



NEWMAN INSTITUTE

KNOWING, LOVING AND SHARING THE FAITH

Christian Prayer Session 2: The Lord's Prayer – "Our Father"

TIME	ACTIVITY	GOAL	CONTENT
5 min.	Introduction	Preview the session themes, and reflect on how the Lord's prayer orders one's life	Question of the session: How can the Lord's Prayer transform my daily living of the Gospel?
10 min.	Opening Prayer	Introduce a Taize meditation on the love of the Father	Sing "Ubi Caritas" and then slowly pray the "Our Father" together
15 min.	<u>Small Group Activity:</u> "My Father and your Father..."	Discuss "fatherhood" with a neighbor	Describe the attributes of a loving father, and reflect on why Jesus wants to give us his Father as our Father
20 min.	<u>Talk #1:</u> The Summary of the Whole Gospel	Describe who the Father is and how the "Our Father" prayer sums up the Bible	*Talk w/powerpoint slides and video clip: St. Therese of Lisieux's "Little Way" of spiritual childhood
15 min.	<u>Standing Activity:</u> "Mind Mapping" the Petitions	Reflect on personal connections with the petitions of the Lord's prayer	Discuss one petition which you find most compelling, most comforting or most challenging
25 min	<u>Talk #2:</u> The Seven Petitions	Discuss the seven petitions of the "Our Father"	*Talk w/powerpoint slides *Video clip: Armor of God
20 min.	<u>Small Group Activity:</u> Promoting Petitions	Relate an assigned petition to a person or event which embodies it, or Scripture passage that helps explain its significance	Create a billboard which highlights associations (people, events, other Scripture passages, symbols, etc.) for one of the seven petitions
5 min.	Review	How can the Lord's Prayer transform my daily living of the Gospel?	*Return to the opening question and main themes of the session *Preview recommended follow-up: read US/CCA, ch. 36.
5 min.	Closing Prayer	Meditate on the Lord's Prayer	Watch Our Father video meditation; then stand and recite a guided meditation on the Our Father, incorporating prayer gestures...