on while they decorate their strip of paper.
- Younger pupils may find sticking the Mobius strip fiddly, a ring of card may be easier.
- You could also provide some Celtic knot patterns as decoration on the table or to colour.

Resources

Books of Celtic knot patterns can be bought on the high street and cut up or patterns to download can be found online.

**“For the Kingdom, the power and the glory
are yours, now and for ever, Amen”**

God’s kingdom, power and glory go on for
ever. God’s love is never ending.

Decorate a strip of paper to represent God’s
love, power and glory.

Now make the strip into a circle, give it a
half twist and tape the thin ends together.

Run your finger along the
circle, it never ends, as you
feel it never ending think
about God’s love which
never ends.

