REPEAT AFTER ME
For Families
HIGHLAND PARK UNITED METHODIST CHURCH
& MUNGER PLACE CHURCH

HPUMConline.org/repeat-after-me
Our Father, who art in heaven, hallowed be thy name.

Adoration means telling God how good he is and thanking God for his greatness towards us. The Lord’s Prayer starts with adoration. We begin by calling God “Our Father.” Our Father is a special name we can use to describe how great God is. When we say something is hallowed, that means we honor it as holy and treat that object with the highest respect and love.

**Ask:** What kinds of special names do we use in this family to describe each other? *For example, maybe you call someone honey or darling, or even silly nicknames like doodlebug.*

**Ask:** How do these special names describe our qualities or how we feel about each other? *For example, maybe you call someone doodlebug because when he was a baby he was so cute and squirmy.*

**Ask:** We call God “Our Father.” What do good fathers do? How is God like a good father?

### SETTING UP THE BIBLE READING

**Say:** Hannah was a woman who really wanted to be a mother, but she didn’t have any children and that made her very sad. She prayed and prayed that God would give her a baby. God heard her prayer and gave Hannah and her husband a baby named Samuel. There are two whole books in the bible about Samuel and in the first book, we can read about Hannah’s prayer after Samuel was born.

1 Samuel 2:1-2 (NIRV)

Then Hannah prayed. She said,

“The Lord has filled my heart with joy.
He has made me strong.
I can laugh at my enemies.
I’m so glad he saved me.
There isn’t anyone holy like the Lord.
There isn’t anyone except him.
There isn’t any Rock like our God.”

**Ask:** How does Hannah describe God? What special names might she have for God? *Example: Giver of Joy, My Strength, Holy One, My Rock*

**Make it personal:** Share with your kids about what names of God are special to you. Was there a time in your life when you learned to know God as a Provider, Healer, Friend…? Share about it.

### PRAY

Spend some time making a list of special names for God. Say a prayer and use these names to give God adoration.

### ACTIVITY - NAME OF GOD MEMORY GAME

Cut up some paper into equal pieces and write one name that describes God’s greatness on two of them, creating two identical cards. If you have very young children, you may want to add a simple picture by the word. Mix them up, place them face down and try to find matches.

Names you could write might include: Father, Creator, Provider, Protector, Savior, Peace, Love, Healer, Helper, Beginning and The End, Redeemer, The Truth, The Light, King of Kings.

With older children, or for extra fun, you could also use these cards to play charades.
Thy kingdom come, thy will be done, on earth as it is in heaven.

The “Kingdom of God” can be hard to understand. On the one hand, God’s kingdom can mean heaven, a time and place when we get to see God face-to-face, where there isn’t any crying or pain. God’s will, or what God wants to happen, is for us to love God with all our heart, mind, soul and strength, and to love our neighbors as ourselves. But because humans can make choices, good or bad, we don’t always follow God’s will. So in The Lord’s Prayer we ask that earth would look more like heaven, and that all of us would choose to live the way God wants us to.

Ask: What are some ways that earth does look like heaven? Examples: when people love one another, when we experience joy, when we worship God.

Ask: What are some ways that earth does not look like heaven? Examples: when people are sick or in pain, when people make bad choices, when people die and we miss them.

SETTING UP THE BIBLE READING

Say: Jesus makes it possible for us to experience heaven someday. Because he died on the cross and rose again, we know that we can have eternal life in heaven with him. But Jesus also was sent to teach people by his example how to make life right now look more like heaven.

Luke 4:14-21 (NIRV)

Jesus returned to Galilee in the power of the Holy Spirit. News about him spread through the whole countryside. He was teaching in their synagogues, and everyone praised him. Jesus went to Nazareth, where he had been brought up. On the Sabbath day he went into the synagogue as he usually did. He stood up to read. And the scroll of Isaiah the prophet was handed to him. Jesus unrolled it and found the right place. There it is written, “The Spirit of the Lord is on me. He has anointed me to announce the good news to poor people. He has sent me to announce freedom for prisoners. He has sent me so that the blind will see again. He wants me to set free those who are treated badly. And he has sent me to announce the year when he will set his people free.”

Then Jesus rolled up the scroll. He gave it back to the attendant and sat down. The eyes of everyone in the synagogue were staring at him. He began by saying to them, “Today this passage of Scripture is coming true as you listen.”

Ask: Jesus is saying that he was sent to bring the Kingdom of God to earth. Can you think of any examples of how Jesus did this? Examples might include stories of healing people, inviting people with no friends to be his friend like Zacchaeus, or raising Lazarus from the dead.

PRAY

Ask God to show your family how to help make earth more like heaven.

ACTIVITY - BUILDING THE KINGDOM

Build some kind of a kingdom as a family. This could be as simple as constructing something out of Legos or blocks. Maybe you want to build a fort out of sheets and pillows.

As you build, talk about some things you could do to make your home look more like heaven. This week, could you commit to being more kind with your words to each other? Could you practice forgiveness? Maybe you want to invite someone who might be lonely into your home, or find a way to serve as a family this week. Talk about how you could make your neighborhood, city, even the whole world look more like heaven.
WEEK THREE

Give us this day our daily bread.

God gives us what we need. The bible actually says in James 1:17 that “every good and perfect gift is from above.” When we pray, we can ask God to give us what we need.

Ask: What are some of the things that God has given you?

SETTING UP THE BIBLE READING

Explain: That the book of Job is like a conversation between a man named Job and God. That’s exactly what prayer is: talking to God. Job was having a terrible time. In this passage, God reminds Job that he is just a man and God is GOD. God wants to tell Job that he knows what Job needs and how to provide for him.

Exodus 16:11-15 (NIRV)

The Lord said to Moses, “I have heard the people of Israel talking about how unhappy they are. Tell them, ‘When the sun goes down, you will eat meat. In the morning you will be filled with bread. Then you will know that I am the Lord your God.’” That evening quail came and covered the camp. In the morning the ground around the camp was covered with dew. When the dew was gone, thin flakes appeared on the desert floor. They looked like frost on the ground. The people of Israel saw the flakes. They asked each other, “What’s that?” They didn’t know what it was. Moses said to them, “It’s the bread the Lord has given you to eat.”

Ask: What did you hear in this passage about what and how God provides? God provides the things we need, here it was food. He can do it even when it seems impossible – in the desert with nothing to cook!

Ask: The Israelites complained about what they didn’t have instead of trusting and asking God for what they needed. How can we learn from their experience? Explain that God is fine with us asking for what we need. When we do ask God, it helps us remember that he’s the one who provides for us.

PRAY

What are some things you need for today? Pray and ask God to give you what you need.

ACTIVITY - BUILDING THE KINGDOM

Cook a meal together as a family. Bonus points if you make some bread of any kind. As you cook, talk specifically about how God provides so that your family is fed. Does someone in the house have a good job, where they get to do something with their talents and in exchange they get money and get to buy groceries? That’s amazing! Talk about it and be grateful. Maybe there has been a time when your family needed someone to bring them a meal because someone was too sick or too sad to cook, or because a new baby was born. Sometimes God’s provision looks like friends and family showing up to help with food to share.
WEEK FOUR

And forgive us our trespasses as we forgive those who trespass against us.
This week we are focusing on God’s forgiveness and how we’re asked to forgive as well. When we pray to be forgiven of our trespasses, it means that we are asking God to forgive us of the things we’ve done wrong. We want God to forgive us in the same way we forgive other people.

| Ask: What are some examples of ways we trespass against God?

SETTING UP THE BIBLE READING

This reading is from the Gospel of Matthew, a book that contains a lot of stories about Jesus’ life and from his teachings. When Jesus wanted to teach something that was hard to understand, he would often tell stories about familiar things to explain the big idea. He might explain things to you by talking about Legos or Disney movies. Those stories are called parables.

Matthew 18:23-35 (NIRV)

“The kingdom of heaven is like a king who wanted to collect all the money his servants owed him. As the king began to do it, a man who owed him 10,000 bags of gold was brought to him. The man was not able to pay. So his master gave an order. The man, his wife, his children, and all he owned had to be sold to pay back what he owed.

“Then the servant fell on his knees in front of him. ‘Give me time,’ he begged. ‘I’ll pay everything back.’ His master felt sorry for him. He forgave him what he owed and let him go.

“But then that servant went out and found one of the other servants who owed him 100 silver coins. He grabbed him and began to choke him. ‘Pay back what you owe me!’ he said.

“The other servant fell on his knees. ‘Give me time,’ he begged him. ‘I’ll pay it back.’

“But the first servant refused. Instead, he went and had the man thrown into prison. The man would be held there until he could pay back what he owed. The other servants saw what had happened and were very angry. They went and told their master everything that had happened.

“Then the master called the first servant in. ‘You evil servant,’ he said. ‘I forgave all that you owed me because you begged me to. Shouldn’t you have had mercy on the other servant just as I had mercy on you?’ In anger his master handed him over to the jailers. He would be punished until he paid back everything he owed.

“This is how my Father in heaven will treat each of you unless you forgive your brother or sister from your heart.”

Ask: Is there anything hard about forgiving other people?

Ask: Has anyone ever forgiven you? How did it make you feel?

ACTIVITY

Round up some things around your house that are heavy. Have your kids load up your arms until it’s almost too much to carry. Then try to walk around. Let your kids take a turn trying to carry the heavy things.

Talk about how this is like forgiveness. When God forgives us (and God ALWAYS forgives us) it’s like laying down a heavy burden. When we don’t forgive other people, it’s like choosing to carry all these heavy things all the time because we carry around anger and bitterness. When we choose to forgive, we can experience peace and relief – just like setting those heavy things down.
WEEK FIVE

And lead us not into temptation, but deliver us from evil.

People feel tempted when they see an opportunity to make a wrong choice. We often know the choice is wrong, but we think we’ll gain something from making that choice – coolness, popularity, fun, etc.

| Ask: Has that ever happened to you? When? What was it like?

We know that being tempted isn’t a sin because the Bible says Jesus was tempted. But, as Christians, we have to know how to be strong enough to make the wise choice even when we are tempted.

When we ask God to “deliver us from evil,” it means that when tempted, we can rely on God to provide a way out of that situation. God is always there to help us when we are at risk of making a bad choice.

| Ask: So, when you felt tempted, what choices did you see? What choice did you make?

SETTING UP THE BIBLE READING

This week’s reading is in Ephesians, and it was written by Paul giving advice to Christians in another city.

Ephesians 6:10-18 (NIRV)

Finally, let the Lord make you strong. Depend on his mighty power. Put on all of God’s armor. Then you can remain strong against the devil’s evil plans. Our fight is not against human beings. It is against the rulers, the authorities and the powers of this dark world. It is against the spiritual forces of evil in the heavenly world. So put on all of God’s armor. Evil days will come. But you will be able to stand up to anything. And after you have done everything you can, you will still be standing. So remain strong in the faith. Put the belt of truth around your waist. Put the armor of godliness on your chest. Wear on your feet what will prepare you to tell the good news of peace. Also, pick up the shield of faith. With it you can put out all the flaming arrows of the evil one. Put on the helmet of salvation. And take the sword of the Holy Spirit. The sword is God’s word. At all times, pray by the power of the Spirit. Pray all kinds of prayers. Be watchful, so that you can pray. Always keep on praying for all the Lord’s people.

Ask: How does the Bible say we can arm ourselves against temptation? Talk about how truth, godliness, peace, faith, salvation, the Holy Spirit and God’s word can help.

ACTIVITY

Go outside and create a relay race. Work together as a family to find objects and articles of clothing to represent each part of the armor of God.

- A belt of truth
- Armor of godliness
- Shoes of peace
- Shield of faith
- Helmet of salvation
- The sword of the Holy Spirit

Lay the objects out in the yard and take turns running the course and dressing up in the armor of God. If y’all are the competitive type, set a timer and see who in the family can run it the fastest.
For thine is the kingdom and the power and the glory forever. Amen.

The word “forever” is hard for us to understand. We’ve only been alive a certain amount of years and it’s hard to imagine time going on and on and on. But the Bible tells us that God will be in charge forever and that once we’re in God’s family, we get to witness it all!

**Ask:** When you think about the word “forever”, what comes to mind?

**Ask:** If you knew you would be in power forever, like God will be, what are some things you would do? *These probably won’t all be super holy answers like “offer world peace” and that’s ok.*

**Ask:** Since God will be in power forever and we get to witness it, what do you think we’ll see?

For us, as Christians, it’s great news that God’s kingdom will keep power and glory forever. God protects us, loves us, and gives us the things we need. God is, has always been, and always will be good so we have reason to celebrate that God’s kingdom will reign forever!

**SETTING UP THE BIBLE READING**

This week’s reading is a Psalm where the writer is talking all about how great it is that God has and will reign forever. Read it with a lot of excitement and gusto because that’s how the writer meant it!

**Psalm 93 (NIRV)**

*Indeed, the world has been set in place.*

*It is firm and secure.*

*Lord, you began to rule a long time ago.*

*You have always existed.*

*Lord, the seas have lifted up their voice.*

*They have lifted up their pounding waves.*

*But Lord, you are more powerful than the roar of the ocean.*

*You are stronger than the waves of the sea.*

*Lord, you are powerful in heaven.*

*Your laws do not change, Lord.*

*Your temple will be holy.*

*for all time to come.*

**Ask:** What makes it clear that the writer is excited about God’s power lasting forever? *He talks about great things God has done. He also talks about how strong and powerful God is.*

**Ask:** We know that we get to experience God’s power and glory forever once we decide to follow Jesus. Do you have any questions about how to follow Jesus? *If this talk turns into what it looks like to accept Jesus, that’s awesome! Remember, key points to hit are: we’ve made poor choices that separate us from God because he has no sin; Jesus, who was also sinless, died to take away our sins and then rose again; all we have to do is accept that gift of grace and we are part of God’s family forever.*

**ACTIVITY**

Throw a party! We want to celebrate that God is in control forever and that his power and glory will reign forever! So, put up some streamers, blow up some balloons and bake or buy a fun, sweet treat. Offer up a few hip-hip-hoorays for God and how great he is and how excited we are that he will reign forever!