

Sunday morning
teaching plan

Date:
1st March
2026

TITLE:	The Lord's Prayer
THEME:	The Life of Jesus
AIM:	To understand the meaning and importance of prayer through the prayer Jesus taught us.

BACKGROUND AND CONTEXT

The Lord's Prayer. A lot of people have heard of it, and a surprising number of people can recite some, if not all, of it. It's not something that ignites an enormous amount of enthusiasm, maybe something that you repeat but at the same time have no idea of what you're really saying.

We don't want them to think prayer is all about meaningless repetition.

Prayer can be really hard. We find it hard to know what to say, where to start, and so we put it off for another day.

But Jesus knew this, so he gave us something to help us. Something to help guide us when we pray. Something to help put the whole thing, and life in general, in perspective. He gave us The Lord's Prayer.

Prayer doesn't have to be long and fancy full of long and fancy words. Prayer is something that can be done at anytime, anywhere. And the guidelines that Jesus gave us in The Lord's Prayer can really help us in it.

WARM UP

Put the Maltesers in a bowl in the middle of the group. Each person needs a straw and a cup. You also need one dice.

Roll the dice and pass it around the circle.

If someone gets a 6 they have to try and get as many maltesers into their cup using the straw to suck them up.

The game ends when the Maltesers do.

MAIN TEACHING

How do we Pray

Ask:

- Do you find it hard to pray?
- Do you do it often or routine? Does anyone use a structure to pray? (eg STOP sorry, thanks, others, please).

Matthews 6:5-8

- What is encouraging in this passage?

Complete worksheets as a whole group or in small groups.

The Point: To think about the different themes that we might follow when talking to God. Jesus understood that prayer isn't always easy. He would set time aside in His busy life to priorities it and He gave us the Lord's prayer to help us structure our prayers and understand what we should be talking about with God. The bible teaches us to pray continuously, not because it is hard don't bother.

Rewrite

Ask:

- Can anyone recite the Lord's prayer?
- Where did they learn it? Why do we say it? What does it mean?

Hand out versions of the Lord's prayer.

Ask:

- Which one they like the best and why?
- Which bit from the prayer they think is the most important, or which bit stands out most to them.

Go through your favourite version of the prayer and highlight parts of the prayer that involve saying THANKS, then parts that say PLEASE, and finally parts that say SORRY.

Discuss what each bit means and the structure of the prayer. Is it significant that the prayer starts and ends with thanks and how amazing God is? Can we learn from this structure?

Task:

In groups come up with their own version of the Lord's Prayer – it must contain the same basics, but they can use their own words to express it.

The Point: Jesus gave us this prayer for a reason, it wasn't just to repeat in a bored voice not knowing what you are saying – these words mean something! Jesus taught us the Lord's Prayer because it gives us the different things we should think about and include when talking to God – it helps us get the balance right.

To finish have a time of prayer and the groups can read out their prayers.

TAKEAWAY

Sometimes when we are really struggling with a difficult situation it is hard to bring it prayer before God and this is where we need people around us to help us and pray on our behalf. Is there someone you could pray for this week?

EXTRA INFORMATION

Maltesers

Straws

Bowl

Cups

Worksheets x2

Highlighters.