

Day 10

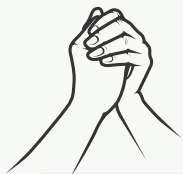
My prayer too!



Let's do this!



- Find objects in your home that illustrate the phrases of the Lord's Prayer, like the ones Katie and Kenny found. Arrange them in order and say the prayer together.
- Draw pictures to illustrate each phrase of the Lord's Prayer.
- Write each phrase on a paper footprint, make a trail, and walk along it. Repeat the walk several times, turning some footprints over each time, to hide the words as you memorize them.



Let's Pray



- Make up some actions for The Lord's Prayer – actions help our brains to remember better.
- Choose a familiar tune and turn the Lord's Prayer into a beautiful song.
- Use the different themes of the Lord's Prayer and write your own version that expresses similar thoughts in your own words.



The Lord's Prayer

(with hand motions)

Use the actions described below as you say the words of the Lord's Prayer.

- **Our** (point both hands to the chest)
- **Father** (hug own body)
- **Who art in heaven** (raise both hands upwards)
- **Hallowed be thy name** (place hands together in prayer)
- **Thy kingdom come** ('pull' heaven down out of the sky to your chest with both hands)
- **Thy will be done** (with elbows into your side, touch your shoulders with both hands at the same time – left hand to left shoulder, right to right – then lower both hands down, as if offering them, stopping when your hands at a 90 degree angle out in front of the body)
- **On earth** (spread hands down towards ground and around, indicating the earth)
- **As it is in heaven** (spread hands up and around to indicate heaven)
- **Give us this day** (start with hands out in a receiving position, then draw them inwards and close the hands at the same time)
- **Our daily bread** (using left hand as a piece of bread, use right index and middle fingers together to perform the action of spreading butter back and forth across the left hand)
- **And forgive us our trespasses** (use both hands in a motion of flinging something away)
- **As we** (point to self with both hands)
- **Forgive those** (repeat forgiving action above)
- **Who trespass against us** (clench both fists, and bang the right one down on top of the left one, as if hammering it once)
- **And lead us not into temptation** (Keeping fists closed, cross wrists as if they are tied together)
- **But deliver us from evil** (pull wrists apart as if being suddenly freed)
- **For Thine is the Kingdom** (place both hands on your head, with fingers pointing upwards, to make a crown)
- **The Power** (use both hands to show biceps in a power action)
- **And the Glory** (lift arms together over head, and bring them down and out to each side to form a glorious circle)
- **Forever and ever** (arms move in two steps out to each side, simultaneously, as if drawing a rounded sort of M-shape)
- **Amen** (hands come together in prayer)



Karen Holford

TED Children's Ministries

Karen Holford is the Children's Ministries Director for the Trans-European Division. She loves to pray and to help other people experience how much God loves them!





Click the link below for
the hand motions

[Youtube](#)


Fill in the blanks

The Lord's Prayer



Matthew 6:9-14 (KJV)

Our  _____ who art in  _____

Hallowed be thy name

Thy  _____ come

Thy will be  _____



On  _____ as it is in  _____

Give us this day


Our daily  _____

and  _____ us our trespasses

As we forgive those who trespass us

And  _____ us not into  _____

but  _____ us from evil

for Thine is the  _____ and the  _____

and the  _____ .

Forever and ever. Amen