



Family Rosary Curriculum (FRC)

Catechetical Evangelization - Faith Formation & Sacramental Preparation



Week 2 - The Our Father

Parents - Instructions: Before beginning this lesson, please take a moment by yourself, or together as a couple, to read the scripture listed below. Take a few minutes to reflect on the passage, and read through the discussion questions.

Next, read the Scripture passage and the lesson to/with your child(ren). When you have finished reading through the lesson, discuss a couple of the questions below. Parents please be sure to share *your* answers, thoughts, and questions with your child(ren) as well.

Scripture Reading: [Matthew 6:5-15](#)

Virtue: Trust

“Lay all your cares about the future trustingly in God’s hands, and let yourself be guided by the Lord just like a little child.” ~ Saint Teresa Benedicta of the Cross (Edith Stein)

Theme: Calling out to God, and trusting in his love for us.

Parents - Read to/with Child(ren):

The *Our Father*, also called the *Lord’s Prayer*, is the prayer Jesus himself teaches the people to pray. Because Jesus taught it to us it should be considered one of the most important and powerful prayers we have. It is a short and very powerful prayer. When we pray the *Our Father*, we trust in God’s plan and love for us.

When a small child needs their mom or dad they will often call out to them, babies cry loudly to be heard when they are not old enough to speak. When we say, “Our Father who art in heaven” we are calling out to God our Father in the same way, trusting that he will hear us.

When we say, “Thy Will be done” we are asking God to help us follow him. He has a plan for us and for our families. We trust that God’s plan is the best and we want to follow it.

God loves us more than we could possibly know, and when we trust in him he gives us everything we need. That is what we ask - “Give us this day our daily bread”. We know he will take care of us.

Sins are the things that God does not want us to do, so in the *Our Father* we ask God to “Forgive us our trespasses”. Then we promise to be loving and kind, like him, when we say “as we forgive those who trespass against us”.

To finish the prayer we put all of our trust in God the Father to protect us and keep us close to him as we pray “Lead us not into temptation and deliver us from evil”. God is great, when we love him completely there is no temptation we can’t overcome, and no matter what happens in life he will always be there to save us.



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Discussion Questions (to help start the family conversation):

Young Child(ren) (& 1st Reconciliation/1st Communion Students)

1. What do you think is the most important part of this prayer?
2. How can you trust in God more?

Older Child(ren) (& Confirmation Students)

1. We pray that God's Will be done. What do you think God wants for you?
2. How can we be more forgiving like God?

Prayer: Each day this week, as a family, please pray the *Our Father*. Encourage your children and spouse to pray slowly and intentionally, and to think about what they are saying. Let them know they can trust that our loving God will hear them.

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Additional Resources:

<https://watch.formed.org/the-lord-s-prayer-praying-as-christ-taught-us>

http://www.vatican.va/archive/ccc_css/archive/catechism/p4s2.htm

