

## Lord's Prayer in Corona Times .....

1. If possible stand in a circle *(use photographs of loved ones if you live alone ?)*

2. With each section of the prayer here are the actions to learn:

Our Father - *hands (not joined) but stretched out towards each other*

Who art in heaven - *hands raised high*

Hallowed be thy name - *heads bowed*

Thy kingdom come - *make a gesture of invitation*

Thy will be done - *a salute*

On earth as it is in heaven - *stamp feet for 'earth' and then clap high above heads for 'heaven'*

Give us this day our daily bread - *hands out ready to receive*

Forgive us our sins, as we forgive those who sin against us- *hands clasped together in front of the body and then released; turn and wave hands with the people either side*

Lead us not into temptation but deliver us from evil - *hands together in front of the face, shielding away temptation and then one hand up as a stop sign*

For thine is the kingdom, the power and the glory- *one hand pointing up high; the other hand raised in a clenched fist; finally, both hands raised above the head high, with fingers spread*

For ever and ever - *draw a large circle in front of yourself with one hand several times*

Amen - *use the popular 'wind-up' Amen... with a long drawn-out 'A', accompanied by the imaginary cranking of a handle, and followed by the word 'men' being shouted loud along with a big clap of the hands*

3. Here are some ideas for a possible commentary as you learn the actions for the prayer:

i. It is a prayer without **me** or **I**

ii. It calls us to Christian community and not to individualism, as **together** we discover God

iii. He is **Father** (intimate) and **heavenly** (cosmic); a friend and King

iv. 'Hallowed' means very special and holy

v. It starts with God's rule, God's will and God's name!

vi. There is a Trinitarian pattern within the prayer: God provides (Father), God pardons (Son), God protects (Holy Spirit)

vii. Forgiveness is central

viii. The pattern of the prayer is: God, God, God, us, us, us, God, God

ix. 'Amen' means I agree

x. Each phrase is a signpost to lead us into the heart of God.

The our father – an action sheet

**Our Father** - *hands (not joined) but stretched out towards each other*



**Who art in heaven** - *hands raised high*



**Hallowed be thy name** - *heads bowed*



**Thy kingdom come** - *make a gesture of invitation*



**Thy will be done** - *a salute*

**On earth as it is in heaven** -

*stamp feet for 'earth' and then clap high above heads for 'heaven'*

**Give us this day our daily bread** - *hands out ready to receive*



**Forgive us our trespasses, as we forgive those who trespass against us** -

*hands clasped together in front of the body  
turn and wave hands with the people either side*



*and then released;*

**Lead us not into temptation but deliver us from evil** -

*hands together in front of the face*



*shielding away temptation*

*and then one hand up as a stop sign*



**For thine is the kingdom**



**the power**



**and the glory**



**For ever and ever** - *draw a large circle in front of yourself with one hand several times*

**Amen** - *use the popular 'wind-up' Amen... with a long drawn-out 'A', accompanied by the imaginary cranking of a handle, and followed by the word 'men' being shouted loud along with a big clap of the hands*