

Day Three: "The Lord's Prayer"

Welcome to Day Three of *Rooted in Prayer*! Our theme today is "The Lord's Prayer".

We recommend that you look through each day's activities ahead of time, so that you can gather or acquire the items that you need. We have listed more ideas than you'll use, because every family is different, with varied interests and abilities. You know what will best work with your child(ren) and can select the best options for each day.

Here are the items needed for each craft, snack, and game in today's plans. The directions for each can be found in this packet.

Crafts:

Framed Lord's Prayer: frame (new or repurposed), decorating supplies as needed (permanent markers in the example), printed copy of "Lord's Prayer" or child's handwritten copy

Icon scarf: hemmed (or pinking-shears-cut) strip of white cotton or linen cloth, needles/embroidery floss/scissors or fabric markers/cardboard, scrap paper and colored pencils or markers for design planning

Snacks:

Homemade bread: bought dough or ingredients to make your own

International breads: (purchased at store or make your own)

Snack mix: (ingredients will vary by family and creativity)

Chai: black tea, milk, water, sugar

Printables:

Choose and print whichever your family will find helpful.

Games:

Lord's Prayer puzzle: popsicle sticks, markers

Relay options: (each requires 2 sets of the items listed if splitting into teams)

Our Father relay: male-figure clothing items

In Heaven relay: water in bucket, sponge, stool or chair

Thy Kingdom relay: small suitcase, icon/cross, small bottle water, small bread/crackers

Thy Will relay: 3x5 cards, writing utensils, globe

Give Us relay: bag of items team members are grateful for

Forgive Us relay: whiteboard or chalkboard and appropriate writing/erasing equipment

Lead Us Not relay: stuffed animals, box labeled "temptation" or "evil"



A Related Quote:

“There can now be no grander prayer than to wish that earthly things may be made equal with things heavenly: for what else is it to say ‘Thy will be done as in heaven so on earth,’ than to ask that people may be like angels and that as God’s will is ever fulfilled by them in heaven, so also all those who are on earth may do not their own but His will?” ~ St. John Cassian

A Related Resource:

Mother Alexandra (of blessed memory) has written a lovely booklet about the Lord’s Prayer. It features a brief meditation/prayer based on each part of the Lord’s Prayer, one for the morning and another for the evening, for every day of the week. Inquire at: omtstore@gmail.com



“The Lord’s Prayer” Discussion Questions

Ice-Breaking Question:

Ask everyone to offer an answer.

How was your experience of the stillness challenge today? Was it easy or hard? Where does your mind go during the stillness?

Discussion Questions:

- Today we learned about the Lord’s Prayer. Did you learn anything new?
- Did you think any of the words meant something else? (And is it possible that you were right AND the video was right? Can there be multiple meanings?)
- Which part is your favorite, and why?
- In Orthodox churches all across the world, we often pray the Lord’s Prayer in more than one language. Why do you suppose this particular prayer is so important to us?

New Idea to Consider: Fr. Thomas Hopko of blessed memory wrote a list of “55 Maxims”, which are short rules to live by. #3 is “Have a keepable rule of prayer that you do by discipline.” Have you ever had a rule of prayer? This is a list of prayers that you say every day. Saying the Lord’s Prayer would be a good start! (Notice that he says “keepable” -- meaning that if you make a rule of prayer that is too long you’ll be overwhelmed and you won’t be able to keep it. Start small.)

A Reminder for the Discussion Facilitator:

We open with a simple question everyone can answer. This is like priming a pump, and will encourage them to speak again -- as long as you and the rest of the group are responsive, friendly and engaged.

We follow with discussion questions, which we hope will lead to thoughtful conversation. Don’t be discouraged if they don’t and follow the kids’ lead and what interests them. Take the kids seriously and try to meet them where they are.

We close with a new idea to consider. If conversation is already going well, you might skip this, but if conversation slows it’s nice to offer something new.



"The Lord's Prayer" Activities



Activity overview:

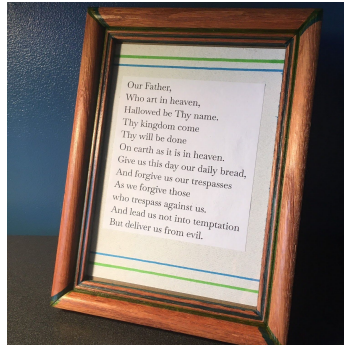
Arts and crafts - decorate and frame the Lord's Prayer and/or create a rushniky (icon scarf)

Snack - bake bread together; taste breads from around the world; create a "Lord's Prayer" snack mix; and/or make some Kenyan chai to enjoy together

Printables - Guess and number the phrases; use a key to decode an answer; connect the dotted letters; and/or color Matt. 6:9-10

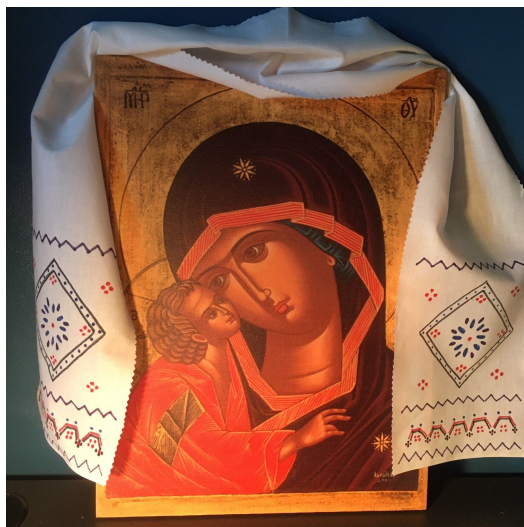
Arts and Crafts:

- Decorate frames for the Lord's prayer.

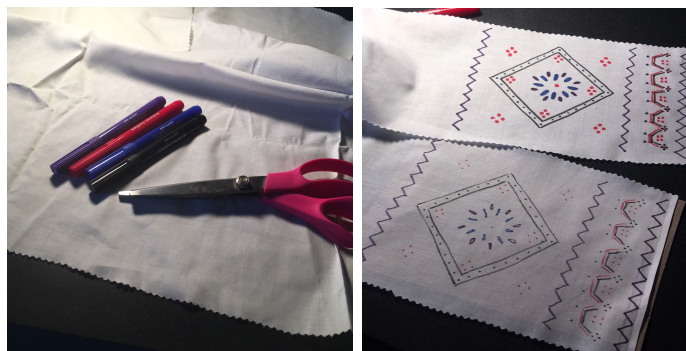


Have each camper write the Lord's Prayer on a piece of paper that fits inside the frame which you provide for this project. (Or print a copy of the Lord's Prayer for them to use. We have included several in different fonts and sizes.) Invite them to decorate their copy of the prayer if they wish to do so. Allow each camper to decorate a frame for their Lord's Prayer. It could be an unfinished wooden frame or a repurposed plain wooden frame. Depending on the resources available and the age of the campers, options could employ the use of paint, woodburning tools, or permanent markers. When the frame is finished and dry, campers can insert their Lord's Prayer behind the glass. Encourage them to keep the framed prayer in their room, and to pray this prayer often.

- The Lord's Prayer is very personal, because in this prayer, Christ taught us to call God our *Father*. We can make a very personal gift to give back to God by **creating a beautiful rushnyki, or icon scarf**, to drape around our favorite icon of Christ (or one of His servants, the saints). (Rushnyki are often used in Romania, Poland, Ukraine, and other parts of the Orthodox world.)



For this project, you will need a hemmed or pinking-shears-cut strip of white cotton or linen cloth which is long enough to wrap around the top and sides of an icon of your choice (size varies greatly), and either embroidery thread and needles OR fabric markers.



The family can work together, or have each camper make their own. On a piece of paper, design the drawing or embroidery that you will apply to the ends of the cotton cloth. Carefully transfer the design to the cloth with a pencil, then work together to embroider or color the design. (If you use fabric markers, be sure to keep cardboard under your fabric as you draw, to keep the markers from bleeding through the fabric and onto the work surface.) When your rushnyki is finished, drape it around the icon of your choice. (You can look up rusnyki online to see some examples, or just create your own.)

Cooking and Snack:

Bake bread together. Mix the ingredients, then divide the dough into portions and let each child knead a portion and shape it into a small loaf. Allow the loaves to rise, and bake them. Enjoy your fresh bread, thanking God for it, your “daily bread.”

What does “our daily bread” look like to different people around the world? **Taste test a variety of breads from different parts of the world.** If your family really loves to cook, you could make what you’ll taste. Or you can go to the grocery store ahead of time and buy a few different breads such as tortillas, Liberian rice bread, naan, chapatis, croissants, Mexican sweet bread, pão de queijo, etc. (Check here for some ideas: <https://www.cnn.com/travel/article/world-50-best-breads/index.html>) Taste the different breads and talk about how, in other parts of the world, these are what children think of when they pray, “Give us this day our daily bread...”

Together as a family **create a “Lord’s Prayer” snack mix** to eat. Ideas could include: oat circle cereal to remind you that God’s name is Holy (hole-y, get it?), peanuts (“on earth” because they grow underground), small marshmallows (to represent clouds “as it is in heaven”), chopped dates (calendar dates last unto “the ages of ages”), etc. Mix your family’s unique blend, and then enjoy it together with a refreshing drink of your choice.

We pray the Lord’s Prayer at all times of day. Guess what? In Kenya, **chai** is drunk at all times of day! Perhaps you’ll want to make and drink some Kenyan chai with whichever option you have chosen for today’s snack! Here’s a recipe that makes 2 servings of chai. Boil 1 C water for 10 minutes. Add 1 black tea teabag (substitute if someone in your family does not do caffeine). Add 1 C milk and heat until almost boiling again. Add 2-4 tsp sugar, and enjoy!



"The Lord's Prayer" Games:

1. Write **phrases from the Lord's Prayer** on popsicle sticks. Scramble the sticks and challenge yourselves to see how quickly you can put them back in order. If some family members can not yet read, add a symbol to each stick (ie: a smiling face for "Our Father", blue sky/clouds for "Who art in Heaven", etc.) and review the symbols together while saying the prayer. (Find pictorial ideas for the whole prayer in Summer Kinnard's visual Lord's Prayer, printable here <https://i2.wp.com/summerkinard.com/wp-content/uploads/2017/04/lordsprayerpodd.jpg>.) If the family is big enough, you could make two sets of popsicle sticks, divide into two teams, and race each other to reassemble the prayer.
2. Run several **relays related to Lord's Prayer**: Divide the group into two teams to race each other. (If your group is too small for two teams, you can run each relay twice, timing yourselves, to see if you can beat your first time.)
 - "Our Father..." Because God is our Father, have two sets of a father figure's tshirts, hats, and shoes. The first team member in each group runs to a designated space, puts on the articles of clothing, runs back to the team, takes off the items and passes them to the next runner. This runner dons the articles of clothing, runs to the designated space, removes the items, and leaves them there, then runs back to the team. The third member does what the first had done, etc., until everyone has had a turn to run. The first team whose members have all run and put on/taken off the clothes wins this relay.
 - "Who art in heaven..." We will think of the sky, "the heavens" for this activity even though we know that God is all around us, not just "up in the sky". Gather a bucket of water, a sponge "cloud", and a stool or chair for each team. Place the sponge "cloud" in the bucket of water, at the team's starting line, and the stool or chair at a distance. Clouds are high in the sky, so team members will take the wet cloud "sponge", run it to the stool or chair, climb up and squeeze the "cloud" to make it rain. They then run back to put the "cloud" in the bucket for the next player.
 - "Thy Kingdom come..." God's Kingdom comes to us when we pray, when we are at church, and when we are kind to others. Pack two small suitcases with an icon or cross, a small bottle of water to remind team members of holy water, small pieces of bread or crackers to remind team members of antidoron, and treats to



share with teammates to remind team members that God invites us to do works of kindness to others. Runners run to the suitcase, open it, reverence the icon or cross, taste the “holy water”, eat the bread/cracker “antidoron”, and grab one treat to bring back to the next teammate. Close the suitcase and run back to share with the teammate, who then runs to the suitcase for their turn.

- “Thy will be done..” God’s will is for us to love, be kind, tell the truth, etc. Have team members think of words that tell how God wants us to act, and write each of them on a 3x5 card. Place a globe at a distance from each team. Team members take turns choosing a word that they think should be done on earth, and running with it around the globe, then back to their team.
- “Give us this day...” Team members each select one small item that they are glad God has given to them, and place the whole group of items in the team’s grocery bag. Players take turns running with the bag to a table or blanket spread at a distance from the team, emptying the bag (one item at a time), repacking it, then running the bag back to the next team member.
- “Forgive us...” Place a blackboard or whiteboard at a distance from each team. Each team has a piece of chalk or dry-erase marker, and players take turns running to the board with the writing utensil in hand, writing or drawing an “X” to represent bad things that happen in the world, and running the writing utensil back to the next player. After everyone has written an X, players take turns running to the board a second time to erase an X (not their own, if possible), reminding their team that God forgives us as we forgive each other.
- “And lead us not...” Team members each bring one stuffed animal or toy to use for this relay. Mark a box for each team with the word “temptation” or “evil”. Team members must toss their stuffed animal into the box (they can move to wherever it lands and re-toss if it does not land in the box), then “deliver it” by retrieving it and running back to their team.



Daily Game & Wrap-Up on Zoom

Groups **can play a lot of fun games over zoom. Select a game from this list each day. You can play the same games over again, or you can play a different one each day! (Note that Day Five has different games, because they provide an opportunity to review material. You'll use this list to find games for the first four days.)**

1. Simon Says

Participants should move back from their screens so that we can see their whole bodies. One person is “it” and calls out body parts that campers should touch. If “it” precedes the directions with “Simon says, touch...” then campers should touch that body part. If “it” just says, “Touch your...” without referencing Simon, campers should do nothing. Anyone who touches the body part named without the reference to Simon is out for the rest of that round. Last camper to get out is the new “it”.

2. Hana, Hana, Hana, Kuchi

This game is from Japan, and the name means “Nose, Nose, Nose, Mouth”. In this game, one person is the caller. They always call out, “nose, nose, nose,” and then add another body part, touching that part as they call it out. Other campers follow suit. The caller MAY call out one body part and touch another (for example, “nose, nose, nose, ear” and touch their nose instead of their ear). Campers who follow what is SAID (ear) stay in the round. Campers who follow what is TOUCHED (nose) are out for the rest of the round. The last camper to make a mistake is the new “it”.

3. Horns, Horns, Horns

This game comes from Scandinavia, where reindeer with beautiful antlers are important to the economy, so people value them. The person who is “it” says, “Horns, horns, horns,” and then mentions the name of an animal with horns (or antlers or tusks). Players use their hands to “create” horns like that on their own head. Occasionally, “it” will say, “horns, horns, horns,” and then mention an animal that does NOT have horns/antlers/tusks, but as they say the animal's name, they use their own hands to “create” a horn/horns on their own head. Campers who follow the motions are out for the round, but those who do nothing stay in. The last camper to fall for “it's” tricks is the new “it”.

4. Scavenger hunt

Divide your group into two even teams. The moderator invites campers to find and show items (one at a time) from their house that relate to prayer in some way. (Be sure



that your list contains items every household has on hand! Ideas could include: icon of Christ, your favorite icon, a candle, matches or lighter, holy water, prayer book, service book, cross, etc.) Every team member that finds and brings one of those items to show to the group earns a point for their team. The first one to show their item gets an extra point for their team. The team with the most points at the end of the game wins.

5. Would You Rather

Zoom leader asks campers “would you rather” questions comparing two different things, and invites all campers to answer. Questions for this game are usually silly, ie: “Would you rather hold an earthworm or a cow?”. (Leader may find it helpful to create their list of questions ahead of time.) If desired, the leader could relate a few questions near the end of the time to the day’s learnings. These may not be as silly, but could help campers think over the day’s learnings and engage with them. For example, on Day 1, the Leader could ask, “Would you rather stand very still outside in an ice storm, or on a hot day in a muddy swamp?”

6. I’m Going on a Hike

Each camper has a turn to add something to the list of things they would take on a hike. The first camper may say, “I’m going on a hike, and I’m taking my walking stick.” The second camper would say, “I’m going on a hike, and I’m taking my walking stick, and a granola bar.” The third camper would repeat that and add their own third item. Play continues until everyone has had a turn to add something to the list.

7. Build a Story

Storytelling is a fun way to build group interactions, while building an important life skill. For this activity, the whole group will work together to build a story that has never before been told. The Zoom leader will need to decide how to handle turns and communicate who has a turn, and when, or if it will just be a free-for-all. The leader will explain that everyone in the group will participate as listeners. Then the leader will invite all members to participate as storytellers, if they wish. Group members who wish to help tell the story will each have a turn to tell one sentence. In this way, your group will make up a story on the spot! The leader will begin the story with, “Once upon a time...” The first camper will say, “there was a ____ who ____.” Subsequent campers will add their sentences, one at a time, until the story is finished or everyone has had a turn to contribute. If the story is not finished, the leader can ask volunteers to offer their idea for an ending. If the story finishes before everyone has had a turn, begin a second story.



8. Freeze Dance

Leader plays some of Cece's music so that everyone can hear it and dance. Occasionally, the leader will stop the music, and everyone must freeze. Whoever keeps dancing is out for that round, but those who freeze can dance again when the leader re-starts the music. The last player still in at the end of the round wins the round.



Day 3: The Lord's Prayer Activity Page 1

Guess the part of the Lord's prayer, based on its description. When you have figured out all of them, number the boxes to put them in order.

☐

(we say these words because God is Holy and Good)

☐

(we end in this way because we want it to be like this)

☐

(we say these words to ask God to deliver us from evil and protect us from the Evil One)

☐

(we begin like this because we are talking to Someone Who we know and love)

☐

(we say this to remember that if we want to be forgiven, we need to forgive)

☐

(we say this because God's Kingdom is all around us, and He is there)

☐

(we say this because we want to live in His kingdom now)

☐

(we say this because we trust God to feed our hungry body and soul)



Day 3: The Lord's Prayer Activity Page 2

Why do we pray the Lord's Prayer?

◁ ♪ ◇ ☼

↵ ★ ★ ♪

☆ ↵ ♥ ☼ ●

☼ ♥

Key:

↵ answered

◇ asked

♥ by

♪ disciples

☆ He

↵ how

☼ Jesus

♪ pray

♥ prayer

★ should

☼ teaching

◁ the

● them

☼ this

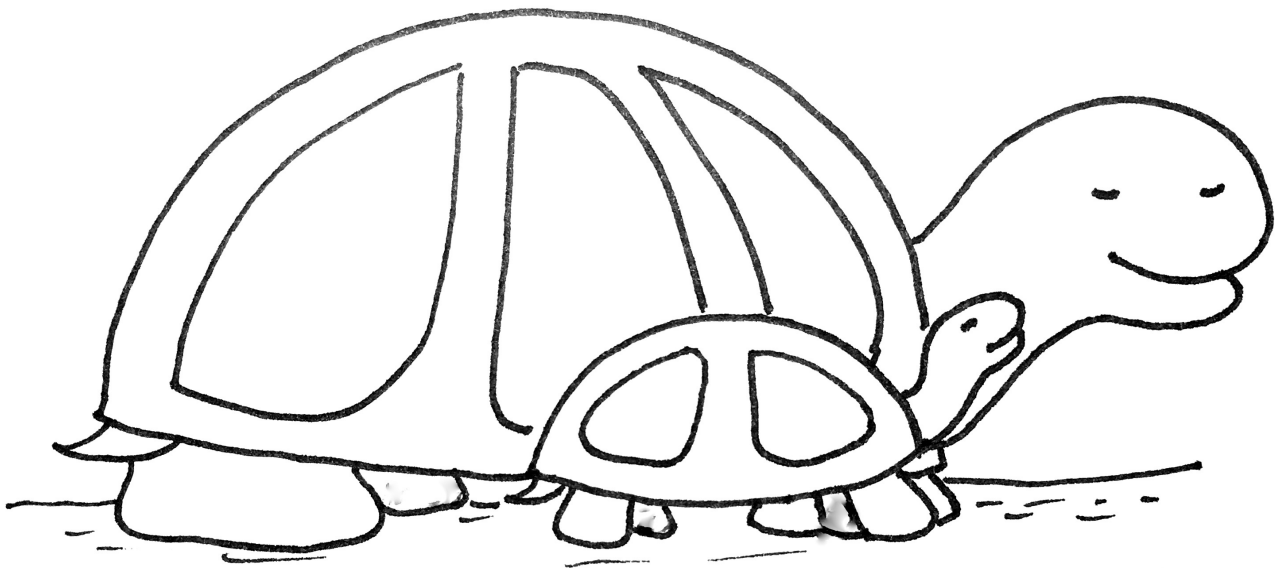
★ we

What is your favorite part of the Lord's Prayer? Draw or write about it here:



Day 3: The Lord's Prayer Activity Page 3

I CAN PRAY
THE LORD'S
PRAYER.



Our Father

who art
in

Heaven

hallowed

be Thy name



Thy Kingdom come

Thy

will

be
done

on
earth

as it is

in
heaven

Matthew 6:9-10

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.

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 the evil one.

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,
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