

# Parent/Guardian/Catechist - Just Teach Sheet

**Week 4:** Learning the Our Father

**August Theme:** Prayer & Personal Relationship with God

**For Ages:** 7+ (with parent, guardian, or catechist guidance)

**Focus:** Jesus Himself gave us a prayer — the *Our Father*. It shows us how to pray and what matters most to God.

## Weekly Goal

The child learns that the Our Father is the perfect prayer, given by Jesus, and begins to pray it with understanding and love.

## What You'll Need

This sheet

A Bible (Matthew 6:9–13 or Luke 11:1–4)

Prayer space (with candle, cross, or holy image)

Paper and crayons for activities

## Opening Prayer (Say daily)


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


Encourage your child to join in as they learn it by heart.

## Day 1 - Jesus Teaches Us How to Pray

Say aloud:

One day, Jesus' disciples asked Him, "*Lord, teach us to pray.*" Jesus answered with the Our Father. This prayer comes straight from His heart to ours.

 **Luke 11:1-2** – "Lord, teach us to pray... He said to them, 'When you pray, say: Our Father...'"

 Mini Homily Reflection:

Jesus gave us the words! We don't have to guess how to pray. When we say the Our Father, we are praying with Jesus Himself.

Ask:

"Who gave us the Our Father prayer?" (Answer: Jesus)

Practice:


Pray it together slowly. Let your child echo line by line after you.


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## Day 2 - "Our Father Who Art in Heaven"

Say aloud:

When we begin with *Our Father*, we remember God is not far away. He is close and loves us like the best Father.

 **Romans 8:15** – "You received the Spirit of adoption, by whom we cry, 'Abba, Father!'"

 Mini Homily Reflection:

God isn't a stranger. He made you, He knows you, He loves you, and He calls you His child.

Ask:

"What do you think God is like as a Father?"

Practice:

Draw a picture of you holding God the Father's hand. Place it in your prayer corner.


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## Day 3 - "Thy Kingdom Come"

Say aloud:

When we pray *Thy kingdom come*, we are asking Jesus to make the world full of His love, peace, and truth.

 **Matthew 6:10** – "Thy kingdom come, Thy will be done."

 Mini Homily Reflection:

God's Kingdom grows each time we love, forgive, and share. Every little act of kindness is building His kingdom.

Ask:

"What can you do today to help God's kingdom grow?"

Practice:


Do one small act of kindness for someone — in secret if possible.


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## Day 4 – “Give Us This Day Our Daily Bread”

Say aloud:

This line means two things: we ask God for food and the things we need every day, and we ask for the greatest bread — Jesus in the Eucharist.

 **John 6:35** – “I am the Bread of Life.”

 Mini Homily Reflection:

God cares about your stomach *and* your soul. He gives us food for the body and Holy Communion for eternal life.

Ask:

“What is one thing you need God’s help with today?”

Practice:

Say: “Thank You, God, for giving me what I need.”


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## Day 5 – Forgiveness and Protection

Say aloud:

The Our Father asks God to forgive us and to help us forgive others. It also asks Him to protect us from temptation and evil.

 **Matthew 6:14** – “If you forgive others their trespasses, your heavenly Father will also forgive you.”

 Mini Homily Reflection:

When we forgive, our hearts become lighter. God never gets tired of forgiving us, and He wants us to forgive too.

Ask:

“Is there someone you need to forgive?”

Practice:

Say: “Jesus, help me forgive like You forgive me.”

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## Weekend Wrap-Up – The Perfect Prayer

Invite discussion:

What line of the Our Father do you like most?

Why do you think Jesus wanted us to use this prayer every day?

How could praying the Our Father help you when you’re sad or worried?

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## Prayer Prompt or Journal Space

Encourage the child to finish this:

“The part of the prayer I like best is...”

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## Apologetics for Parents (Talking Point)

**Q:** “Why repeat a set prayer instead of just speaking freely?”

**A:** Jesus Himself gave us this prayer — repeating it is obeying His command. Catholics pray both memorised prayers (like the Our Father, Hail Mary, Glory Be) *and* personal prayers. Both matter. Repetition doesn’t make prayer “empty” (see Matthew 6:7); it makes it a strong foundation.

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## Optional Extension (Older children / adults)

Read **CCC 2759–2865** (the Catechism’s commentary on the Our Father).

Reflect:

The Our Father is “the summary of the whole Gospel.”

Every time we pray it, we renew our trust in God and unite our hearts with Christ’s.