

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



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



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



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



the power



For thine is the kingdom



and the glory

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