

# Lord's Prayer Stones

By Courtney Still



Reflect on three parts of the Lord's Prayer and apply them to your life. Grow in your understanding of how to live a life of faith.

## For

Young Adult

## Season

Winter

## Needed

Unpolished stones, acrylic paint, Bible

## Prepare in Advance

- Choose three images to symbolize three key parts of the Lord's Prayer: God's will, daily bread, forgiveness. For example, you could use a path or footprints to be the symbol of God's will.
- Paint your chosen image each on a separate rock. An alternative to painting rocks is to find three objects – possibly just around your house – that will symbolize these parts of the Lord's Prayer.

## Experience

1. Read or recite the entire Lord's Prayer as found in Matthew 6:9-13.

Pray then like this: "Our Father in heaven, hallowed be your name.  
Your kingdom come,  
your will be done, on earth as it is in heaven.  
Give us this day our daily bread, and forgive us our debts,  
as we also have forgiven our debtors.  
And lead us not into temptation, but deliver us from evil."

2. As you go along through the prayer, pause at the following three parts to pray for something in your life that pertains:

### *Your will be done*

- Ask God to lead you in the direction God is calling you to go.
- Pray specifically for your job/education, where you are living, a big life change, or a relationship.

### *Give us this day our daily bread*

- Ask God to take care of all your needs: spiritual, nourishment, shelter, and safety.
- Ask God to help you not worry about these needs, but instead lift them up trust to God.

### *Forgive us our debts, as we also have forgiven our debtors.*

- Think of something that happened recently for which you seek forgiveness.



- Ask God to help you grant someone else forgiveness.
  - Thank God for vanquishing your sins and for forgiving you so readily.
3. Keep the appropriate stone in the palm of your hand while you pray.

## Consider

Your Lord's Prayer stones or found objects are intended to be a reminder during a personal time of prayer, but you may also want to share them with a friend or make use of them during a group prayer. Reflect and share on the following:

- What are your specific reasons for choosing each of your images? How do they take you into a deeper understanding of the Lord's Prayer?
- Think about what gets in the way of God's plan for your life. How can you stay in touch with God's will?
- Consider the things in your life that keep you safe and healthy that you might take for granted. How can you express your gratitude?
- What prevents you from treating others as you want to be treated; forgiving them and not holding on to what has been done against you?

## Pray

*Our Father who art in heaven,  
hallowed be thy name,  
thy kingdom come,  
thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread.  
Forgive us our trespasses,  
as we forgive those who trespass against us.  
Lead us not into temptation, but deliver us from evil.  
For Thine is the Kingdom, the power and the glory, forever and ever. Amen.*

