



# Our Father



## SHARE

**your highs and lows**

Break into pairs.  
Listen carefully and  
record your partner's  
thoughts in the space  
provided. Then return  
to small group and  
share your friend's  
highs and lows.

MY HIGH THIS WEEK

MY LOW THIS WEEK

MY FRIEND'S HIGH THIS WEEK

MY FRIEND'S LOW THIS WEEK



## READ

**and highlight  
the theme verse  
in your Bible**

"Our Father in heaven..."

Matthew 6:9a



## TALK

**about how the  
Bible reading  
might relate to  
your highs  
and lows**

Choose from the options below to enrich your Talk Time. Invite group members to take turns leading one or more of the following:

## IMAGES

1. Choose either the cover photo, cartoon, ink art or painting by Dr. He Qi (back page).
2. Where are you in this work of art?
3. How might the art and the theme verse relate to each other?
4. How might the art relate to your highs and lows?

## ROLE PLAY

Assign roles and take turns acting out the following:

1. You invite a friend to a meal at your home. Before eating, you pause and say a prayer. Your friend asks, "What's that prayer all about?" How do you respond?
2. A friend says, "I don't believe in prayer. I prayed when my grandma was sick and she died anyway. Prayer doesn't work." How do you respond?

## QUESTIONS TO PONDER

1. What makes a good parent? How is God like this and more?
2. Do you think you can or should pray to God saying "Our Mother?" Why or why not?
3. What does the introduction to the Lord's Prayer have to say about the confidence we can have in coming to God with our needs?

## QUOTATIONS

Choose a quotation (right column) and share your thoughts and questions about it.

*If only God would give me some clear sign! Like making a large deposit in my name at a Swiss bank.*

**Woody Allen**

*Learning who God is by name is the answer to every situation in life.*

**Kay Arthur**

*I am ready to meet my Maker. Whether my Maker is prepared for the ordeal of meeting me is another matter.*

**Winston Churchill**

*Courage is fear that has said its prayers.*

**Dorothy Bernard**

*Faith is to believe what we do not see, and the reward of this faith is to see what we believe.*

**St. Augustine**



Write a definition...

**ABBA**

**FATHER**

**HEAVEN**

**THE LORD'S PRAYER**

**YAHWEH**



Escape to Egypt by Dr. He Qi (www.heqigallery.com)



**PRAY**  
for one another's  
highs and lows

Gather in a circle. Praise and thank God for your highs. Ask the Holy Spirit to be with you in your lows. Pray for your friend's highs and lows and for your world. Close in Jesus' name.

**Prayers for Highs**

**Prayers for Lows**



**BLESS**  
one another

Trace the sign of the cross on one another's foreheads or palms.

**REMEMBER  
1 THING**

When the disciples asked Jesus to teach them how to pray, he began with "Our father in heaven..." Jesus called God a loving parent. Believe it.



**FAITH**  
INKUBATORS

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