

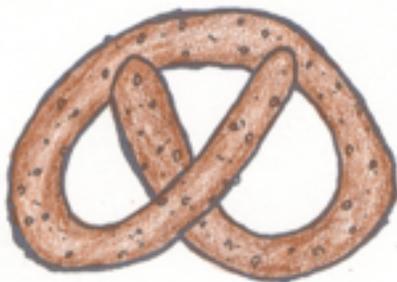
## Praying The Lord's Prayer with Prayer Beads



Pray The Lord's Prayer silently, moving a bead from one end of the ribbon to the other for each phrase you pray.

# Pretzel Prayer

Back in the time of the early Christians in the Roman Empire, people gave up eating milk, eggs, and fat during Lent (the six weeks before Easter) because they were rich foods, and giving them up was a way to focus more on God than what they were eating. They made their bread from just flour, salt, and water. They formed this bread into little shapes that reminded them of two arms crossed in prayer and they called them “bracellae,” which was the Latin word meaning “little arms.” Many years later, the people in Germany began to call them “betzels” and eventually that turned into “pretzel.” For hundreds of years, pretzels were only eaten during the six weeks of Lent. With the arrival of Easter, they would disappear for another year.



Pray The Lord’s Prayer silently, folding your arms like a pretzel in this old way to pray. After the “Amen,” take a pretzel to eat.

# The Lord's Prayer Litany

A litany is a type of prayer or worshipful reading that includes a phrase or sentence which is repeated often within it. Usually it is a sentence that praises God in some way, but it could be something else that fits the prayer as well. Sometimes this phrase is read by the entire congregation while a leader reads the rest of the prayer. Have you experienced one of these litanies in our worship at UCC North Hampton?

The Lord's Prayer is written out for you below with space provided between the phrases for you to add a repeated phrase. If you need some help thinking of what to write, look up the first verses of Psalm 18, Psalm 23, Psalm 90, Psalm 104, Psalm 139, Psalm 141, or Psalm 143 in your Bible.

Our Father, who art in heaven, hallowed by they 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.

For thine is the kingdom, and the power, and the glory forever.

Amen.

# Choreograph The Lord's Prayer

If dance and body movement is your thing, choose meaningful hand motions and dance moves to illustrate the words and meaning of The Lord's Prayer.

Work with a partner if there is another person in the class who is a dancer.

The words are printed below for you to make notes about the movements you choose.

Share your Lord's Prayer Dance with the class at the end of the session.

Our Father, who art in heaven, hallowed by they 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.

For thine is the kingdom, and the power, and the glory forever.

Amen.

# Write The Lord's Prayer in Your Own Words

The Lord's Prayer is typed out below with space in between each line so that you can re-write this prayer in your own words.

Share it with the class at the end of the session, but only if you want to.

Our Father, who art in heaven, hallowed by they 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.

For thine is the kingdom, and the power, and the glory forever.

Amen.

Draw The Lord's Prayer

# The Lord's Prayer in a Labyrinth

## What is a labyrinth?

Labyrinths are not mazes because there is only one path that leads to the center.

Labyrinths have been used for centuries as a form of prayer. It is a path to follow while talking with God.

Labyrinths have been around for a long time. Some have been found that are estimated to be 4000 years old.

## Making a Lord's Prayer Labyrinth

Using your finger or the eraser side of a pencil, start at the opening at the bottom and trace your way through the labyrinth to the middle and then back out to see how the path works.

Then write the words of The Lord's Prayer in the path, putting each phrase in a different part of the labyrinth.

Now run your finger or pencil through the labyrinth again, this time praying the phrases of The Lord's Prayer silently as you move over them.

If you have time, color the path of this labyrinth in rainbow colors.

