



# Lord, teach us to pray...

A prayer station cycle by Erica Schemper.

*Station 1:*  
Our Father in heaven,  
hallowed be your name,

*Matthew 7:7-9*

If God is our Father, we can pray about anything. And remember—God is not just any parent, but the PERFECT parent: God will never judge you for what you ask for, ignore you because of busy-ness, or give you something that isn't good for you. And because of who God is, God knows the deepest things in your heart, even the things it's hard to put into words.

Take a few minutes to sit and think about the things you want to pray to God about.

Some of those things you're probably comfortable sharing with others: write those things on the prayer wall.

Other things you might want only God to know. Take a heart and tape it to the prayer wall.

*Station 2:*

Your kingdom come, your will be done,  
on earth as it is in heaven.

*Revelation 21:1-4*

Things in the world are not the way God intended them to be: sin, sickness, disease, disasters, injustice, and more get in the way of the perfect world God created.

When we pray this part of the prayer, we ask God for a picture of how the world ought to be, we commit ourselves to work to make the world a better place, and we dream of the day when God will make everything new and restore the world to the way it's supposed to be.

Draw a picture of the way the world is supposed to be. It doesn't have to be the whole world, maybe just a little piece of it (enough food for all everyone, people living in peace, a clean environment, no more wars, no more death, no more crying... ). Pray while you draw—tell God what you like about this picture, how badly you want the world to be this way. Hang your picture with the others.

*Station 3:*  
Give us this day our daily bread.

*Psalm 147:7-9*

Maybe you think of bread as the most boring food, and you'd rather ask God to give you your daily Cheetos.

But bread is one of the most basic foods there is. It takes a lot of work, though. Think about the time to let it rise, to knead, to bake... Taste some bread if you want, and think about everything that had to happen to make it.

When we ask God for daily bread, we're asking for the basic things we need to survive.

There are two lists here: "The Basics" and "Extra Blessings". Add to the lists—the basic things God has given you to survive—and the extra, amazing blessings God gives you.

Take some time to thank God for all these gifts.

*Station 4:*

# Forgive us our debts as we forgive our debtors.

*Matthew 18:23-34*

This is a scary part of the prayer. Think about it: we tell God to forgive us *IF* we're willing to forgive other people. And how often are we actually unwilling to forgive someone else?

Usually, we carry around the weight of many things we have a hard time forgiving: people we hold a grudge against, some resentment about how someone treated us once, something that we think was unfair, even a funny look someone gave us a long time ago, all sorts of things we just can't let go off.

Spend some time thinking honestly about some of the things you carry around and have a hard time forgiving. Pick just one thing that you that you haven't forgiven someone for. When you've picked something, take a stone from the pile. Hold the stone, feel it's weight in your hand. Ask God to give you the strength to let go of that one thing. And maybe, eventually, the strength to reconcile with that person—to tell them they are forgiven, and to start fresh with them.

Let go of the stone—let it drop into the water.

And then remember—when you were baptized, God forgave you, forgave you in advance. Because of that water, God gives you a fresh start every time you need to be forgiven.

*Station 5:*

And lead us not into temptation, but  
deliver us from evil.

*Psalm 23*

If you want to get where you're going, you have to stay on the path. The Bible often talk about life as a journey: you've got to put one foot ahead of the other, and you have to go in the right direction. If you go off on a detour, there'll be trouble.

It's God who can keep us on track. And we can trust God to be a good guide. Think of the sheep in Psalm 23: the Lord leads in safe places, places that are good for them, where they can eat and rest and be restored.

What are the things that distract you, that pull you away from God's path? If you want, write some of these things on the arrows pointing away from the path.

Read Psalm 23 slowly again, then pick a phrase from the Psalm that stands out in your mind (maybe "in paths of righteousness" or "he leads me" or "restores my soul"). Walk slowly on the path, and repeat that phrase in your head, slowly, with each step. Think about that phrase, meditate on it, ask God to lead you and keep you from distractions.

*Station 6:*

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

*Psalm 150*

Has someone ever paid you a compliment that was really all about themselves? (“You’re the most popular person in class: you have more people at your birthday party than anyone else all year, because I came, and everyone wants to be where I am...”) Nice, huh?

Sometimes, this is what it sounds like when we praise God. (“God, you’re so great because you helped me to score the winning goal at our big game.”) That’s thankfulness for good things God does for us. It’s good to be thankful, but we shouldn’t forget to praise.

We forget that the world doesn’t revolve around us, and there are some pretty amazing things to praise God for that have nothing to do with ourselves. That’s what this part of the prayer is about: praising God just because God deserves praise, praising God for greatness that has nothing to do with the things God does for us.

Spend some time thinking about who God is, and what makes God great, even though it has nothing to do with you. Like the fact that God is infinite, bigger than the universe, completely loving, eternal, the creator of everything, the only one who is perfect... Add some of the things you think of to the sheets.

*The last act*

# Amen.

“Amen” means: yes, so be it, this is true, I agree. Saying it at the end of the prayer means this is YOUR prayer, not just one that you’re repeating from the Bible.

This is the prayer Jesus gave the disciples when they asked him how to pray. So, now that you’ve spent time with each piece of the Lord’s Prayer, make it your own.

Write your own prayer, just between you and God, using each of the following suggestions for parts.



***In your own words, write out the following parts of the prayer:***

<i>Let God know how close you feel, that you trust God hears you, and ask for anything that's on your heart.</i>	
<i>Ask God to change something that is wrong with the world.</i>	
<i>Thank God for providing the things you need, and ask God to continue.</i>	
<i>Ask God to give you strength to forgive someone you need to forgive, and ask for forgiveness for the things you've done wrong.</i>	
<i>Tell God about some of the things that make it hard for you to follow the path.</i>	
<i>Praise God—not because God does great things for you, but just for some of the reasons that God is so great!</i>	