

THE LORDS DS

YOUNG PERSON'S
DEVOTIONAL BOOKLET

EXPERIENCE THE LORD'S
PRAYER IN VIRTUAL REALITY

PR AY ER



To explore the Lord's Prayer in virtual reality
download Missional Generation's app by
searching MGVR in your app store.

The Lord's Prayer Virtual Reality

We invite you to download the Lord's Prayer in virtual reality by visiting your app store and searching for MGVR.

Using the app MGVR watch a 3-minute Virtual Reality experience of The Lord's Prayer whilst listening to the words of the prayer. You may find it helpful to watch more than once. You will see items and images appear around you as you listen to the words being spoken.

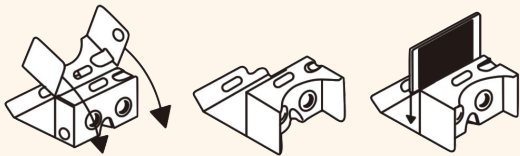
Once you have finished the virtual reality experience, you and your group can then explore the devotions found in this book together.

This booklet offers the chance to explore, reflect and experience the power of the Lord's Prayer in a new way using virtual reality.

This helpful resource can be used at Church with children and young people and within a school's RE curriculum.

Setting Up VR Headsets

To help you set up your virtual reality headsets we suggest you visit www.missionalgen.co.uk/vr Here you can check you have all you need to be able to watch our VR experiences.



Head over to the Apple store or Android's play store and search "MGVR" to download it to your smart device

The Lords Prayer

Matthew 6:9-13

"When you pray, do not be like the hypocrites! They love to stand up and pray in the houses of worship and on the street corners, so that everyone will see them. I assure you, they have already been paid in full.

But when you pray, go to your room, close the door, and pray to your Father, who is unseen. And your Father, who sees what you do in private, will reward you.

"When you pray, do not use a lot of meaningless words, as the pagans do, who think that their gods will hear them because their prayers are long. Do not be like them. Your Father already knows what you need before you ask him. This, then, is how you should pray: 'Our Father in heaven: May your holy name be honored; may your Kingdom come; may your will be done on earth as it is in heaven.

Give us today the food we need. Forgive us the wrongs we have done, as we forgive the wrongs that others have done to us. Do not bring us to hard testing, but keep us safe from the Evil One.'

"If you forgive others the wrongs they have done to you, your Father in heaven will also forgive you. But if you do not forgive others, then your Father will not forgive the wrongs you have done."

Matthew 6:5-15 GNT

Our Father in heaven

Read 1 John 3:1

Reflect

Not everyone has had a good experience of father figures and this can make it hard when thinking of God as our father. God is perfect and cares deeply about each of us. He is always there to love, help and comfort us in the good and hard times. God is close to us and never distant. He showed his great love by sending His son Jesus to earth and to the cross for each of us. God wants us to know that he is our loving and caring father.

Write

How do you feel when you think of God as a father? If this is difficult for you, think about the character of Jesus. It says in Colossians 1:15 that Jesus is the image of the invisible God. This means that if we want to understand who God is, we can look to Jesus. Why not look through the book of Mark and the way that Jesus connects with those around Him. Write down what you see. What does this tell you about who God our Father in heaven is?

Activation suggestion

On a piece of paper, put a line down the middle. On one half, write 'child of God' in really big letters so that it fills half of the paper. On the other half, put down things you say over yourself that are unkind or untrue. Take a moment to pray. Ask God to take these lies and speak truth over your life. Tear off the half that has untruths listed and throw them away. Place the affirmation somewhere that can be seen in your room as a reminder of God's truth in your life - that you are a child of God.

Thank you Lord that you are a good father who loves and truly cares for me. Thank you that you gave Jesus for me so that I could be closer to you. Please help me understand what this means in my life and that I would feel you close. Amen.

Hallowed be your name

Read Psalms 150

Reflect

Have you ever been so blessed by someone that you have really wanted to show your thankfulness to them? Perhaps someone showed you an act of kindness, incredible generosity or they were a really kind and loyal person in your life. How did you or how could you show your thankfulness to them?

David wrote his praises to God in Psalm 150. He wrote down ways we could celebrate God's goodness and kindness by praising Him. That's what we mean when we say "hallowed be your name". We can do this by creating sound, expressing through movement or dance, bringing together a collection of words or using showing a unique ability you have to thank God.

Write

If you could rewrite this Psalm, what modern day word or phrases would you use to show thankfulness and appreciation for God?

Activation suggestion

Showing thanks: Is there an area in your Church that you and your friends or youth group can bless as a group? For example, leading the actions of an action song once a month or serving teas and coffees after Church. Maybe you could join with youth group to prayer walk around your neighbourhood and pick up litter. The options are endless, you might like to create a list and have a different focus each month.

Thank you God for all that you
have done for me, may I
continue to praise your name.
Please give me a spirit of
thankfulness as I go about my
day. Amen.



Your Kingdom come, your will be done

Matthew 13:31-32

Reflect

Think back on a time where you needed help as you were dealing with something beyond your control. This could be a personal challenge, a task set at school or a fall out with friends. How did you feel? Perhaps you felt out of your depth or hurt. Did you know what to do or where to go for help? In times like these we can feel like we are drowning and completely overwhelmed by the situation. The passage says "God's Kingdom is like a mustard seed that grows into a tree which becomes the biggest plant in the garden." We also read that all birds come and nest in this mustard tree. We read that God's Kingdom is a place of safety and shelter.

God wants to help us when we are faced with personal challenges or difficulties. He can be trusted. The farmer in this passage sows a seed which helps the birds find a place of rest. This is the same as the image of God and His heart towards us to provide a space of shelter and rest and safety when we come to know who God is. God wants us to trust Him and to share His love and protective heart with others. Can you recognise a time when God helped you? How did God's help make a difference? Look to God for help in your life and learn to ask for His help when you face challenges.

Write

Write a thank you letter to God for his help and comfort as you have come to recognise that His Kingdom and will is there for us to be blessed.

Activation suggestion

Our days can be shaped by prayer. Start your day by thanking God for his kindness, love and power. Ask God to help you in the day ahead. Starting a routine of prayer takes practice and perseverance. What's something that you do every morning? Why not try a 2 step approach of thankfulness and prayer? When your toast is in the toaster, thank God. When you're spreading your butter, tell God what your day is like and ask Him to be with you. Now, toast is just an example. It could be, thanking God while you're getting dressed, telling God about your day as you head to school. It could be in an evening, thanking God for the day that's past, and asking God to help you for the day to come. Whatever you choose, see if you can do it every day for a week.

Thank you God that I
know You and Your
Kingdom will bring
peace to any situation
I am in and that I
know I can rely on you
to bless my life. I pray
that I would continue
to see Your Kingdom
move here on earth.
Amen.

On earth as it is in heaven

Read Matthew 5:1-12

Reflect

Which of the Beatitudes do you feel is most relevant to you or impacts you the most? Did you know that in hard circumstances you can know God's blessings? God can help you face the hardest and darkest times. When we watch the news, we can pray the Beatitudes over the people in the situation. When we pray, we will see change and transformation. Be bold in your prayers and ask God to transform our lives, communities and the world.

Write

Write down a concern you have for yourself or the world and go through the beatitudes in the passage above. Which one is most relevant? Pray that Beatitude over that concern.

Activation suggestion

The famous theologian Karl Barth once said "Keep the Bible in one hand and the newspaper in the other". What a powerful way to pray for our world! In our Bible passage, verse 9 says 'Happy are those who work for peace'. Where would you like to pray for God's peace in the world today?

Youth Group Option: You could choose an area in the world you would like to pray for as a group. Select a time that you would like to pray and then set an alarm on your phones.

Thank you Lord that you care for what I care for and that you want to see heaven come to earth. Thank you that you recognise when I struggle and that you have promised good things. Amen.

Give us today our daily bread

Read Matthew 6:25-34

Reflect

When you need to trust that God will provide, how do you feel? Does the passage in Matthew help you to trust in God that He will provide? Worry can distract us from seeing God as our provider. Read Matthew 6:25-34, again and take a moment to think about the freedom the birds have to enjoy their surroundings. Think about how they do not feel worried or stressed about the need to survive. Ask God to give you peace and for Him to increase your faith in trusting that He will provide when you have needs. The Lord's prayer also reminds us that we should not live in fear and we should trust in God as he is good and faithful.

Write

Write down one or two things you feel you are worried about. Reflect back on the passage about how God provides for all our needs.

Activation suggestion

It's incredible that we have an amazing father in heaven who says that He will provide and that we don't have to worry. Being a Christian doesn't mean that worries won't come, but we get to decide what our actions will be when they do. We can bring them to God, knowing that He is a provider and peace bringer. To help you with this, why not grab a notebook and keep it by your bed or by your work space. When those worries come, bring them to God in prayer. Write them down and close the book. Use this book for your prayer requests too. It's great to look back and see the way that God answers our prayers.

Pray over the items you have written down and give them to God. Dear Lord, please teach me to trust in Your helping hand each day from this moment on. Amen.

Forgive us our sins

Read 1 John 1:9

Reflect

Sin can have a bad impact on our lives. It can change the way we act and react towards people and situations. Is there anything in your life that you perhaps know is wrong or that you think you shouldn't be doing? This passage mentions the importance of confessing the sin we have in our lives so that we can know and live in the forgiveness God offers through Jesus. This life-giving blessing of forgiveness helps us to turn away from the things that we are doing that upset God and hurt us and others. We can step forwards away from our wrongdoings into freedom.

Freedom and forgiveness is on offer through the cross. We can always ask Jesus for forgiveness and ask that He would help us to change those things we struggle with.

Write

Can you write down anything you feel you need to say sorry for? Maybe write it as a letter to God. Once written, tear up the letter as a sign that God has forgiven you.

Activation suggestion

John 8 tells us that 'if the Son sets you free, then you will be free indeed'. When we bring our sin to Jesus, when we honestly say sorry and ask for His forgiveness, we are set free from the things that weigh us down. The enemy can bring guilt and shame and make us question if Jesus really does forgive us. We want to proclaim freedom and remember Jesus's forgiveness through the cross. Why don't you write this verse down, put it somewhere that you can see it every day. Read out this verse everyday for a week.

Thank you God for your gift of forgiveness when I do wrong.
Please help me to become purified and walk in Your given blessing. Amen.

As we also have forgiven others



Read Matthew 18:21-35

Reflect

This passage helps us see the importance of showing forgivingness and to forgive others as you have been forgiven. Forgiveness repairs, restores and allows the opportunity to rebuild relationships. It also unites people. The passage we have read shows someone not passing on the freedom and blessing we find in forgiveness. The positive action of one individual choosing to forgive was not demonstrated by another who needed forgiveness. The man that had been forgiven did not notice the importance of forgiveness to people. His actions inflicted judgement and demand on someone for personal gain. The impact of being forgiven had little impact on him. When we are forgiven, we need to offer that forgiveness to others.

The freedom forgiveness gives us, should help us to forgive other people. Forgiveness isn't always easy. Ask God to help you.

Write

Take a card and write a name on it of someone who you want to either ask for forgiveness or show forgiveness towards.

Activation suggestion

Prayer and action go hand in hand. In verse 35 of our passage it says that we should forgive one another from the heart. Not just a head change, but a heart change. Think about the person/people you wrote down on your card. Ask God how you might forgive that person or how you might ask for forgiveness. It might involve action or speaking to them. Speak to a leader you trust for advice and to pray. We need to forgive from the heart, and place that in God's hand. Trust that He will work all things for His good.

Dear Lord, please help me
to show forgiveness
towards this person as a
reflection of the forgiveness
that you have shown me.
Thank you for your never-
ending gift of forgiveness.
Amen.

And lead us not into temptation

Read Matthew 4:1-11

Reflect

The Lord's prayer shows that we should ask God to lead us not to be tempted. Let's leave some space now for the Holy Spirit to talk to us and bring to our attention what the temptations are in our lives. In the passage we just read, Jesus was tempted for 40 days and 40 nights and yet He didn't give in to temptation. How does it feel when we give into temptation? Do you feel bad and regret it? Wouldn't it be great to be more like Jesus, who didn't give into temptation? It's amazing that we don't need to stay in that place of temptation, but that we can come to our Heavenly Father who forgives us so we may know freedom. God doesn't want you to be led towards temptation, He wants you to follow His ways and live a life for Him. God is all powerful and can help us to deal with temptations in our life.

Write

What came to your mind when you heard about Jesus being tempted in the wilderness? Write it down and pray over these thoughts.

Activation suggestion

Facing temptation is hard, but not impossible and we don't have to do it alone. Philippians 4:13 says 'I have the strength to face all conditions by the power that Christ gives me'. We can face anything, knowing that we have the Holy Spirit with us. It's always helpful to have people we can journey with too. People we can trust and who can point us to Jesus. Is there a friend or a leader you ask to come alongside you, and who can support you in the things you're facing? Talk to them and see how you can get support and accountability.

Dear Lord, thank you that you love me and forgive me. I pray that I would be more like Jesus when it comes to facing temptation, that I would be able to resist and turn away from things that aren't of You. Amen.

But deliver us from the evil one

Read 2 Timothy 4:16-18

Reflect

Isn't it a great thing to know that, no matter what, the Lord will deliver us? Even though it's included in the Lord's prayer, even if we forget to pray, God is still watching over us and delivering us from evil. In the verses in Timothy, we see that the Lord stood nearby and gave strength in a situation when it was needed. Can you think of a situation where you cried out for help to God and He helped you?

Write

Write down a few situations from the past that you have struggled with. Did you see God at work? If there's a situation that you're struggling with at the moment, why don't you write it down as a prayer to God.

Activation suggestion

When we feel like we're in a difficult situation, it can lead us to feel trapped and closed in. Nature is such a gift from God. Maybe go on a walk and find a space outside, and bring the things that are troubling your heart to God. As you breathe in, receive God's peace. As you breathe out, use this as a physical sign of releasing your worries to God.

Thank you God that you deliver us from evil and situations that are difficult. I pray that when I am in a difficult situation that I will think to ask you for strength and deliverance and I know that you will be right there with me. Amen.

Forever & ever

Read Ephesians 3: 14 - 21

Reflect

How amazing God's love is described in this passage! Doesn't that encourage you that it's the same love back then as it is now? The passage talks about how God's love is so wide, high and deep that we can't even grasp it. How does that make you feel, that you have a love that surpasses understanding chasing after you?

Write

Write down a list of words that you think of when you hear the word "love".

Activation suggestion

"and I pray that Christ will make His home in your hearts through faith. I pray that you may have your roots and foundation in love". What a prayer! God calls us to not keep this love to ourselves. We want God to make His home in everyone's heart. Our school peers, our teachers, our neighbours, our parents, everyone! For a Youth Group Option, could you put on a social or event that you could invite your friends to? It doesn't have to be anything big, it could be rounders in a local park, a pizza and movie night, or an after school hang out. Could you do a youth takeover and invite your friends to come along and support your youth group? You don't have to put on an event to invite someone to Church, however it can be a nice opportunity for your friends to see what you do each week.

Thank you Lord that you are never changing, that you stand firm forever and ever. Thank you that despite the things, situations and the people around me change as time passes you stay the same and I can always rely on you. Amen.

Amen

Read 1 Chronicles 16:25-36

Reflect

What does the word “amen” mean to you? Maybe it’s something you use to sign off a prayer. In this part of the Scripture it shows that the people of David agreed with all that was said about the praises of God. It’s great to be able to gather together and praise God in groups, like at worship time when we sing together. There are so many things to praise God for, as we can see in these verses, “For great is the Lord and most worthy of praise”. We often get dragged down by the world and by setting aside some time to praise God (especially when surrounded by like-minded people who also love God) is great for our hearts and mindsets to turn our eyes back towards Jesus.

Write

Can you think of some things that you can praise God for? Do the others in your group agree with you?

Activation suggestion

‘Bring an offering and come in His Temple’ may not be a normal phrase you use when you are thanking God. Take a look at Psalm 145. Can you put this in your own language? Are there verses that you can use in your daily prayers of thankfulness? Rather than these praise points staying in a notebook, put them on a list in your phone, commit them to memory, make a poster, a phone screensaver. Be creative with it!

Youth Group Option: Could you make some phone screen savers that can be shared on your social media? You could do this by painting, drawing, photography or graphic design. What a great way to not only use these prayers of thanksgiving in your personal life, but a way to share God’s greatness with your friends on social media.

Thank you Lord that you are constant and worthy of praise.

Thank you that I sometimes can’t even find the words to praise you but I can find them in Your Word. Amen

Reflect on the Lord's Prayer

Read Matthew 6:5-14

Reflect

The Lord's Prayer was given by Jesus. It's great to have an example of what we should be praying for when in conversation with God. Jesus also gave His life for us, why not take a moment to think about what that means for the direction of your life and the forgiveness this brings. Part of the passage says "for your Father knows what you need before you ask Him", even though God knows exactly what you need, He wants to be in open conversation with you and to have a relationship with you.

Write

What parts of the Lord's prayer stood out to you the most? And what parts do you think you find difficult?

Activation suggestion

We can pray to our Father in heaven, whenever and wherever. We believe that by His Holy Spirit, we are never alone. What a promise! To keep our journey of prayer going, we want to hold this amazing prayer alongside what Jesus did for us on the cross and in His resurrection by using the Prayer Journal.

Dear Lord, thank you for the gift of your Son, Jesus, and the example He has given us in the Lord's Prayer. Thank you for the life that I can now live because of Jesus and laying down His life for me. Amen.

Why not draw something in this section about what you have learnt

Draw





Why not draw something in
this section about what you
have learnt

Draw



Draw something that you feel
God has spoken to you about

The Lord's Prayer is a powerful way to begin to understand what prayer is and how to start praying for yourself.

This booklet will help you and your youth group to explore, reflect and experience the power of the Lord's Prayer in a new way using Virtual Reality.

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