



Parent/Guardian/Catechist - Just Teach Sheet

Week 2: Jesus Prayed Too

August Theme: Prayer & Personal Relationship with God

For Ages 7+ (with parent or catechist)

Focus: Learning to pray by watching Jesus



Weekly Goal

The child learns that Jesus prayed often—and that we can learn to pray like Him, especially by learning the Our Father.



What You'll Need

This sheet

A Bible (or just read aloud from this sheet)

A quiet space (like the prayer corner from Week 1)



Opening Prayer (*Use Daily*)

Say this slowly together at the start of each session or bedtime:

Jesus, You prayed to Your Father in heaven.

Help me to pray like You, with love and trust.

Teach me to speak to God and listen with my heart.

Amen.

Day 1 - Teaching: Jesus Talked to God

Say aloud:

Do you know what Jesus did before He did something really important?
He prayed.
Before choosing His friends, before feeding the crowds, even before dying
on the Cross—Jesus went to be alone and pray to His Father in heaven.

Ask:

“Do you think Jesus needed help from God?”

- Yes—Jesus prayed not because He was weak, but because He wanted to stay close to the Father.
- That’s what prayer is for: not just asking for stuff, but *staying close to God*.

Read Together – Luke 11:1–4

One day, Jesus was praying.
His disciples said, “Lord, teach us to pray.”
So Jesus said to them:
“When you pray, say: Our Father, who art in heaven…”

Ask:

“What does this tell us?”

- That Jesus wants us to pray like He did
- That Jesus *gave us* the Our Father to help us learn
- That we’re not alone—we pray *with Jesus*

Day 2 - Learning the Our Father

Say aloud:

Jesus gave us a special prayer to help us.
We call it the **Our Father** or the **Lord’s Prayer**.
This week, we’ ll learn it slowly—one line at a time.

Teach just this first part today:

Our Father, who art in heaven, hallowed be Thy name.

Ask:

“Who are we talking to?”

- Our Father! God is our loving Father in heaven.
- “Hallowed” means holy—so we’re praising His name.

Try this:

Clap each word as you say it. Do it three times.
Say: “This is how Jesus taught us to begin!”



Day 3 - Continue the Our Father

Add the next line:

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

Ask:

“What are we asking God to do?”

→ We want His *kingdom* to be here with us

→ We want to *do God's will* just like the saints and angels in heaven

Challenge:

Say the first two parts of the prayer now! Use hand motions to show “kingdom come” and “on earth.”



Day 4 - More of the Prayer

Add:

Give us this day our daily bread, and forgive us our trespasses,
as we forgive those who trespass against us.

Ask:

“What is ‘daily bread’?”

→ It means food, but also spiritual food—like Holy Communion!

→ Jesus feeds us in body *and* soul.

Ask:

“What’s forgiveness?”

→ Letting go of anger or hurt, like Jesus forgives us.

Role-play:

Practice saying, “I forgive you” with your child and talk about forgiving others like God forgives us.



Day 5 - The End of the Prayer

Add the final line:

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

Ask:

“What is temptation?”

→ Wanting to do something we know is wrong.

→ We ask God to help us choose the good.

Now say the whole **Our Father** slowly together.



Review & Repeat: Weekend Wrap-Up

Say aloud:

Let's see what we remember about the prayer Jesus gave us.

Questions (with answers):

Who gave us the Our Father?

→ Jesus

Why do we say it?

→ It teaches us how to pray like Jesus

What does “daily bread” mean?

→ Our food and spiritual nourishment

What are we asking when we say “forgive us”?

→ To be forgiven and to forgive others

Practice challenge:

Say the whole Our Father by heart. Can you do it with no help?



Closing Prayer (Any day)

Say the **Our Father** aloud together at bedtime or before meals.

Encourage your child to pray it slowly, from the heart.



Apologetics for Parents (Talking Point)

Some say we shouldn't use set prayers.

But Jesus gave us this one!

The Our Father isn't “empty words” —it's *Jesus' own prayer*.

We use both personal and memorised prayers in the Church, just like Jesus did.



Optional Extension (For Older Kids or Siblings)

Read CCC 2603:

“The evangelists have preserved two more explicit prayers offered by Christ during his public ministry. Each begins with thanksgiving.”

Ask:

“What do we learn from Jesus giving thanks?”

- Even Jesus thanked His Father.
- So should we—even for small things.