

The Lord's Prayer

Lessons for youth (18-35 years)

Lessons without worksheets

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1. Our Father which art in Heaven
 2. Hallowed be Thy Name
 3. Thy Kingdom come
 4. Thy will be done in earth, as it is in Heaven
 5. Give us this day our daily bread
 6. And forgive us our debts, as we forgive our debtors
 7. And lead us not into temptation, but deliver us from evil
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Lesson 1 Our Father which art in Heaven

Materials

- Bible
- Chalk
- Blackboard

1. Welcome (10 min)

- Welcome everyone
- Explain that these lessons for youth will teach them the Lord's Prayer
- In every lesson we will read the Bible, because all the lessons are based on what the Bible teaches

Practical information

- The lessons are for youth from 18-35 years old
- Every lesson will start at o'clock. Don't be late, otherwise we'll run out of time
- It's important to attend all lessons
- The students need to bring a Bible to the lessons. We will need them during the lessons.
- In the last lesson we'll write an exam (the teacher will choose if the exam will be written or not). It won't be difficult to pass the exam if you attend all lessons.

Explain the rules

- No children younger than 18 years old. Don't come with little children or babies
- Don't walk in and out during the lesson. Go to the toilet before the lesson starts
- Be serious and listen to the teacher. Feel free in participating.

- Ask if the students have questions
- Ask God for a blessing for this lesson

2. Our prayers (15 min)

- Ask the students if they are used to pray. If yes, ask them where they pray.
- Ask them what they pray. Write their answers on the blackboard.
- Ask them why they pray.
- Explain the reasons for praying:
 1. We depend on God. He is our Creator and Owner. We depend on Him for health, rain, wisdom and everything else. We also need Him in our spiritual lives: salvation, purification and everything else.
 2. Praying is a way to praise God. Praying is a way to acknowledge that He alone is God. He deserves our praises and worship. Praying is a way to praise Him for everything He gives us.
- Explain that praying is not about receiving, but about a relationship. Often, we love someone when we receive something. But God wants us to love Him always: when He gives and when He doesn't.

3. Why learn the Lord's Prayer (10 min)

- Ask the students how they know what to pray. Who taught them?
 - Explain that when Jesus was on earth, His disciples asked Him what they should pray (Luke 11.1).
 - Read for them the Lord's Prayer as it is written in Matthew 6.9-13.
 - Explain that we will be learning the meaning of the Lord's Prayer because it is an example of what to pray and we received it from Jesus Himself.
 - The Lord's Prayer contains:
 1. Praising God
 2. Asking for what we need in our daily lives
 3. Asking for what we need in our spiritual lives
 4. Praying for other people
- So, this prayer is an example for all our prayers.

4. Explanation of 'Our Father which art in Heaven' (15 min)

- Tell the students to think about the fathers in their lives: biological fathers (whether you know him or not), other men who raised us and also other people who are like a father to us.
- Explain that in our lives, not everyone who is called 'father' is a good father. Ask them what a good father does. We need to pray for bad fathers that they change their behaviour and we need to help them to stop doing bad things.
- When we say 'Our Father which art in Heaven' we do not pray to our earthly fathers but to another Father. We pray to God. God is a good Father.
- When we say 'Our Father', we confess that:
 1. God is our Creator.
He made us to be alive. We want to honour Him by calling Him Father.
 2. We are God's children.
If our sins are forgiven, we are God's children; we are in a good relationship with God (don't explain too much as they will learn more about it in lesson 6)
Explain that it is possible to say that we are God's children, while we aren't. Just saying that we are God's children, doesn't cause us to be so. But Jesus changes people to be God's children. Tell them to think about it: 'Am I a child of God? Do I have the right to say that He is *my* Father?'
- We say *our*, because God has many children who believe in Him
- When we say *in Heaven* we acknowledge that God is greater than anyone on earth. He is almighty, the Owner, the Ruler and He knows everything.

5. Bible-study: What kind of a Father is God? (20 min)

- Let the students open their Bibles.
- Read together Luke 15.11-24.
- Make small groups. In every group the youth have to discuss the following questions (write them on the blackboard).

Questions

1. Explain what happened in the story.
2. The youngest son went back to his father when he realised that everything was good at his father's house. What about you, have you already returned to God and confessed your sins?
3. What did the father do when he saw his youngest son returning home? Was the father happy?
4. What can we learn from this story with regard to God the Father?

- After discussing in small groups, discuss together their answers. Correct their mistakes. The right answers are as follows:

1. Explain what happened in the story.

Answer: A father had two sons. The youngest son asked for his heritage and went to a far country to celebrate there. When his money was gone, he understood that life would be difficult. He went back to his father's house and agreed that he had done wrong. When he reached home, his father was waiting for him and was merciful towards him.

2. The youngest son went back to his father when he realised that everything was good at his father's house. What about you? Have you already returned to God and confessed your sins?

Answer: let everyone answer for himself/herself

3. What did the father do when he saw his youngest son returning home? Was the father happy?

Answer: the father ran, fell on his neck and kissed him. He was very happy.

4. What can we learn from this story with regard to God the Father?

Answer: God wants sinful people to return to Him. He is merciful and welcomes all lost sinners who come to Him.

6. To say the Lord's Prayer

- Say together the Lord's Prayer until everyone knows it.
Our Father which art in Heaven,
Hallowed be Thy Name.
Thy Kingdom come,
Thy will be done in earth, as it is in Heaven.
Give us this day our daily bread.
And forgive us our debts, as we forgive our debtors.
And lead us not into temptation, but deliver us from evil
For Thine is the Kingdom, and the power, and the glory, for ever.
Amen.

7. Finish (5 min)

- Repeat the meaning of 'Our Father which art in Heaven'.
- Pray.

Lesson 2 – Hallowed be Thy Name

Materials

- Bible
- Chalk
- Blackboard

1. Welcome (5 min)

- Welcome everyone
- Pray
- Repeat in short what was taught in lesson 1

2. The meaning of 'Hallowed be Thy Name'

- Ask the youth for the meaning of 'Thy Name' and 'Hallowed'
- Explain:
 - Thy Name = the Name of God = God Himself
 - Hallowed = praised, honoured
 - Hallowed be Thy Name means that we pray that the Name of God (which is God Himself) may be honoured.
- Ask the youth in which ways we can glorify God's Name.
 - Answer: we can glorify Him in everything we do and say
- Explain that in this lesson we will think about honouring God in what we say.

3. Using our voice to praise God

- Tell the students to come up with examples of what we can use our voice for.
 - Answer: for example: to speak, to instruct, to gossip, to ask for help, to pray.
- Ask them why God has given us a voice.
 - Answer: God gave us a voice so that we could honour and praise Him. So, we must use our voices in such a way that we honour and praise God.

4. The meaning of the word 'hallelujah'

- Ask the youth for the meaning of the word 'hallelujah'
- Explain that the word 'hallelujah' is derived from the Hebrew word 'Halleluya'. Hebrew is the original language of the Bible. The word 'Halleluya' in Hebrew means 'Praise the Lord'. In the Bible the word 'hallelujah' is used to give God praises and also to praise Him for who He is and for what He does (Revelation 19.1 and 6, Psalm 106.1 and 48, Psalm 150.6).
- We are only allowed to use the word 'hallelujah' when we praise God and we aren't allowed to use it to silence the congregation. When we use God's Name in a wrong way, we don't honour His Name but we sin!

5. Case-study (10 min)

- Tell the students the following story:
 - Judith and Faides sit on the mat in front of their house. They're chatting. 'Did you hear that story about Sara?' asks Judith. 'Her husband suddenly died. People say that she poisoned him'. 'Yes, I heard', answers Faides. 'I think that Sara was jealous, because her husband slept with other girls'.

- Make four groups
- Every group has to answer the following questions that you write on the blackboard

Questions

1. What happened in the story?
2. What do we call the sin they committed?
3. Are there people in your village who speak like that?
4. Do you have such behavior of gossiping?
5. How could Faides have answered Judith in a good way?
6. Why is it bad to speak in such a way?

- Discuss the answers together after 10 minutes.

The right answers are as follows:

1. What happened in the story?

Answer: repeat in short what happened.

2. What do we call the sin they committed?

Answer: they gossiped. They spoke about something they hadn't witnessed. But even if we do witness something, we're not allowed to say bad things about someone else if we don't have a legitimate reason to do so.

3. Are there people in your village who speak like that?

Answer: let everyone answer for himself/herself

4. Do you have such behavior of gossiping?

Answer: let everyone answer for himself/herself

5. How could Faides have answered Judith in a good way?

Answer: for example: let's not just assume but pray for Sara and help her.

6. Why is it bad to speak in such a way?

Answer:

- Such behaviour destroys someone's good reputation without knowing if what you think is true
- Such behaviour can be a way to show pride: I am not so bad as someone else
- God wants us to love one another

6. Bible-study (30 min)

- Let the students open their Bibles.
- Read together James 3.1-12.
- Make small groups. Tell them to answer the following questions that you write on the blackboard.

Questions

1. What does James say about our tongue?
2. Explain verse 10.
3. Do you use your tongue in such a way as described by James in verse 10?

- Discuss the answers together. The correct answers are as follows:
 1. **What does James say about our tongue?**
 Answer: James said that our tongue is like the rudder of a boat or like fire. By using a small rudder, a big ship is turned. The same with fire: a small fire can burn many trees. The same with our tongue: our tongues are small, but if we use it wrongly, we can be troubled and trouble other people.
 2. **Explain verse 10.**
 Answer: God wants us to use our tongue for good things only. He doesn't want us to use it to speak bad things.
 3. **Do you use your tongue in such a way as described by James in verse 10?**
 Answer: let everyone answer for himself/herself
- Read for the students 1 John 3.18
- Ask them for the meaning of this verse. The right answer is as follows:
 We can say that we are Christians or that we love God, but we need to prove that with our behavior.

7. Saying the Lord's Prayer

- Say the Lord's Prayer together until everyone knows it.
 Our Father which art in Heaven,
 Hallowed be Thy Name.
 Thy Kingdom come,
 Thy will be done in earth, as it is in heaven.
 Give us this day our daily bread.
 And forgive us our debts, as we forgive our debtors.
 And lead us not into temptation, but deliver us from evil
 For Thine is the Kingdom, and the power, and the glory, for ever.
 Amen.

8. Finish (5 min)

- Repeat in short the meaning of 'Hallowed be Thy Name'.
- Ask the youth what they have learned from this lesson regarding their own lives.
- Pray.

Lesson 3 – Thy Kingdom come

Materials

- Bible
- Chalk
- Blackboard

1. Welcome (5 min)

- Welcome everyone and pray
- Repeat in short what was taught in lesson 2
- Explain that today we'll be thinking about God the King and His Kingdom. In our daily lives a king is someone very important. He has a lot of power. The people in his kingdom need to follow his instructions. In Zambia we have many kings (mfumu) who reign smaller parts of the country. We have a president who reigns the whole country.

2. To think about being the president of Zambia (5 min)

- Tell the students to think about what they want if they were the president of Zambia:
 - What would you want the people in Zambia to do?
 - What would your life look like?
 - What would you do for the Zambians?

3. Game: who reigns your life? (10 min)

- Explain that by looking at what we do in our lives, we can figure out what is most important to us
- Ask two of the youth to write their daily routine on the blackboard. Don't give them a lot of time to do this, just in short.
- Discuss together how we can see in our daily lives if Jesus is our King
Answer: for example, by going to church, reading the Bible, praying, asking God for help

4. Explain about 'God's Kingdom' (20 min)

- A kingdom is an area ruled by a king. So, God's Kingdom is ruled by God Himself
- Explain that God created heaven and earth and He reigns over everything and everyone. But Adam and Eve chose to sin, so they chose to be reigned by Satan, God's enemy. Since that time, everyone is in Satan's kingdom and therefore they sin. God is the highest King, but some people are reigned by Satan.
- God's Kingdom has two parts:
 - **His Kingdom has begun to come** (Luke 17.20 and 21, Matthew 4.17). When Jesus was on earth, He conquered Satan and sin to restore God's Kingdom: everyone whose sins are forgiven is in a new relationship with God and is in God's Kingdom: God is his/her King. True believers are reigned by God and they follow God. Jesus tells us to enter His Kingdom now (Matthew 6.33).
 - **His Kingdom will come.** God's Kingdom is not yet fully established. His glorious Kingdom will be seen when Jesus returns to earth. Everything will be renewed. Sins and sinful people will be removed and God will reign perfectly in glory.
- So, God's Kingdom is in people who are born-again and is about to come at the same time. It's like the sun: before the sun rises, its light can already be seen. The same with God's

Kingdom: God's Kingdom is not yet fully established on earth, but already seen in people who are born again.

- Explain the meaning of the prayer 'Thy Kingdom come'. We ask God if:
 1. He will be our personal King, that He will reign over our lives. We surrender ourselves to Him. We also pray that other people will be in God's Kingdom, so that His Kingdom on earth may grow.
 2. Jesus will return to earth soon to fully establish His Kingdom.

5. Bible-study (20 min)

- Tell the students to open their Bibles. Don't tell them to sit in small groups!
- Read together Matthew 6.33 and Acts 16.31. Answer together the following question:
What does this King expect from us?
Answer: He wants us to seek Him. We need to seek Him first instead of being busy with worldly things.
- Read together John 3.16 and Isaiah 53.3. Answer together the following question:
What did this King do for us?
Answer: He came on earth to die on the cross.
- Read together John 3.3 and Acts 2.38 and 39. Answer together the following question:
Have you already entered God's Kingdom?
Answer: let everyone answer for himself/herself
Explain that we aren't in God's Kingdom *unless* we're born again. Sometimes people think that they are born again because they're baptized, but baptism doesn't cause us to be born again (when we are baptized, we confess that we are born again Christians). Jesus alone converts people to be born again.
- Read together 1 Corinthians 6.10 and Matthew 7.21. Answer together the following question:
How can we know if we follow the King?
Answer: the fruits in our lives show us whether we follow or not. If we just continue doing the sins written in 1 Corinthians 6.10, we don't follow Jesus. But only if we do His will. Christians can sin, but they don't stay sinning.
- Read together Matthew 28.18-20. Answer together the following question:
How can God's Kingdom be extended to more people, according to these verses?
Answer: The Gospel needs to be preached. People need to hear the Gospel of Jesus Christ so that they may know and follow Him.
- Read together Luke 10.2. Answer together the following question:
Is there a task for you in God's Kingdom?
Answer: let everyone answer for himself/herself. There are different tasks, like helping the poor, singing in the choir, sweeping the church, preaching and many more things that need to be done in God's Kingdom.

6. Learning about Jesus' second coming (20 min)

The teacher needs to prepare this at home by reading 1 Thessalonians 4.16-17, Revelation 20.12, 2 Corinthians 5.10, Matthew 12.36 and Matthew 25.31-46

When teaching just explain, because of time.

Explain what will happen when Jesus returns. Explain that:

- When Jesus will come down from Heaven, everyone will hear a shout, the voice of the archangel. The trumpet of God will also be heard.
- Jesus will come in glory together with all the angels.
- Those who died in the Lord (people who are born again) will rise from the dead.
- Jesus will sit on His holy throne in great glory. He will open His books. Everyone will come before Jesus' judgement throne, because everyone will be judged. Everything will be revealed.
- Jesus will separate people, like a shepherd separates the sheep from the goats. The group of true believers will be welcomed into eternal life in His Kingdom. The other group of people who aren't saved by Jesus will be on His left hand. They will be sent to hell.

- Explain that we can't cleanse ourselves from any sin (a word, thought or deed), but we need to be punished in hell because of our sin (Romans 3.23). We sin because our heart is sinful. We need Jesus to cleanse us from our sins. If we depend on Jesus to save us and to bring us back into a good relationship with God, Jesus takes all our sins and purifies us so that we are ready to enter the Kingdom of Heaven. God's salvation is for free! (Ephesians 2.8)
- Explain that our good deeds don't cause us to be allowed into Heaven, but our good deeds are signs that we are born again. The only way to be born again and to enter Heaven is through Jesus who died to forgive the sins of His people. Our sins need to be removed before we die.

7. Repent before Jesus comes (5 min)

- Ask the students if they want Jesus to come again soon.
- Explain that Jesus will come again when the Gospel is preached to all the nations on earth (Matthew 24.14)
- Explain that Jesus is waiting to come again, because He doesn't want anyone to perish, but to repent, to be forgiven and go to Heaven (2 Peter 3.9)

8. Finish (5 min)

- Repeat in short the meaning of 'Thy Kingdom come'.
- Pray.

Lesson 4 – Thy will be done in earth, as it is in Heaven

Materials

- Bible
- Chalk
- Blackboard

1. Welcome

- Welcome everyone and pray
- Repeat in short lesson 3

2. Explanation of doing God's will

- Ask the youth the meaning of 'Thy will'
Answer: the will of God
- Explain that we do God's will when we obey Him
- Ask the youth how we can know what God wants.
Answer: God explains what He wants in the Bible. When we read the Bible, we know God's will. Knowing the Bible is very important!
- When we sin, we disobey and don't do God's will. Explain that we can sin in two ways:
 1. We sin when we do, think or say what God has forbidden. For example, thinking about stealing is a sin, gossiping is a sin, thinking something bad about someone else is a sin, adultery is a sin.
 2. We sin when we do not do, think or say what God commands us. For example, it is a sin not to help one another, not to honour God, not to do anything when someone defames God.
- Ask the students why we pray 'Thy will be done in earth, *as it is in Heaven*'
Answer: the angels in Heaven are always prepared to do God's will. So, when we pray this prayer, we ask God that we will always be ready to do His will in everything.
- Ask the students why we pray that God's will be done.
Answer: Because we trust Him that He knows what is the best. We believe that He is wise and good. We want to be humble.

3. Case-study (10 min)

- Read for the students the following story and make sure they understand it:
Manuel is used to going to school. He doesn't like school. He isn't serious in class and his teacher warns him three times. While going home, he meets a man selling oranges. The man's bike has fallen down and the oranges are spread everywhere. Manuel greets the man and continues on his way. When he reaches home, he feels hungry. His mother asks him, 'Manuel, go and get some tomatoes'. Manuel refuses and says, 'No, I am tired and hungry'. It is night. After bathing, Manuel goes to bed and falls asleep immediately. His Bible remains closed.
- Discuss together the following questions:
 1. **Name five good things that Manuel didn't do.**
Answer:
 1. He was not serious in school
 2. He didn't help the man

3. He didn't help his mother
 4. He didn't read his Bible before going to bed
 5. He didn't pray before going to bed
2. **Do you recognize yourself in this story? Why have you answered like that?**
Answer: let everyone answer for himself/herself
3. **Is God's will always the same as our will?**
Answer: No, sometimes God's will is different than ours.

4. Bible-study (15 min)

- Explain that God says that it's very important to bear spiritual fruits (for example Galatians 5.22).
- Tell the students to open their Bibles.
- Read together Matthew 7.17-23.
- Make small groups.
- Write the following questions on the blackboard and tell the students to answer them.

Questions

1. Explain the meaning of these verses.
2. What can we learn from these verses?
3. Will everyone who says that he/she is a Christian enter Heaven?

- After 5 minutes, discuss the answers together. The right answers are as follows:
 1. **Explain the meaning of these verses.**
By looking at the fruits of a tree, we know what kind of a tree it is. The same with us. Our fruits show whether we are true Christians or not.
 2. **What can we learn from these verses?**
We can say that we are true Christians, but if we don't bear good fruits (if we don't do God's will), we are liars.
 3. **Will everyone who says that he/she is a Christian enter Heaven?**
No, but only those who do God's will.
Remind the students of lesson 2 in which they learned that our works don't save us. Explain that the roots/foundation of our lives needs to be in Christ (to depend on His salvation) for us to bear good fruits (John 15.1-6). So, to do God's will means to be in Christ!

5. Fruits (5 min)

- Draw a big tree on the blackboard. Explain that the tree is an example of our lives.
- Ask the students to give examples of good fruits. Write their answers in the tree. Write below the tree the good fruits that we often don't do.

6. Finish (5 min)

- Repeat in short the meaning of 'Thy will be done in earth, as it is in Heaven'.
- Ask the students what they have learned today with regard to their own lives.
- Pray.

Lesson 5 – Give us this day our daily bread

Materials

- Bible
- Chalk
- Blackboard
- Paper or stone

1. Welcome (10 min)

- Welcome everyone
- Pray
- Repeat in short what was taught in lesson 4
- Explain that today we'll be thinking about the next part of the Lord's Prayer: Give us this day our daily bread. In the Lord's Prayer, first we praise God, then we pray for ourselves.

2. What is our daily bread? (15 min)

- Ask the students if they ate breakfast/lunch before coming to the lesson. Also ask them what else they expect to eat today.
- Explain that our daily bread is the food that helps us to live a healthy life: healthy and good food. Healthy food is created by God, found in the creation and helps our bodies to grow. All other food can be nice to eat sometimes, but it isn't healthy for our bodies and not meant by 'our daily bread'. We need to know if the food we eat is healthy for us or not.
- Write these words on the blackboard (or draw pictures)

Sweets	Tomatoes
Bread	Bananas
Carrot	Soft drinks
Crisps	Nsima
Peanuts	Super dip

- Tell one of the students to draw a circle around the food that belongs to our daily food and to put a cross through the food that doesn't belong to our daily food.
- Discuss the answers together

3. Bible-study (35 min)

- Explain the meaning of 'Give us this day our daily bread'.
 1. We ask God to give us everything our body needs
 2. We confess that food is God's gift
 3. We confess that we depend on God. Without His blessing, the food will not benefit us
- Read together Psalm 145.15-16 and Acts 14.17. Ask the students the following question and discuss together:
 1. **Who provides food? And to whom does He give?**
Answer: God provides food to people and all animals.

- Read together Matthew 6.25-34. Ask the students the following questions and discuss together:
 2. **What can we learn about God from these verses?**
Answer: God is the One Who provides food.
 3. **What can we learn about what we need to do? Name at least two things.**
Answer: we need to trust God and not to worry.

- Read together Proverbs 24.30-34, Psalm 128.1 and 2 and 1 Thessalonians 3.10-12. Ask the students the following question and discuss together:
 4. **Is it right to say that we don't need to work for our food because it is God who provides?**
Answer: it's not right. We need to work hard and we're not allowed to be lazy.

- Read together Psalm 127.1 and 2. Ask the students the following question and discuss together:
 5. **Is it right to say that if we work hard, we will definitely become rich? What causes work to go well?**
Answer: we can work hard, but need God's blessing. Otherwise, the work is in vain.

- Read together Proverbs 30.8 and 9 and Psalm 37.16. Ask the students the following questions and discuss together:
 6. **Is it better to be rich or to be poor? Why have you answered like that?**
Answer: It doesn't matter. If we are poor, we're provoked to steal, but if we're rich, we're provoked to forget God and put our trust in our money.
 7. **What makes us truly happy?**
What makes us really happy is God's blessing (Proverbs 10.22): we are blessed if God is with us, if we are saved by Him through Jesus Christ. This doesn't mean that we won't face problems in our lives (remember Job or Paul in the Bible). But if God is with us, we have peace in our heart with whatever happens.

- Ask the students the following questions:
 8. **Why do we pray, 'our daily bread' and not 'my daily bread'?**
Answer: we shouldn't be selfish when we pray: other people also need food
 9. **Why do we pray for today's food and not also for tomorrow's?**
Answer: God wants us to pray to Him every day. This prayer emphasizes that we depend on Him every day (Exodus 16.11-24)

4. Further explanation on the topic (10 min)

- Explain the students the following important points:
 1. God gives us what we need. He is faithful. It is a sin to worry.
 2. We need to work in order to have food. God hates laziness.
 3. Everything we do needs to be blessed by God, because without God it's in vain.
 4. God is our Father (remind them of the start of the Lord's Prayer). God is our Creator. He wants to be in a good relationship with us through Jesus His Son. He wants us to speak with Him every day. In this prayer, God teaches us to depend on Him and His care. He knows what we lack. Most important is our relationship with God, not just food.

5. Game (10 min)

- Choose one student to go outside. Tell him/her that you'll give a piece of bread (use a paper or stone). The student needs to act as if he/she was given a piece of bread. He/she has to thank you when being given the 'bread', thereafter he/she has to eat and to act as if he/she is satisfied before finishing the bread (so he/she has to throw the bread away).
- After playing the game, ask the other students in which two ways the student failed.
Answer: he/she didn't pray before eating and he/she threw the food away (remind them that food is God's gift)

6. Explanation of John 6.48-50 (15 min)

- Ask the youth how they would feel if they were without nsima for one day, for one week or one month.
- Read for them John 6.48-50. Explain that these words are spoken by Jesus.
- Ask them why Jesus said that He is the Living Bread.

For example:

1. We cannot survive without daily food. The same spiritually: we cannot spiritually live without Jesus.
2. In daily life we need food regularly. Even if we eat a lot, after some time we'll be hungry again. We need Jesus always. We don't need anyone but Jesus. Jesus alone is the Way of salvation.

7. Finish (5 min)

- Repeat in short the meaning of 'Give us this day our daily bread'.
- Ask the youth what they have learned regarding their own lives.
- Pray.

Lesson 6 – And forgive us our debts, as we forgive our debtors

Materials

- Bible
- Blackboard
- Chalk

1. Introduction (10 min)

- Welcome everyone
- Pray
- Repeat in short lesson 5
- Explain that today we'll think about the next part of the Lord's Prayer: And forgive us our debts (our sins), as we forgive our debtors
- Ask the youth for two examples in the Bible of people who asked God to forgive their enemies
Answer: for example, Jesus (Luke 23.34) and Steven (Acts 7.60)

2. Explanation on forgiveness (15 min)

- Explain that the Bible tells us that everyone is a sinner (Romans 3.23, Ecclesiastes 7.20). To sin means to do what God has forbidden, but also not to do what God wants. God hates sin in such a way that He cannot be close with a sinner, even if that sinner sins only once. But we all sin often with our thoughts, words and behaviour.
- Explain that God hates all sin, not just big sins. Ask them to come up with 20 examples of sins, for example: pride, gossip, disobeying our leaders, bad behaviour, being selfish, mocking, not worshipping God, unbelief, obeying the spirits, causing someone else to sin, deceiving. Tell the students to repent from their sin and to ask God for forgiveness.
- Explain forgiveness. Forgiveness means to interchange: Jesus takes someone's sins and that person is given Jesus righteousness in such a way that God sees Jesus in place of the sinner. That person might sin before he/she enters Heaven, but all his/her sins are with Jesus. This doesn't mean that such a person doesn't care about sinning: if someone enjoys sins, it is obvious that that person hasn't received Jesus as his/her Lord.
- Forgiveness can be explained in different ways:
 1. Micah 7.19: God throws all the sins of those who believe in Jesus in a deep sea. This means that they are really set free from their sins.
 2. Psalm 103.12: God removes the sins of born-again people in such a way that their sins can't trouble them anymore.
 3. Isaiah 38.17: God doesn't see sins when He sees us, because our sins are with Jesus if we are in Him.
- Encourage the youth to think about their sins, to repent, to confess them to Jesus and to ask for forgiveness while depending on His power, grace and love.

3. Game and explanation of forgiveness (20 min)

- Read for them the sentences as written below. Everyone who agrees, has to raise his/her hand. Everyone who disagrees should not raise his/her hand. Allow them to explain their answers.

1. **Someone stole from you. He asked for forgiveness. You forgave him. The next day he steals again from you. This time you don't need to forgive him.**

Answer: God wants our hearts to be full of forgiveness and longing for reconciliation

2. **We shouldn't report to the police when someone has done wrong but forgive.**

Answer: The law requires certain offences to be reported to the police (e.g. rape and murder). God has given us our government to rule us and to make sure that there is order (Romans 13.1 and 4). People who do bad things need to be stopped from doing so. Reconciliation is only possible if the one who has done wrong, feels sorry (Luke 17.3: rebuke – repent – forgive). We should always long for reconciliation and forgiveness. To report to the police and to forgive can go hand in hand.

3. **We shouldn't forgive people who don't feel sorry for what they've done to us. We must only forgive those who ask us for forgiveness.**

Answer: the Bible says that we must love our enemies. If someone who has wronged us doesn't ask for forgiveness or doesn't understand that he/she has done wrong, it's difficult to reconcile, but we need to be longing for reconciliation.

4. **A child who has done wrong doesn't need to be punished. His/her parents need to forgive him/her.**

Answer: A child needs to be punished, because it is a way to teach him/her how to behave. After being punished, the child needs to ask for forgiveness and reconciliation with the parents should take place. Punishment can be done in two ways:

1. Out of anger, without controlling ourselves and beating hard (bad way)
2. Out of love, to teach something, controlling ourselves (good way)

5. **When a woman does something bad, her husband needs to beat her instead of forgiving her.**

Answer: the woman is an adult who already knows what is right and wrong. There are other ways to teach. They need to reconcile. God is a merciful God and husbands also need to be merciful (Ephesians 5.25)

6. **We need the Holy Spirit to learn to pray for forgiveness of our sins. Without the Holy Spirit we don't understand that we have many sins.**

Answer: true (Ephesians 2.1-10, John 3.6)

7. **We sometimes ask God for forgiveness, but we aren't really sorry for our sins.**

Answer: God know what is in our heart. He knows if we are really sorry. He knows that we are bad. We may ask Him to teach us (Jeremiah 31.18 and 33, Ephesians 2.10).

- Finish the discussion with explaining about forgiveness. Explain that:
 - Most important in forgiveness is reconciliation between the offender and the offended. Forgiveness does not mean 'just not thinking about it anymore'.
 - Forgiveness doesn't mean that an offender doesn't need to be punished. God forgives sins through Jesus Who bore the punishment for His people (in such a way that there is no punishment for the sinner). In daily life, the sinner needs to be rebuked and often needs to be punished (Romans 13.1 and 4). But there still needs to be reconciliation between the offender and the offended person.

- If the offender doesn't feel sorry or the offended doesn't want to forgive, it isn't possible to reconcile, but there needs to be a longing for reconciliation. We have to forgive always (Matthew 18.21 and 22)
- We need the Holy Spirit to teach us to ask for forgiveness. We can't do anything good without God Himself. God really wants to teach us, so we must ask Him for everything we need.

4. Story (15 min)

- Explain the story as written below.

One day a pastor spoke with a soldier. The soldier was a true Christian. The pastor asked him, 'How did you come to Christ?'. The soldier told him the following story.

'My fellow soldier was a God-fearing person. But I didn't like him. I did many bad things to him that caused him to have a hard time.

One day it rained heavily. My fellow soldier came back from his work during night. He was tired and wet because of the rain, but before he went to sleep he kneeled down and prayed. My boots were very dirty with mud. I took one boot and hit my fellow soldier on his head. Then I took my other boot and hit his head again. But he continued to pray.

The next day, I was touched to find clean, polished boots next to my bed. I realised that it was done by my fellow soldier who feared God. That was his answer to the bad things I had done to him. It troubled my bad and hardened heart. That same day I repented from my sin and turned from Satan to God. I asked God to forgive all my sins.'

- Split the group in smaller groups.
- Discuss the following questions together:
 1. Imagine that you were the God-fearing soldier, the soldier who was hit. What would you have done?
 2. What can we learn from this story?
 3. Do you know some examples about forgiveness in your own life?

5. Bible-study (40 min)

- Read together [Matthew 5.38-45](#) and [Luke 17.3 and 4](#)
- Answer together the following questions:

1. How many times do we need to forgive each other?

Answer: always. Our lives need to be full of love and forgiveness.

2. Explain the meaning of, 'An eye for an eye, and a tooth for a tooth'

Answer: It means that what the offender has done to the offended, needs to be done back to him/her. (Jesus explained that we shouldn't seek revenge: we're not allowed to give a huge punishment to someone who has done little wrong, Matthew 5.38-42)

3. Explain Matthew 5.39

Answer: we're not allowed to fight back against one who does us wrong. Jesus wants us to forgive one another and to be merciful more than people who are not Christians. We must love our enemies.

4. Is it easy to do so?

Answer: it's often very difficult to love our enemies. Think about God who loves His enemies (sinners) and try to do the same with His help.

5. How is your behaviour towards your enemies?

Answer: let everyone answer for himself/herself.

- Read together Romans 12.14-21
 - Answer together the following questions:
 - 6. How does our behaviour need to be towards our enemies?**
Answer: we need to answer with love, humbly, in peace and by doing well
 - 7. Read verse 18 again. Do you live in peace with everyone?**
Answer: let everyone answer for himself/herself
 - 8. Explain verse 19.**
Answer: If we understand that God sees everything and will reveal everything on the judgement day, we'll leave everything in the hands of the Lord. Even the things that cannot be seen will be revealed.
 - 9. How can we conquer evil?**
Answer: by doing good to those who treat us badly (Romans 12.21), like in the story of the God-fearing soldier we heard today.
 - Read together Matthew 6.14 and 15
 - Answer together the following question:
 - 10. What will happen if we don't forgive?**
Answer: the relationship between God and us will be broken. This does not mean that forgiving one another will cause God to give us a new heart. But it means that if God has given us a new heart, forgiving one another is very important for the relationship between God and us to be right.
- 6. Finish (5 min)**
- Explain in short the meaning of 'And forgive us our debts, as we forgive our debtors'.
 - Ask the students what they have learned regarding their own lives.
 - Pray.

Lesson 7 – And lead us not into temptation, but deliver us from evil

Materials

- Bible
- Blackboard
- Chalk
- (exam)

1. Welcome (10 min)

- Pray
- Repeat in short what was taught in lesson 6
- Ask the youth for the meaning of ‘being tempted’ in this prayer
Answer: to be provoked to do something bad
- Ask them to give examples of being tempted
Answer: for example, drinking beer, adultery, witch craft, disobedience, stealing

2. Explanation on conscience (15 min)

- Explain the following story:
One day Clement walked on the road. In front of him walked an old man. His name was Mr. Phiri. Mr. Phiri took something from his pocket, but he didn’t realize that he lost k50 that fell on the road. Clement walked fast and took the money. He looked around to see if someone had seen him and put the money in his own pocket.
But the next morning Clement went to Mr. Phiri to return his money. ‘Yesterday you lost this’, said Clement. ‘But why did you not keep it?’, asked Mr. Phiri. ‘I didn’t know that I had lost it. What caused you to be faithful and to return it to me?’
Clement explained. ‘Inside me I heard a voice. I have a good person and a bad person inside me’, Clement said while he pointed his finger at his chest. ‘The good person is my conscience. That person said, ‘This money isn’t yours; bring it back’. The bad person said, ‘It is no problem that you took the money. It is yours.’ The good person said, ‘No, no, don’t keep it’. Those two people fought inside me. I didn’t know what to do. So I went to sleep. But the good person and bad person continued to speak with me and they troubled me. I feel good now that I have returned the money. Now I know that the good person is right’.
- Explain that the ‘good person’ is called ‘conscience’ which separates good and bad. Everyone has a conscience. It’s that little voice that tells us not to do bad things. God gave us a conscience. The conscience helps us to separate good from bad. When we’re being tempted, we need to listen to our conscience. It will help to choose what is right.
- Explain that if we don’t listen to our conscience, our heart will be hardened. The little voice will stop to speak. At first the voice is loud, but if we don’t obey, it will become less strong and stop to speak. That is very dangerous.

3. Game (10 min)

- Make two groups
- Tell them the following story and tell one group to respond as if they are the ‘good voice’ and the other group as if they are the ‘bad voice’
You’re in grade 9. You need to write exam. The exam is very difficult and you don’t know the answers. Next to you are your friends who know a lot. The teacher is not around and you are considering copying the answers from your friends.

- Tell the groups to discuss together, so one group needs to explain that copying is not allowed (good voice) and one group has to explain that there is no problem to copy the answers (bad voice).
- After discussing, ask them what was best to do in this case.
Answer: we're not allowed to copy answers, because it is stealing (stealing answers). God sees everything.
- Tell them another story and to do the same (good voice and bad voice)
You're at work. The owner of the shop asked you take care of it for a moment. He trusts you and you're alone in the shop. Today you sold a lot and you have a lot of money. The two voices start to speak. What do they say?
- After discussion, ask them what was best to do in this case.
Answer: we're not allowed to steal. God sees everything.

4. Explanation of being delivered from evil

- Ask them the meaning of 'bad' and 'evil'
- Explain that it means: everything that contradicts God: Satan, our sinful heart and everything on earth that is not right in God's eyes. Everything God hates.
- Explain that according to the first language of the Bible, this prayer teaches us to pray that God will deliver us from Satan.

5. Bible study (30 min)

- Tell the students to open their Bibles.
- Read together [Mark 7.20-23](#) and answer the following question:
 1. **Evil comes from Satan. But also from somewhere else. Where does it also come from, according to these verses?**
Answer: it also comes from our sinful hearts. Jesus said that many bad things come from our sinful hearts. The bad voice inside us, is not only Satan, but also our sinful heart.
- Read together [Titus 2.12](#) and answer the following questions:
 2. **Bad things are also found in the sinful world. God wants us to be different from the world. In Titus 2.12 we read that we have to deny ungodliness and worldly lusts. Give some examples of worldly lusts.**
Answer: Bad things come from Satan, our sinful hearts but also from the sinful world. Some examples of worldly lusts: beer, money, adultery and much more.
 3. **In what way or in what things do Christians need to be different from the world?**
Answer: In the way they dress, but also in their behavior. Other people should see that Christians live close to God.
- Read together Matthew 26.41 and answer the following question:
 4. **What can help us to resist temptations?**
Answer: to watch and pray. To watch means to be careful so that we don't lead ourselves into temptation, for example by going to a bar or being close with friends who steal.

- Read together John 15.5 and answer the following question:

5. Can we resist temptations in our own power?

Answer: no, we can't resist temptations in our own power. Therefore, we pray God for His power. We really need the help of the Lord Jesus Christ Who is stronger than anything and anyone, because He died on the cross and rose from the dead.

6. Finish (5 min)

- Repeat in short the meaning of 'And lead us not into temptation, but deliver us from evil'.
- If you want, let the students write the exam.
- Finish the lesson with prayer.

Exam Lord's Prayer

Name:

1. Why do we pray?
 - A. Because we want food
 - B. Because the church leaders tell us to pray
 - C. Because we depend on God and praying is a way to honour Him

2. What do we mean when we say, 'Our Father which art in Heaven'?
 - A. We mean that God is the Creator of everyone and also that everyone who repents is His child
 - B. We mean that God is King
 - C. We mean that God is in Heaven

3. We pray 'Hallowed be Thy Name'. When we pray this prayer, we pray that...
 - A. Everyone will obey the people that need to be respected in the church, like the church leaders
 - B. The Name of God will be glorified
 - C. Our parents will be honoured

4. We can hallow God's Name in what we do and...
 - A. In what we say
 - B. By reading the Bible
 - C. By not stealing

5. In John 3.3 we read, 'Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the Kingdom of God'. What does it mean to be born again?
 - A. To be baptized
 - B. To receive forgiveness of sins and to receive a new heart
 - C. To abstain from stealing

6. When we pray, 'Thy Kingdom come', we pray two things. What do we pray when we say 'Thy Kingdom come'?
 - A. We pray that God's Kingdom on earth will grow and that Jesus will return soon to establish His Kingdom
 - B. We pray that the congregations may grow
 - C. We pray that God will reign well

7. When Jesus will return, we will see and hear...
 - A. Many angels singing songs about God
 - B. The trump of God and see Jesus in Heaven together with many angels
 - C. The Holy Spirit as fire

8. People will be judged. What kind of people will be going to Heaven?
 - A. People who did well to their friends
 - B. People who did more good things than bad
 - C. People who repented and received forgiveness of their sin

9. What do we pray when we say, 'Thy will be done'?
 - A. That the will of God may be done
 - B. That the will of our flesh may be done
 - C. That the will of our parents may be done and that we obey them

10. What is true?
 - A. The angels in Heaven are used to sin
 - B. We sin in doing, speaking and thinking bad things and also in not doing, speaking and thinking what God wants
 - C. Thinking bad things is not a sin

11. What are we supposed to do?
 - A. We need to work in order to eat
 - B. We need to trust God that He gives us food
 - C. We need to work and to trust God that He blesses us and that we receive food

12. Why do we pray before we eat?
 - A. Because food is a gift from God and we need His blessing so that our bodies will be fed
 - B. Because the pastor says that we need to pray
 - C. Because we want blessed food

13. How many times are we supposed to forgive our enemies?
 - A. 7
 - B. 7 x 70
 - C. Always

14. When a child does something bad, we should punish that child, but forgive.
 - A. True
 - B. Not true

15. 'But deliver us from evil'. Which three things are meant by 'evil'?
 - A. The sinful world, our sinful heart and Satan
 - B. Satan, witch craft and everything else on earth that is bad
 - C. Our heart, everything on earth that is bad and people who are drunk

Thank you!