

Teen Track – Just Teach Sheet

Week 4: The Our Father – More Than Words

August Theme: Prayer & Personal Relationship with God

Audience: Ages 13–18 (with catechist or independent study)

Focus: Jesus gave us the *Our Father* as the perfect prayer. For teens, the challenge is not only memorising it but letting it shape your choices, priorities, and daily life.

Weekly Goal

Teens learn that the Our Father is not just a “prayer we rattle off,” but a summary of the Gospel. Every line challenges us to live differently.

What You’ ll Need

This sheet

A Bible (Matthew 6:9–13; Luke 11:1–4)

Notebook/journal

A quiet space (bedroom, chapel, outdoors)


Opening Prayer (Say daily)

Lord Jesus,
You taught us to pray the Our Father.
Help me not just say the words,
but live them.
Teach me to honour the Father,
seek His kingdom,
forgive like You forgive,
and trust His care each day. Amen.

Day 1 – The Prayer Jesus Gave Us

Teaching:

The disciples asked: “*Lord, teach us to pray.*” He didn’t give a theory; He gave words. The Our Father is not just any prayer — it’s the *prayer of the Son to the Father*, which we join in by baptism.

 **Luke 11:1–2** – “When you pray, say: Father, hallowed be Your name.”

Reflection:

This prayer is short, but it contains everything: worship, trust, forgiveness, hope, and protection. It’s like a blueprint for discipleship.

Ask yourself:

Do I see the Our Father as “just routine” or as “my life’s mission statement”?

Practice:

Pray the Our Father slowly. After each line, pause. Let it sink in.

Day 2 – “Our Father”

Teaching:

Jesus didn’t say “My Father” but *Our Father*. That means prayer is never selfish. It’s always about being part of God’s family — the Church.

 **Romans 8:15** – “You have received the Spirit of adoption... we cry, ‘Abba, Father!’”

Reflection:

Calling God *Father* means trusting Him — even when His plan isn’t my plan. Saying *our* Father reminds me that faith isn’t private: it’s Catholic, communal, and global.

Questions:

Do I trust God as a Father, or do I see Him as distant?

Do I pray with the Church — or just when I feel like it?


Practice:

Pray the Our Father, imagining Christians worldwide saying it with you at that very moment.

Day 3 – “Thy Kingdom Come”

Teaching:

We’re not asking for a political empire but for God’s reign of truth, peace, and holiness to grow — starting in our own lives.

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

Reflection:

Every time I choose honesty over lies, purity over sin, forgiveness over bitterness, I help God’s kingdom grow.

Questions:

Where in my life do I resist God’s will?

How can I bring His kingdom into my school, family, or friendships?


Practice:

Write one area of your life where you need God’s kingdom to “take over.” Pray: “*Lord, reign there.*”

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

Teaching:

This means both material needs (food, health, shelter) *and* spiritual needs — above all, the Eucharist.

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

Reflection:

Every time you pray this, you’re asking God for everything you need to survive *and* to thrive in holiness. The Mass is the answer to this prayer: our true Daily Bread.

Questions:

Do I see the Eucharist as the centre of my life, or just a ritual?

Do I trust God to provide what I need today?

Practice:

Before your next Communion, pray silently: “*Give me today my daily Bread — Jesus, You are enough.*”



Day 5 - Forgiveness and Protection

Teaching:

The Our Father links God forgiving us with us forgiving others. Refusing to forgive blocks God's grace.



Matthew 6:14 – “If you forgive others, your Father will forgive you.”



Reflection:

To pray this line is dangerous — I'm asking God to treat me the way I treat others. Forgiveness is not optional for Christians.

Questions:

Who do I need to forgive right now?

Do I realise unforgiveness hurts me more than the other person?

Practice:

Pray the Our Father slowly. When you reach the forgiveness line, name one person and say: “*Lord, help me forgive them.*”

Weekend Wrap-Up - Living the Our Father

Reflect:

Which line of the Our Father challenges me the most?

How would my life look if I actually lived this prayer every day?

Do I treat this prayer as a quick recitation, or a call to conversion?

Journal Prompts

“The hardest line of the Our Father for me is...”

“This week, I will live the words by...”

Apologetics for Teens

Q: “Why do Catholics repeat the same prayers? Doesn't Jesus say not to use ‘vain repetitions’?”

A: Jesus condemned *empty babble* (Matt 6:7), not meaningful repetition. The Psalms repeat lines constantly — and Jesus Himself prayed the Our Father twice (Matt 6, Luke 11). Repetition helps truth sink in, like training the soul. Catholics use both set prayers and free prayers — both are biblical and necessary.

Optional Extension (for deeper study)

Read CCC 2759–2865 (Catechism on the Our Father).

Reflect: Why does the Church call it “the summary of the Gospel”?

Discuss: How does praying the Our Father unite us with Christians in every time and place?