

Week 5: The Kingdom, the power and glory are yours, now and forever, Amen.

This is final stage of our journey together through the Lord's Prayer. Which parts of the journey have you liked best? Which parts of you found encouraging, surprising, difficult or challenging?

We encourage you to keep going with the Stilling, Noticing, Dwelling, Mending and Blessing practices. Find some extra resources to help at oxford.anglican.org/come-and-see

This final line of The Lord's Prayer is a summary of how amazing God is. How the Universe came to be, how it is held in existence and how there is life on earth is truly remarkable. The magnitude of time, space and distance across the lifespan of the universe are unimaginably huge but there are patterns and details that are recognisable and feel familiar. It is quite simply awesome!

In the story of that universe there came a time when all of God came to earth in the human form of Jesus. Jesus was all God and all human when he was a baby, a boy and a man. All God and all human when he learnt to talk and walk, when he skinned his knee and his baby teeth made way for his adult set.

Jesus demonstrated who God is and what God's Kingdom is like: kindness, compassion, forgiveness, peace and actively seeking justice for those who need it are central. God's way of being

is life, creativity, love and light which shine into darkness, dispelling it and overcoming it. We see this exhibited in creation and brought to fruition in the resurrection of Jesus - this is God's power at work. What else is there to do but be amazed, celebrate and give God the glory?

This is the God that the Lord's Prayer begins and ends with. People are in their right place in the middle; surrounded and secured by God's concern for our physical needs, our relational needs and our well-being and spiritual needs. This week, rightly, our focus returns to God: The Big God of *everything* and *always*. This is our grand finale.

What emoji face would you choose right now to express how you feel about all this?

Household activity

Why not pray the Lord's Prayer as song, composing your own music or rhythm. Dance it or create your own actions. Alternatively, the following craft activity invites you to 'give God the glory' in a creative form.

Think about what words describe how you feel about God – perhaps 'thankful', 'amazed', 'mind-blown', or 'full of love'. It can be really difficult to find the words, so use pictures or emojis if they help. You can use these in the next exercise.

Mind-blown

Love

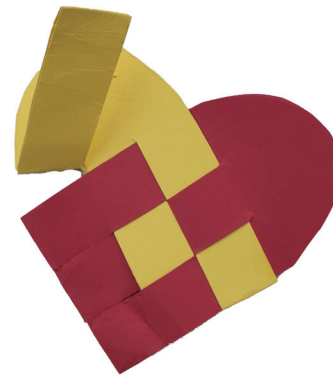
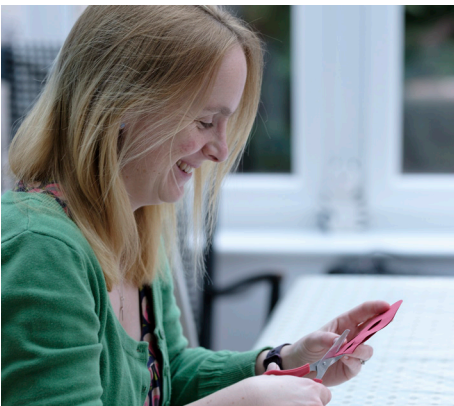
Amazed

Thankful

Woven heart

You will need card or paper in two shades (you can colour or decorate white paper if that is what you have available), scissors and a glue stick.

1. Cut two pieces of card in this shape.
2. Write or draw your words, emoji or pictures onto the two shapes if you'd like to.
3. Cut three or four slits into the shortest straight edge of each piece stopping just before the shape curves.
4. Take one piece and weave the first strip into the other piece of card; under, over, under. With the second strip weave the other way so over, under, over. Repeat until all pieces are woven.
5. Trim any loose ends and secure them with a dab of glue to complete your woven heart.



Stilling and Noticing

Let's take a few moments to be still together now. If you'd like to extend the Stilling exercise include the words from Psalm 93:1 (CEV) as shown. If keeping it short works better, use the words of the Lord Prayer only.

Sit, lie down, get comfy. Take some deep breaths and continue to breathe deeply. Smile. Close eyes if it helps.

One person (child or adult) says slowly:

'The Kingdom, the power and glory are yours
(PAUSE) Now and forever' (PAUSE) Amen (PAUSE)


'The Kingdom, the power and glory are yours
(PAUSE) Now and forever' (PAUSE) Amen (PAUSE)

'The Kingdom, the power and glory are yours
(PAUSE) Now and forever' (PAUSE) Amen (PAUSE)

Our LORD, you are King! (PAUSE) Majesty and power are your royal robes. (PAUSE)

Our LORD, you are King! (PAUSE) Majesty and power are your royal robes. (PAUSE)

Open your eyes, smile, and gently invite the others in your group to do the same. Gently lead into a time of Noticing, below, with a wondering question.

 "I wonder what do you notice about this? Does a word or phrase catch your attention? Do you have a question?"

- "How do you feel?"
- "Does this part of the prayer remind you of another story, song, poem or prayer?"

Dwelling

This week there are three short passages to dwell in. You can dwell in them separately on different days in the week, but we encourage you to consider if you could take the time to read them all together with a short pause in between.

Dwelling 1

Matthew 13: 44-46

The kingdom of heaven is like what happens when someone finds a treasure hidden in a field and buries it again. A person like that is happy and goes and sells everything in order to buy that field.

The kingdom of heaven is like what happens when a shop owner is looking for fine pearls. After finding a very valuable one, the owner goes and sells everything in order to buy that pearl.

Dwelling 2

1 Corinthians 1:18-21

The message about the cross doesn't make any sense to lost people. But for those of us who are being saved, it is God's power at work. As God says in the Scriptures,

"I will destroy the wisdom of all who claim to be wise. I will confuse those who think they know so much."

What happened to those wise people? What happened to those experts in the Scriptures? What happened to the ones who think they have all the answers? Didn't God show that the wisdom of this world is foolish? God was wise and decided not to let the people of this world use their wisdom to learn about him.


Instead, God chose to save only those who believe the foolish message we preach.

Dwelling 3

Luke 10: 21

At that same time, Jesus felt the joy that comes from the Holy Spirit, and he said:

My Father, Lord of heaven and earth, I am grateful that you hid all this from wise and educated people and showed it to ordinary people. Yes, Father, that is what pleased you.

 Where was your attention drawn to?

- *"I wonder which part you liked best?"*
- *"I wonder which part feels most important?"*
- *"What connections do you make between this story and the part of the Lord's Prayer for today?"*
- *"Does this story add to or help your wonderings? Was anything confusing or distracting?"*
- *"Were you reminded of any other story, song, psalm or prayer?"*
- *"Does it remind you of a situation in the world today?"*

Mending

If you can, have some bubble mix handy for this prayer time. How many times your household can read these verses aloud while jumping or jogging or walking on the spot before everyone needs to stop. Give it a try.

*Don't you know?
Haven't you heard?
The Lord is the eternal God,
Creator of the earth.
He never gets weary or tired;
his wisdom cannot be measured.
The Lord gives strength
to those who are weary.
Even young people get tired,
then stumble and fall.
But those who trust the Lord
will find new strength.
They will be strong like eagles
soaring upward on wings;
they will walk and run
without getting tired.*

Isaiah 40:28-31

How did you do? As you recover, continue praying.

*God's power is in life, creativity, love and light
(rather than anger, burden, force or fear). If
you have bubble mix and would like to, blow
bubbles and watch them as you each pray.
Pop a bubble when you say 'Amen'*

- Pray 'Thank you' prayers to God for all that God is and the good things you have seen and experienced this week.
- Say 'Sorry' prayers for the things you have said or done that you know are contrary to God's Kingdom way of being.
- Pray 'Please' prayers for God's Kingdom to come, naming people and places you are concerned about. If you have a map or globe, use post-it notes to mark the places and people.



Amen means 'I agree', it's like giving a thumbs up at the end of the prayer. Would you like to say 'Amen' in a creative way today?

Blessing

How might we allow what we've noticed, wondered and learnt to influence our life as we grow as followers of Jesus?

We encourage you to keep searching for God's Kingdom, noticing where God is at work and where you see (and experience) kindness, love, forgiveness, peace and justice.

Remember to use the contemplative practices to help you be you. And keep on doing whatever you can to bring kindness, love, forgiveness, peace and justice here on earth.