

Sola Confirmation Series

The Lord's Prayer

Student Workbook



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The *Sola Confirmation Series* is a workbook style Confirmation curriculum, designed to serve as a simple and practical resource for teaching the Bible and Luther's *Small Catechism*. It can be used in a straightforward, "come as you are" small group Bible study, as a student book for home school or independent study programs, or as a classroom tool and homework book as part of an existing confirmation program.

Four Core Workbooks:

- C-7010 The Apostles' Creed**
- C-7020 The Sacraments**
- C-7030 The Ten Commandments**
- C-7040 The Lord's Prayer**

The four core books in the series each have ten sessions. A biblical overview of Scripture lessons from both Old and New Testaments is incorporated into the framework of Luther's *Small Catechism*.

Sola Confirmation Series: The Lord's Prayer

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www.solapublishing.com

Sola Publishing

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Graham NC, 27253
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About the Series

The *Sola Confirmation Series* was written to serve as a straightforward and practical resource for teaching Confirmation. Its simple format does not require an elaborate program and congregational resources, and is particularly suited to smaller churches.

The “old-school” workbook format allows a pastor or lay leader, with little advance preparation, to sit down with students and take them page by page through a lesson together. The series was written so that both the adult leaders and the students are able to explore a biblical concept on the same level. The lessons do not assume a high level of prior knowledge.

Each of the four core workbooks in the *Sola Confirmation Series* is laid out in ten sessions, covering one major section of *Luther’s Small Catechism*. But the core series also provides students an overview and sense for the interconnectedness of Scripture built into each session. Rather than creating an artificial split between the study of Scripture and the study of the Catechism, the series takes a “Bible Study” approach to teaching Confirmation. Scripture is used throughout as the primary teaching resource.

Unlike many other Confirmation curricula, the *Sola Confirmation Series* intentionally takes a more “content-based” approach to teaching. While employing many learning styles, forms of presentation, and means of group engagement, the main emphasis in the *Sola* series is on communicating the Word of God and the content of the Christian faith.

We believe that the heart of the Lutheran understanding of *sola scriptura* (word alone) is the confidence that God actually creates faith by means of his Word. Through Law and Gospel, God does more than just impart information. He lays hold of our hearts and gives us something outside of ourselves in which we can trust and believe.

As Scripture says: “*These are written so that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name.*” (John 20:31). That is the goal of this series.

Format of the Student Workbooks

Each lesson in the *Sola Confirmation Series* is written with a consistent format. Some of the standard pieces included with each lesson are:

1) Opening Scripture Dialog & Prayer

Written to be spoken by Leader (L) and Class (C), the dialog allows each lesson to begin with Scripture and prayer. The leader part may be the class teacher or a designated student.

2) Gathering Activity

A simple warm-up activity is provided to begin each lesson. These may need to be adjusted for available space and the size of a given class. Look for the thematic connection between the activity and the session topic.

3) Theme Word Definition

The first page of each lesson introduces the theme with an opening illustration and presents the “theme word” for the lesson (which is also the session title). This is intended to set the stage for the study that follows.

4) Quoted and “Look-up” Scripture Texts

The heart of each lesson is the Scripture texts around which the session is built, often with questions for reflection. In addition, each lesson also contains shorter “quoted” texts in a section titled “Reading God’s Word,” intended to serve as a broader reinforcement of the theme.

5) Catechism: Fill-in-the-Blank Section

Each lesson contains the passage of the Small Catechism under discussion. The “fill in the blank” format is meant to be a practice for memory work. The *Sola Confirmation Series* makes use of the **Luther’s Small Catechism**, 2010 Edition, from *Sola* and *ReClaim*. The section of the Catechism being covered is also found on the last page of the workbook (p. 44).

6) Illustrations & Object Lessons

Many lessons feature a graphic/pictorial presentation of the theme, or include an in-class object lesson. These are usually the only portions that require advance set-up.

7) Small Group Bible Study

Each lesson features a Bible study, intended for table discussion. Larger classes can be broken down into groups of 5-8 students, facilitated by an adult small group leader.

8) Memory Symbol

A memory symbol and short description is provided for each lesson for students to solidify the concept in their minds and remember what has been covered.

9) ADTRC Prayer

Each lesson asks students to write their own prayer, using the ADTRC prayer format (described on the next page).

The ADTRC Prayer Format

Rather than simply teaching *about* prayer, the *Sola Confirmation Series* encourages students to actually practice and engage in prayer on a regular basis. At the end of each session in this book, students are asked to write a prayer to God on a specific theme, using what is called the **ADTRC Prayer Form**.

The initials of this acronym — pronounced “add-track” — stand for the five basic parts found in most public prayers: (A) Address, (D) Description, (T) Thanks, (R) Request, and (C) Conclusion. These parts are described briefly below:

A: Address

The first words of a prayer are often the Address, where we call upon the name of God. Just as when we are sending a letter or an email, the address specifies the identity of the one to whom we are sending the message. Formal Christian prayer is usually addressed to the first person of the Trinity, for example: *Lord God... Heavenly Father... Most High...*

D: Description

Following the address is often a Description, explaining what prompted the prayer. Sometimes it may be a description of who God is and what God has done, or it may be a description of the situation at hand for us, and why we are in need of God’s help. Some examples might begin like this: *You are the one who... You have promised to... or: We are facing a difficult time... We have sinned...*

T: Thanks

One common element in public prayer is Thanks, where we express to God our gratitude for all that God has done. The thanks may be specific to the prayer at hand, or a more general expression of praise for God’s goodness, saying: *We give you thanks for... We praise you for...*

R: Request

Making a Request is at the heart of prayer. Jesus taught us to “ask and you will receive.” He showed us that expressing our need to God is essential to faith and trust in God. For example: *We ask that you would... Help us to... Please forgive us for...*

C: Conclusion

The final part of a prayer is the Conclusion. In it, we commend our prayers to God, trusting in the promise that God has made to hear us. Usually, Christian prayers are offered “*in Jesus’ name. Amen.*”

Remember the old railroader’s advice:

“When you get to the end of the line... add track!” (ADTRC)

For Some Practice

In the sample prayers below:

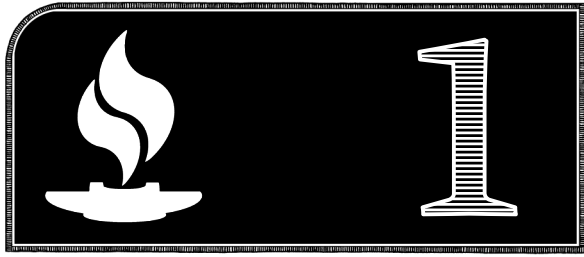
- Circle the ADDRESS
- Wavy-Underline the DESCRIPTION
- Underline the REQUEST
- Double-Underline the THANKS
- Box-in the CONCLUSION

Thanks for the Privilege of Prayer

Lord God, you have promised to listen to your children and hear our prayers. We praise you for giving us the opportunity to communicate with you, and to share with you our daily struggles. Speak to us by your Word, and give us your Holy Spirit, so that we would remain steadfast in faith. In our daily lives, make us witnesses to your Son, Jesus Christ, our Lord, in whose name we pray. Amen

A Prayer for Protection

Lord God, our Father, we are weak, but you are strong. Thank you for being with us and giving us strength as we face trials and temptations of life. Protect us by your mighty power, and keep us safe from all that would harm us. In the name of your Son, Jesus Christ, our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen



Prayer



1 Kings 8:28, 38-40

- L: Have regard to the prayer of your servant and to his plea, O Lord my God, listening to the cry and to the prayer that your servant prays before you this day.*
- C: Whatever prayer, whatever plea is made by any man or by all your people Israel,*
- L: Each knowing the affliction of his own heart and stretching out his hands toward this house,*
- C: Then hear in heaven your dwelling place and forgive and act and render to each whose heart you know, according to all his ways;*
- L: For you, you only, know the hearts of all the children of mankind*
- C: That they may fear you all the days that they live in the land that you gave to our fathers.*

Prayer

- L: Let us pray together:*
- C: Lord God, Heavenly Father, we thank you for hearing our prayers. By your Holy Spirit, help us come to you in every time of need, and give you praise for your grace and mercy, in Jesus Christ, our Lord. Amen.*

Gathering: "Father, May I ..."

Choose one student to be the father, and line students up across the other end of the room. Each student takes turns moving across the room to the father by asking: "Father, may I ... (take two giant steps, take three hops, etc.)." The father says "Yes" or "No, but you may ... (take two baby steps, twirl in a circle, etc.)." The father tries to keep players somewhat even as they move ahead.

Needed: Nothing

What We Need

Have you ever seen baby birds in a nest, stretching up their necks to be fed by the mother bird? Baby birds cannot take care of themselves. They are nearly blind. They can't walk, fly or get their own food.



But when the mother bird comes, they strain their necks and heads upward. They look to their mother, knowing that she will bring them what they need.

As we begin our study of the Lord's Prayer, this image is a good place to begin. To pray is to look to God in trust and faith, calling upon our heavenly Father as the source and giver of all good things.

Prayer as a Request to God

The Bible says: "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.." (Philippians 4:6)

Theme Word: "Prayer"

= to call upon or make a request to God
(expressing our dependence upon God in faith)

The English word "pray" comes from the root word meaning to *ask* or *request*. In olden days, when people asked "please" they often said "I pray thee _____."

Of course, *any* time we talk to God is prayer — whether silently or out loud, from a printed page, or spontaneously in the moment. But, as we will see in the Bible, it is important to remember that the heart of prayer is a request to God, an expression of our trust and dependence upon God.

The Prayer that Jesus Taught Us

By his words and deeds, Jesus demonstrated the importance of prayer in our lives of faith. Throughout the Gospels, there are many references to Jesus praying, especially prior to a significant action or event. As a Rabbi (a Bible teacher), Jesus also taught his followers about prayer, and even gave them words to say.

Look up in the Bible: Luke 11:1-12

No doubt, the words of this prayer sound familiar to you. These words from the Bible are the basis of what we call “The Lord’s Prayer.” We call it this because it was the prayer our Lord Jesus taught us to use.



a) From what Jesus describes here, would you say prayer is more like “making a wish” or “asking for a favor”? What’s the difference between the two?

b) Jesus says that even human fathers know how to give their children good things. Why is it important to know that God is our heavenly Father?

c) Compare the text from Luke with the version of the Lord’s Prayer found in **Matthew 6:9-13**. Is the difference significant? Which is more like the prayer we use in Church?

Advice on Prayer:

When teaching about prayer, Jesus not only taught his disciples what to do, he told them what *not* to do. Look up the verses below and write down what Jesus said to do or not do when you pray:

1. Matthew 5:43-45

2. Matthew 6:5-6

3. Matthew 6:7-8

4. Matthew 6:14-15

We must never forget the One to whom we are speaking when we pray. Prayer is not just a collection of nice-sounding words, but our communication with God himself. God should always be our focus.

Catechism Practice

Fill in the blanks from Martin Luther’s Small Catechism, in his explanation of the Lord’s Prayer: (Catechism Booklet, p. 17)

The Introduction

Our _____ who art in _____.

What does this mean?

God _____ us to _____ that he is _____
our _____, and that _____ are _____ his
_____, so we may _____ and _____
pray to _____, just as _____ children _____
to their dear _____.

Some Important Words:

Our Father = God Himself

We are born as creatures of God, but in Christ, God adopts us as his children. (See 1 John 3:1, Galatians 4:5-6.)

Who art in heaven ...

This is an old fashioned way of saying “you *are* in heaven.” The Bible refers to heaven as God’s dwelling-place. (See 1 Kings 8:27-30).

He is truly our Father ...

God is not simply a heavenly reflection of human fathers (who are subject to sin like all people). But God is the example of what true fatherhood means.

Bringing Our Petitions

Our Request

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Have you ever been asked to sign a petition? A petition is an official, written request made of the civil government. Often, under the law, a certain number of people must sign a petition to make it valid.

In religious terms, we use the word “petition” to refer to the individual requests that we bring to God in prayer.

For example, the Lord’s Prayer has **seven** petitions — seven things we are asking of God in the prayer. In this unit, we will examine each of the petitions in the Lord’s Prayer, to see what Jesus is telling us to ask of God.

The reason we bring our petitions to God is because we know that God has the power to make things happen. We trust in our Father’s love and wisdom to do what is best for us.

Reading God’s Word

Read: John 14:13-14

Jesus said: ¹³ “Whatever you ask in my name, this I will do, that the Father may be glorified in the Son. ¹⁴ If you ask me anything in my name, I will do it.”

Read: John 15:16

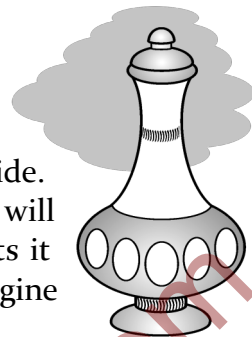
Jesus said: ¹⁶ “You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, he may give to you.”

Read: John 16:23-24

Jesus said: ²³ “Very truly, I say to you, whatever you ask of the Father in my name, he will give it to you. ²⁴ Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full.”

More Than Magic

Many Arabian folk tales tell of people who find special containers, lamps, and bottles with a magical genie trapped inside. In such stories, it is said that a genie will grant three wishes to the person who sets it free. Unfortunately, many people imagine that prayers are like wishes in fairy tales.



But prayer is more than magic. Prayer is communication with the Almighty God, the Ruler of the Universe — and we do not control God. As the Bible says in Psalm 115:3:

“Our God is in the heavens; he does whatever he pleases.”

Prayer is not a magical wish; it is based on a relationship with a real and living Being, our Heavenly Father. Our prayer is always dependent upon Him and His will.

God promises to hear and answer the prayers of His children. But sometimes God’s answer to our prayer is “No.” Other times, God’s answer may be “Wait.” God may even have something even better in mind, and will respond to our prayers in a way that we do not expect or imagine.

We do not control how God chooses to act. But we do trust that God hears us and that we can depend on Him. That is why the same Psalm goes on to say confidently:

*“You who fear the LORD, trust in the LORD!
He is their help and their shield. The LORD has been
mindful of us; he will bless us!” (Psalm 115:11-12)*

Ask In My Name ...

In the verses printed to the left, notice that Jesus says “whatever you ask in my name...” When we pray, one thing to ask ourselves is whether what we are praying for is something **God** wants, or whether we are really just asking in *our own name*, for what **we** want. To ask “in Jesus’ name” means that our prayer is for what *he* wants, according to his will.

As we will see in future sessions, prayer is not about *our* will being done; it is about *God’s* will being done. We can always be confident in prayer that God is in charge. By faith and trust, we place our cares and concerns into His hands.

This is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him. (1 John 5:14-15)

Read & Discuss

In advance of class, read the assigned lesson from the Bible and write a brief answer to each question. When you meet together as a group, go through and discuss them together.

Read: Luke 18:1-8

In this lesson, Jesus tells a parable about a woman who kept coming back to get her request heard by a judge.

1. Jesus' "parables" were teaching stories. What point was Jesus trying to teach his disciples with this story?

2. What was the woman's petition? What exactly do you think she wanted? Do you get the impression that this was something important to her?

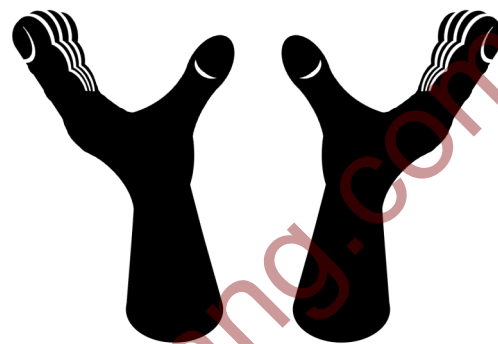
3. What are some of the things that **you** pray for most often? List a few here:

4. In this parable, Jesus uses a negative example to make his point even more extreme. If even an "unrighteous judge" can answer a request, how would we expect someone who cares about us to act? What motive would a *friend* or *parent* have for listening to what we request?

5. Why is it important that Jesus gave us permission to call God "our Father"? How is our being children of God based on our relationship with Jesus?

6. Have you ever asked a favor of someone who said "No"? Give an example. When we pray, why is it important to remember that God might not answer in the way we want?

Memory Symbol 1 PRAYER



*Like the open mouths of baby birds,
we lift up our hands to God in prayer,
trusting in our Father to hear us.*

Speaking to God

On the lines below, write a prayer thanking your heavenly Father for the good things he has done for you, especially for making you his child.

(Practice using the ADTRC Prayer Form: Address, Description, Thanks, Request, Conclusion)

A: _____

D: _____

T: _____

R: _____

C: _____