

You Don't Have to Feel Alone Anymore:
Reflections on The Lord's Prayer
for People with Cancer

*A companion to the video series,
designed for individual or group use,
including student handouts.*

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Reflections on The Lord's Prayer
for People with Cancer
COMPANION GUIDE

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The Lord's Prayer

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.

Forgive us our sins,
as we forgive those who sin against us.

Lead us not into temptation,
but deliver us from evil.

For Yours is the Kingdom, and the power,
and the glory, for ever,

Amen.



A Word of Welcome from DVD Presenter, Ken Curtis

Reflections on The Lord's Prayer is a follow up to my previous series *Reflections on Psalm 23*. Both have been prepared especially for those dealing with cancer and other serious illnesses, along with those who walk lovingly beside friends and family members facing health crises. As I've faced my own health struggles in recent years, time and again I've found just what I needed in the pages of Scripture. It is my prayer that these reflections will bring hope, peace, joy and healing to those whose life journey has taken an unexpected turn.

Facing a serious illness, such as cancer, provokes many kinds of responses. For some people, the most immediate need is relief from physical discomfort and pain. For others, the shock of finding they are ill brings long-buried emotional issues to the forefront. For still others, ongoing responsibilities weigh heavily as they contemplate who will help fill their role if they cannot continue to function as they are accustomed. Financial matters are an unavoidable center of anxiety for many. Others find themselves caught up in a spiritual crisis, wondering if their faith will sustain them. Some, who have not paid much attention to matters of faith, wonder if they can still seek and find the Lord they had so little time for in the past.

It is also true that it is more than individuals who get cancer. Whole families do! The entire intimate circle of loved ones is caught up in coping with the disease. Consequently, this video resource is often viewed by family and friends, along with the person with cancer.

The Lord's Prayer is universal in its appeal. It addresses issues of the heart and mind in a way that offers comfort to all. It is my hope that the thoughts and questions in this companion guide will also have universal appeal. It is designed for both group discussion and personal reflection. Choose or modify the material as needed. Take your time. Perhaps, do no more than one session per day. In order to really apply each concept, one session per week may make more sense.

Finally, this project is really all about the richness of a beautiful prayer. While you work through this material, take time each day to pray The Lord's Prayer. Let it become part of your consciousness and outlook on life. Allow the words of the prayer to melt into you as a basis for a fruitful prayer life. In all likelihood, you will experience new understandings of your own circumstances, which will make this time of connection highly personal.

A Few Practical Suggestions For Dealing With Cancer

- **Accept and value the support of others.** There will be family and friends who want to assist you. Their love and support is an important source of strength, even though you may be hesitant or embarrassed to accept at first. One friend called and gave me a much-needed admonition when she heard of my diagnosis. This lady knew I lived a busy life and was immersed in my work. She was blunt. “You are at a place now where you have to make some changes,” she said. “You need to pay a lot more attention to yourself and concentrate on getting well.” That was so helpful in bringing me to the point of giving myself permission to concentrate on dealing with my disease and allowing others to take on some of my responsibilities at work and home. I have come to view their gifts of time and energy as a tangible expression of love and care, a blessing of incomparable worth.
- **Strengthen your prayer life.** Now is the time to increase the time you spend in prayer. Begin with The Lord’s Prayer, found on page 3. This familiar prayer gives you words to use in prayer at any time, even when all other words fail! But as we’ll see in the video series, The Lord’s Prayer also offers us a wonderful model for prayer. Through it, the Lord shows us the fundamental aspects of communicating with God the Father. When you are ready, reach out to God in your own words. As you share openly in prayer, you will find increased comfort and strength for each new challenge.
- **Music can help.** Music can sooth the soul like nothing else. Select music that speaks to you and brings comfort to your spirit. I find I am especially comforted through music based on Scripture. Included on your DVD is a new musical rendition of The Lord’s Prayer that you may find useful. It is appears in full at the beginning of session 1 and the end of session 10. The song is also available on the DVD as a separate added feature. On our DVD *Reflections on Psalm 23* you will find two musical renditions of the Psalm. Explore various styles of music and find what works for you. What brings comfort and peace to your spirit?

A Few Practical Suggestions For Dealing With Cancer (continued)

- **Keep a journal.** When I was first diagnosed with cancer, a close friend offered this advice: Take good notes! I did not understand at the time the wisdom of this counsel. But I have come to highly value the documentation of my journey through the thickets of the cancer world. Having a log of what has happened and how I have reacted to it has proved invaluable. Cancer can be devastating. There is no way to soften the blow. This uninvited intruder defines the rest of your life to a significant degree. Things are going to be different. You are going to change—one way or another. There is no choice about that. But to some degree, you can choose how you will change, how you will respond to the changes that you cannot control and how you will get a grip on the changes over which you do have some discretion. It is so important for you to be able to go back and track your experience. You will find new strength in seeing how you got through the intimidating experiences and survived the frightening moments. This will give you strength for the future. So get a journal or notebook and take good notes.
- **Be good to yourself.** My diagnosis has led me to a desire to take the best possible care of my body. It wasn't easy changing habits that were developed over a lifetime, but the results have been very positive. If you haven't already, begin to learn all you can about proper nutrition and exercise for your particular condition. Then put your knowledge into practice. Your body will thank you with an increased energy level and you'll enjoy the benefits that come with doing all you can to help your immune system.

Suggestions for Group Leaders

Make the most of this study guide with these tips!

- **Consider** the goals you have for your group and tailor your lessons around these goals. Will this be a cancer support group, with a focus on learning more about The Lord's Prayer? If so, you may want to spend more time on personal sharing and less on discussion questions. Or is yours more of a Bible study group, that has some exposure to serious illness? Perhaps then you will focus more on discussing The Lord's Prayer and how it can shape our prayer life. Perhaps your group includes some with little personal experience with prayer. If so, the assignments to pray daily may be a challenge, but will hopefully provide rich results. Whatever the case, feel free to pick and choose the parts of this material that will work in your particular setting.
- **Pray** for the group before you begin to meet with them and then continue praying for them as you get to know them better and as you learn together. Show each one that you care by remembering their needs and inquiring specifically. Let them know you are praying for them.
- **Prepare** to lead by viewing the video segments ahead of time, perhaps more than once. Also review the teaching materials, select questions and activities that will fit your group, and gather any necessary items. Our material is fully reproducible as needed for group use.
- **Expect** lively discussion, varying opinions, occasional tears, and moments of discovery. Create an open, accepting environment where all of this is allowed and welcomed.
- **Review** other available resources on your DVD, such as the original production of The Lord's Prayer in song, which is useful for classroom or personal use. Under "Special Features" you will find a segment called "Some Thoughts for Non-Believers," as well as other bonus segments.

Session Overview for Leaders

Each of the ten sessions consists of two pages of material written for the leader and a handout, designed for group participants. All material is reproducible as needed. Each session includes the following elements, in this order:

1. A time to check in and inquire about personal updates. This is a great time to connect personally with group participants, a crucial step if this is a support group. This is also a good time to review previous lessons as needed and to ask about the assignments for prayer.
2. An activity, demonstration, or series of questions designed to introduce the topic for the day.
3. The handout is distributed and participants are invited to respond to 2 or 3 questions. These are often more introspective, meant to help the participant begin to think more personally, instead of generally. The leader should decide whether to have discussion on these questions or to allow the group to simply ponder or write their answers privately.
4. The video clip is viewed (approximately 10 minutes), and the group is encouraged to answer one final question on the handout while viewing.
5. Group discussion on the video, using the list of discussion questions as a guide.
6. Group closes with prayer. We have included a technique in which the leader will pray The Lord's Prayer out loud, but only up to the line that has been studied, pausing after each phrase for reflection.
7. Leader points out the "homework" which is always a prayer assignment designed to strengthen the prayer life of all participants.

SESSION 1:

Introduction to The Lord's Prayer

Main Ideas

Jesus taught us to pray through The Lord's Prayer. He invites us to speak the prayer word for word and also to use the prayer as a model. The prayer helps us to take our focus off ourselves and look to God and the world.

Opening Time

- Welcome group participants and introduce yourselves to one another. If this is a support group, take time to share a bit of your medical challenges.
- Ask a volunteer to share about a recent trip they have taken, whether near or far. Where did they go? Did they see or learn anything unusual or life-changing?
- Discuss: *How would you describe the difference between a trip and a journey? Say: Over the next ten sessions, we will go together on a journey of discovery. Whether you are new to The Lord's Prayer or have repeated it many times over, you are about to discover riches that can change your whole outlook on your self, your world, and your God.*
- Distribute the Session 1 handout (p. 11) and invite participants to answer questions 1-3. Discuss if desired. Point out question 4 and ask participants to watch for the answers as they view the video clip.

View the Video Segment for Session 1

Discussion Questions for Session 1

- Ken describes this video series as being similar to a story. We are going on a journey and will meet a stranger who is seeking us. What are you hoping to gain from this journey?
- What are the two different ways of using The Lord's Prayer, as described in the video? What is your own experience in using the prayer? Are you more comfortable with group prayer or private prayer?
- Would you describe your prayer life as more structured or conversational in nature? What value do you see in both of these forms?
- How has your health affected your prayer life? How might The Lord's Prayer be a blessing in the midst of a crisis?
- Ken describes how the prayer can help us change our house of mirrors into a house of windows. What is meant by this analogy?

Closing

Point out the class assignment, found at the bottom of the session handout. Then, invite the class to sit in silence, eyes closed. Play the recording of The Lord's Prayer in song, as found on the DVD, allowing participants to ponder the words. End with your own prayer of blessing on the group as you begin this journey together.

Reflections on The Lord's Prayer

Session 1 Handout

1. How would you describe the purpose of prayer? In your own words describe your experiences with prayer:
2. What are some topics you pray about frequently?
3. Do you have any frustrations with prayer? What are they?
4. As you watch the video, look for two primary uses of the prayer, as described by Ken. First, as words to _____ as given and second as a _____ for prayer.

To do this week: Set aside five minutes each day for prayer. Begin each prayer session by speaking The Lord's Prayer. Then bring your heart's concerns to God in your own words. End your time by speaking the prayer once more.

“Lord, teach us to pray.” Luke 11:1

SESSION 2:

Our Father

Main Ideas

We have a Heavenly father, who loves each one of us uniquely as individuals. He invites us to join His family.

Opening Time

- Welcome the group and ask for updates on individual health journeys if appropriate. Review last week's introduction to The Lord's Prayer. Follow up on the challenge to spend time each day in prayer. This will be a new habit for some. Was it difficult to get started? Discuss as appropriate.
- Say: *Today we move into the first words of The Lord's Prayer, "Our Father." To get us started let's watch a video clip from a popular movie from 2006, "The Pursuit of Happyness," starring Will Smith. The movie is based on a true story about a man who grew up with no father. Now that he is a dad, he wants to be a good one. Cue the video and play the scene from 3:40 to 5:10 where the father is walking the son to school. Ask: What positive attributes or qualities do you see in this father? Record the responses on a white board if possible. As a group, add more qualities thought important in a good dad.*
- Distribute the Session 2 handout (p. 14) and invite participants to quietly ponder questions 1 and 2. Discuss if time allows. Invite participants to look for the answers for question 3 as they view the video clip. Answers are: *selves, delights, welcomes.*

View the Video Segment for Session 2

Discussion Questions for Session 2

- Consider the depth contained in these first two words of The Lord's Prayer. What does the word "Our" convey? How about the word "Father"? If these two words were all Jesus taught about prayer, what would you learn from them?
- Discuss question #3 on the handout. How do our relationships with our earthly fathers impact our relationship with our Heavenly father? How can we grow, regardless of the example of our earthly fathers?
- Some are opposed to the masculine address of God as father and maintain that in our modern age, we should generalize the prayer to "Our parent." Still others view God as a force or energy, rather than as loving father. What difference does it make if one takes a view of God as a loving father, who invites us into relationship with Him?
- Discuss the quote from St. Augustine: "You made us for yourself, O Lord, and our hearts are restless until they find their rest in you." Can you find both a challenge and a promise in this quote?

Group Closing

Point out the "To do this week" challenge, found on the session handout. Say: *Today we have explored the first two words of The Lord's Prayer. The rest of the prayer will build from the foundation of knowing God as our loving father. Each week from here on, we will close by praying The Lord's Prayer together, but only through the words we have covered. We will have a silent pause after each phrase.* Invite the group to pray silently, while you simply pray "Our Father," followed by a 15-second pause, closing with "amen." This may feel awkward the first week, but as the weeks progress, there will be new phrases and the group will become more comfortable with the practice.

Reflections on The Lord's Prayer

Session 2 Handout

1. As the class listed qualities important for a good father to have, which ones seemed most crucial to you? Why?
2. How would you describe your relationship with your Heavenly Father?
3. As you watch the video segment, try to fill in the following quote:

“Regardless of the experience we had with our natural father, we can find in the Heavenly Father:

- The One who frees us to be the true _____ we were made to be.
- The One who _____ in us.
- The One who _____ us home.”

To do this week: Continue to set aside five or more minutes each day for prayer. Begin each prayer session by speaking The Lord's Prayer. Thank God for the ways He has been a loving Father to you. Be specific. Then bring your heart's concerns and struggles to Him. Remembering that He cares! End your time by speaking The Lord's Prayer once more.

“Yet to all who received Him, to those who believed in His name, He gave the right to become children of God.” John 1:12

SESSION 3:

In Heaven

Main Ideas

Heaven is a real place or realm. It is being prepared as a home for those who love the Lord.

Opening Time

- Welcome the group, allowing time for personal updates. Review the concepts covered in session 2 and follow up on the challenge to spend time in prayer each day and to name ways that God has been a loving father.
- “Unseen Realities” exercise. Display a common mechanical or electronic object, such as a clock or a cell phone. If possible, open up the back so the class can see inside. Ask: *Can anyone explain exactly how the inside of this item works? Even though most of us don’t understand it, we trust this clock (or phone) will perform its job well. In fact we depend on it every day. Let’s think of this as being like an “unseen reality.” Now consider the amazing wonders of nature, many times more complex than this man-made device. What complexity of nature amazes you? We may not be able to explain the workings of our world, but nevertheless, we accept that it does work. Another “unseen reality.”*
- Ask: *What earthly experiences are commonly referred to as “Heavenly”?* Say: *Heaven is the ultimate “unseen reality.” What evidence have you seen for or against the existence of Heaven?* Distribute the Session 3 handout (p. 17) and allow class members to quietly ponder or write responses to questions 1 and 2. Point out question #3 for during the video segment.

View the Video Segment for Session 3

Discussion Questions for Session 3

- Now that you've seen the video, what comments or questions come to mind about Heaven?
- This first phrase of the prayer holds interesting information about the Creator. First, we are given permission to address God as our father, one who cares for us intimately. But, we are then reminded that God is great, just like the classic children's meal-time prayer states. He is so great that he lives in another realm called Heaven! Does this knowledge of God's greatness make it easier or harder for you to come to Him in prayer?
- Consider God as the creator of all that we see and know. It's phenomenal! Now imagine the amazing place God is preparing for us a place we call "Heaven." If you still hold doubts about the existence of Heaven, the ultimate "unseen reality," what would it take for you to believe?
- Is there any one here who is willing to share an experience with "the dark night of the soul"? Do you agree with Ken that trials, whether physical, emotional, or spiritual, can help us become more in-tune with the eternal? Did your "dark night" experience ultimately strengthen or weaken your faith?

Group Closing

Point out the *To do this week* challenge at the bottom of the session handout. Encourage the class to continue with daily prayer. Say: *We will again close with The Lord's Prayer, but only up to what we have studied. After each phrase I will pause for silent prayer and reflection.* Invite the group to pray with you and simply pray "Our Father," followed by a ten-second pause. Then pray "in Heaven" followed by a second pause and then "amen."

Reflections on The Lord's Prayer Session 3 Handout

1. Imagine you are given an opportunity to visit Heaven for a time. What do you suppose it would be like? What would you see? Who is there? What do you hear and how do you feel?
2. Think of a time you may have felt far away from God, far away from Heaven. This may be a time when you doubted both the existence of God and of Heaven. Sometimes this experience is referred to as "The dark night of the soul." Has this ever happened to you?
3. As you watch the video, write down words and phrases that are descriptive of Heaven.

To do this week: Continue to build a habit of daily prayer. Begin each prayer session by praying The Lord's Prayer. Then consider the marvel of God's creation. Thank God for the amazing, inexplicable workings of the universe ("unseen realities"). Keep a written list if possible. Praise God for also preparing Heaven, a place that will far exceed all we could ask or imagine!

"No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love him." I Corinthians 2:9

SESSION 4: *Hallowed be Your name*

Main Ideas

God's name is sacred and holy. It is to be honored. God calls us to the holy work of pressing on through our sufferings. Through Him we can overcome and become more of who we really are and all that we are called to be.

Opening Time

- Welcome the group, allowing time for personal updates. Review the concepts covered in previous sessions and follow up on the assignment to pray daily and to ponder the amazing workings of God through creation.
- Hold a short discussion on the meaning of names, inviting a few people to share. *How was your name chosen and does it have special meaning? How did you choose the names of your children?*
- Say: *In our culture we place importance on finding just the right name. But, in Bible times a person's name often held even more significance. For instance, imagine having the name Jabez, meaning "painful," because his mother found his birth to be painful! Ask: If you could choose a more meaningful name for yourself, what would you choose?*
- Introduce the Session 4 handout (p. 20) and lead the group through questions 1 – 3, reading the Bible passage aloud together. Treat question 3 with care, being sensitive to different answers.
- Ask group members to watch for answers to question 4 in the handout as they view the video.

View the Video Segment for Session 4

Discussion Questions for Session 4

- What is significant about the location of Peter's confession of Jesus as "The Christ," meaning "Messiah"?
- As you watched the video, what things did you record as holy? (God's name, our sufferings, our work, etc.)
- Ask: Where in our culture do you find the name of God being blasphemed? Is it just through swearing and cursing or is God's name dishonored in other ways as well? What impact or result do you see from this?
- If you are ready to give the title "Christ" to Jesus, how can you honor His name and keep it holy?
- Read some of Paul's thoughts on suffering in 2 Corinthians 1:3-5. In what ways might our suffering be considered holy or sacred?
- If you were to offer up your pain as a sort of gift or sacrifice to God, how would you do it? What would it mean?
- Distribute a white stone to each class participant. Point out that each one is unique, reflecting the uniqueness of each individual. Consider that God delights in each of us as individuals! We are precious to Him! Imagine one day receiving a white stone from God the Father. What name would you like to see written on that stone?

Group Closing

Point out the *To do this week* challenge at the bottom of the session handout. Encourage the class to continue with daily prayer. Say: *We will again close with The Lord's Prayer, but only up to what we have studied. After I say each phrase, I will pause for silent prayer and reflection.* Invite the group to pray with you. Pray each phrase aloud, pausing after each one and ending with "Hallowed be Your name."

Reflections on The Lord's Prayer Session 4 Handout

1. Look up Matthew 16:13-16 in the Bible. Here Jesus asks how people view Him. Of course they know His name is Jesus, but who do they think He is? What do the disciples tell Him about the thoughts of the masses?
2. Following this, Jesus gets personal. He wants the disciples to share their views. He asks, "Who do you say I am?" What title does Peter give to Jesus?
3. Imagine Jesus is with us today for our meeting. Suppose Jesus turns to you and asks, "Who do YOU say I am?" What is your answer?
4. As you watch the video, look for various things that can be viewed as holy or sacred. List them here:

To do this week: Continue the discipline of daily prayer. Begin each prayer session by praying The Lord's Prayer. This week consider the name of God. He is holy! Begin a list of God's characteristics, one for each letter of the alphabet, such as: "almighty, benevolent, caring, ..." As you ponder His goodness, offer Him your praise and give Him the glory.

"For this reason I kneel before the Father, from whom His whole family in Heaven and on earth derives its name." Ephesians 3:14-15

SESSION 5:

Your Kingdom come, Your will be done on earth as it is in Heaven.

Main Ideas

The Kingdom of God is advancing on this earth. Jesus invites us to help build the Kingdom through prayer and action.

Opening Time

- Welcome the group, allowing time for personal updates. Review the concepts covered in previous sessions, specifically focusing on last week's assignment to intentionally offer praise for the character of God.
- Using a white board, have the group brainstorm some of the "seven wonders of the world." See Appendix A, page 39, for examples. What wonders would you add to the list if you could?
- Ask: *What do these "wonders" have in common? What would it be like to play a part in building a structure of this magnitude? What is the biggest project you've ever been involved with? Describe your role. Were you focused on a small part of the task or were you working on the larger, overall project?*
- Distribute the Session 5 handout (p. 23) and have the class respond to questions 1 and 2. This can be either an individual or a group activity. Say: *Today we come to the first petition of the prayer. We have recognized God as Father, established that He is in Heaven and given Him His rightful praise. Today we will ask for His Kingdom to come. As you watch, look for words or phrases that tell us about the Kingdom of God and record them under question #3 in the handout.*

View the Video Segment for Session 5

Discussion Questions for Session 5

- How does this particular phrase in the prayer seem to turn our world's values upside down?
- In what ways do you see the Kingdom of God present on earth? In what ways does it seem far away? God asks us to make His Kingdom our highest allegiance. He invites us to help in the biggest project, the greatest wonder in the history of the world – building His Kingdom! How are we doing in making His priorities our own?
- Discuss the C. S. Lewis quote: “There are really only two kinds of people in this world. Those who say to God, ‘Thy will be done,’ and those to whom God says, ‘Thy will be done.’”
- Praying “your will be done” is no small thing, especially where disease is concerned. After all, isn't our healing a part of God's will? We wonder if He hears us and if He really knows what is best. How can our prayer life focus on the “Big Picture” of God's ultimate plans, without neglecting our personal day-to-day concerns?
- Enrichment Idea: Bring in a print or a poster of an impressionist painting. Note that the painting is made of countless small strokes or even dots. When viewed from up close, the picture is unclear. One must back away to a distance to understand it, much like the Big Picture of Kingdom-building work.

Group Closing

Point out the *To do this week* challenge on the handout. Say: *We will again close with each phrase of The Lord's Prayer, up to what we have studied, followed by a pause.* Pray The Lord's Prayer with reflective pauses, as in other sessions, ending with, “Your Kingdom come, your will be done on earth as it is in Heaven.”

Reflections on The Lord's Prayer Session 5 Handout

1. For a few weeks, we've been practicing personal, daily prayer. Think back over what you have prayed about and record a few of those prayer concerns here:
2. Now think about the results of those prayers. What specific results or outcomes have you seen through your daily time of prayer?
3. As you view the video, look for phrases and words that describe the Kingdom of God. Record your findings here:

To do this week: Continue the discipline of daily prayer. Begin each prayer session by praying The Lord's Prayer. Then bring your praises to the Creator. Now ask God to give you eyes for the "Big Picture." Bring your Big Picture concerns to the Lord and ask Him if there is Kingdom-Building work you should be doing. Finish by bringing your personal concerns to the Father. Though he knows the Big Picture, he still cares deeply about our individual concerns.

"We fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal." II Corinthians 4:18

SESSION 6:

Give us this day our daily bread

Main Ideas

God the Father provides for our needs each and every day. We can trust Him to provide.

Opening Time

- Welcome the group, allowing time for personal updates. Review the concepts covered in previous sessions and follow up specifically on seeing the “Big Picture.” Are class participants beginning to see their struggles in a new way? Is anyone hearing a call to specific Kingdom-building work, such as prayer?
- Display a loaf of bread or even several varieties of bread for this class. Begin by dividing into groups of 3 or 4. Distribute paper and ask each group to think of Bible stories that have bread or food as a key element. Give the groups two minutes to see how many stories they can come up with. Re-convene and tally results. For added excitement, “score” the results Boggle-style by having teams cross out any stories that another team also thought of.
- Say: *With all this talk about food in the Bible, it’s pretty clear that God has interest in food! He has provided an abundance of wonderful foods for our enjoyment. Do we recognize His hand in blessing us and are we making the most of our times of nourishment?*
- Distribute the Session 6 handout (p. 26) and invite participants to reflect on special meals in their lives by responding to questions 1 and 2. Invite the class to fill in question #3 as they view the video segment. Answers are: *love, love, love, gratitude, and prayer.*

View the Video Segment for Session 6

Discussion Questions for Session 6

- The request for daily bread is the first personal request of the prayer. What other needs could “bread” represent? (courage, peace, strength, hope, direction, etc.) Why do you think Jesus chose to use the word “bread” here, instead of the word “needs”? How about the word “daily”? What does it add to this phrase?
- What do you make of the idea that this request is stated more as an instruction than as a request?
- Take an honest look at the types of foods you eat. What would it take for you to see healthy foods as an intricate part of your medicine, provided and prescribed by your loving Father?
- Would you describe yourself as a worrier? What do you tend to worry over? Read Philippians 4:19 and discuss how you can begin to trust God with all your needs.
- If your health struggles have made you more dependent on others, have you been able to recognize this assistance as an extension of God’s gift to you? What struggles have you had in allowing others to serve you?
- For some, the challenge of living with illness heightens an awareness of those whose needs are even greater, whether physically, emotionally, or spiritually. Consider how you could help further God’s Kingdom by sharing “bread” with others.

Group Closing

Point out the *To do this week* challenge at the bottom of the session handout. Encourage the class to continue with daily prayer. Say: *We will again close with The Lord’s Prayer, but only up to what we have studied.* Pray each phrase aloud, pausing after each one and ending with “Give us this day our daily bread.”

Reflections on The Lord's Prayer Session 6 Handout

1. What are some of the more significant meals you share with those you love in a given year?
2. What makes these meals special and memorable?
3. As you watch the video, listen as Ken describes praying over our food. Fill in the blanks of the following:

When our food, our daily bread is prepared in _____, served in _____, shared in _____, received in _____ from God and blessed in _____ before we consume it, it truly nourishes us in a different way.

To do this week: Continue the discipline of daily prayer. Begin each prayer session by praying The Lord's Prayer. Then thank God for the many ways He has provided for your needs, whether it be physically, emotionally, or spiritually. Be intentional about praying over the food you receive from God and ask Him where you might make better choices to nourish your body. Consider how can you help further God's Kingdom by sharing "bread" with those in need of food, comfort, peace, etc.

"I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me." Revelations 3:20

SESSION 7:

Forgive us our sins, as we forgive those who sin against us

Main Ideas

Forgiveness is healing for both the receiver and the giver. It is also a pre-requisite for spiritual forgiveness.

Opening Time

- Welcome the group, allowing time for personal updates. Review the concepts covered in previous sessions and follow up on how God provided for needs this week, while reviewing the wider meaning of “daily bread.”
- As a group, brainstorm some of the most famous walls in the world. Begin with the Great Wall of China and then let the group come up with a few more. (Also, the wailing wall in Jerusalem, the Berlin Wall, the Walls around Jericho)
- Ask: *What was the reason for the building of these walls?* Many of these walls were built in response to a conflict or a perceived threat. The wall keeps some people in, while keeping others out. It is a harsh reminder that there is an “us” and a “them.” *Did the walls we’ve listed accomplish the intended goal?*
- Ask: What similarities do you find between lack of forgiveness in our heart and a physical wall between people?
- Distribute the Session 7 handout (p. 29) and invite the class to respond in writing to questions 1 and 2. Introduce the video segment and invite the class to consider people they could pray for, in regard to forgiveness or hurtful situations, as suggested in question 3.

View the Video Segment for Session 7

Discussion Questions for Session 7

- Consider the proverb, *If you devote your life to seeking revenge, then first of all dig two graves*. How does a lack of forgiveness affect both parties?
- Have you experienced physical symptoms due to a lack of forgiveness? How has forgiveness or lack of forgiveness affected your spiritual walk?
- Can forgiveness and justice work together in a given situation? How?
- This is the only phrase of the prayer that Jesus directly explains (see Matthew 6:13). What is the relationship between our forgiveness of others and God's forgiveness of us? Does this link frighten or comfort you?
- Consider Jesus' example of forgiveness. What strikes you as you think of His words of forgiveness, even as He endured the horror and injustice of the cross?
- Is there anyone you need to forgive who you cannot go to, such as a deceased parent? Can you still forgive them? Is there someone you need to forgive and pray for, as Ken suggested?
- Sometimes the hardest person to forgive is our self. God promises to forgive us our sins, yet we so often languish in guilt and shame. Why is confession to God important? Given that He already knows our sins, why is it so difficult? When you truly accept His forgiveness, what walls do you begin to tear down?

Group Closing

Point out the *To do this week* challenge at the bottom of the session handout. Encourage the class to continue with daily prayer. Point out that the times in daily prayer can become longer, if we are willing. Close the session with The Lord's Prayer, pausing after each phrase and ending with today's portion.

Reflections on The Lord's Prayer

Session 7 Handout

1. Describe one or more relationships in your life that have been marked with lack of forgiveness.
2. If unforgiveness is like a wall, describe the wall that exists in one of your relationships. Would you say it is like a brick wall, a glass wall, an electric fence, or some other type of wall? Why?
3. As you watch the video segment, use the following space to begin a list of situations you could pray for regarding personal hurt or struggle:

To do this week: Continue the discipline of daily prayer, but plan for longer prayer sessions. Begin each prayer session by praying The Lord's Prayer. Then proceed to a time of praising God. After this, move into a time of confession. Talk to God about those things you need to be forgiven of. Remember, you aren't surprising Him, you're simply recognizing your need of forgiveness and accepting that forgiveness. Then ask God to help you forgive others as needed. Pray a blessing on those who have offended or hurt you. Finally, bring to God the various other concerns that are on your heart this week.

“For if you forgive men when they sin against you, your Heavenly Father will also forgive you.” Matthew 6:14.

SESSION 8:

Lead us not into temptation, but deliver us from evil

Main Ideas

God leads us and considers our needs. He is with us, even in our most difficult trials.

Opening Time

- Welcome the group, allowing time for personal updates. Review the concepts covered in previous sessions, paying particular attention to the suggestion to spend additional time in prayer over the last week. Are group members seeing their faith and relationship with God increasing as they diligently spend time in prayer?
- Display a pitcher of water that you've drawn from a water fountain or kitchen sink, along with some paper cups. Explain where the water came from and proceed to pour a cup of water and try to sell it to the highest bidder. What is this cup of water worth to your class?
- Now imagine that you are a group of desert-worn travelers. You've been journeying for days, don't know how far you have to go, and your water ran out yesterday. How will the price for a cup of tap water change now? Suddenly this ordinary water takes on new importance and significance.
- Say: *Today we will look at "desert times." These are times when our faith is tested and stretched. Times when God can seem very distant or extra close, and our response can make all the difference.*
- Distribute the Session 8 handout (p. 32) and have participants respond to the first two questions. Your group should be comfortable enough by this point for some to share their desert experiences out loud. Point out question 3 for during the video.

View the Video Segment for Session 8

Discussion Questions for Session 8

- How are the words “temptation” and “trial” related in regard to this phrase in the prayer? What different connotations do these two words bring?
- How did Ken describe his desert experiences?
- One thing Ken points out about the desert is that it is a place where all pretenses can be abandoned. No need for phoniness or need to impress. How do the words in this phrase recognize our human vulnerability and show our need for a loving Father to lead us?
- Consider the temptations we are prone to. For those mired in illness, there can be frustration, despair, self-pity, bitterness or anger. How can these trials bring you opportunities for special nourishment and even growth?
- Discuss specific trials or temptations you’ve had lately.
- How do Jesus’ personal experiences with temptation bring comfort? Can we have victory over temptation as He did? What can we learn from His example?
- Surely desert experiences will continue to come into all of our lives periodically. These can be times of greater joy and communion with the Father. But, is it possible to tap into this gift of refreshment even when we are not facing a trial or temptation? How?

Group Closing

Point out the *To do this week* challenge at the bottom of the session handout. Encourage the class to continue with daily prayer, building on the positives they are experiencing as their relationship with the Lord deepens. Close the class by praying The Lord’s Prayer out loud, with a short pause after each phrase that has been studied so far.

Reflections on The Lord's Prayer Session 8 Handout

1. From what you know of deserts, what words would you use to describe them?
2. Can you think of a time when you felt that you were walking through an emotional or spiritual desert?
3. As you watch the video, fill in the following:

Another word for *temptation* is _____

Some words Ken uses to describe the desert:

To do this week: Continue the discipline of daily prayer. Begin each prayer session by praying The Lord's Prayer. Include the various elements of prayer that have been studied: praise, seeking direction, confession, forgiveness, and petition for your needs and the needs of others. Take time to recognize God as the one who wants to lead you through your trials. Give Him permission to do so, and ask for streams of water to refresh your spirit.

“Let us then approach the throne of grace with confidence, so that we may receive mercy to help us in our time of need.” Hebrews 4:16

SESSION 9:
*For Yours is the Kingdom, and the power,
and the glory forever and ever*

Main Ideas

God is ruler over a magnificent Kingdom that will never end and we are co-heirs of this Kingdom!

Opening Time

- Welcome the group, allowing time for personal updates. Review the concepts covered in previous sessions and ask if members are beginning to see God through their trials. Encourage ongoing efforts to meet with God daily in prayer.
- Begin by coming up with a group definition of the word “kingdom.” Then think of a few specific earthly kingdoms. NOTE: stretch the group by considering not only nations, but also work places, families, neighborhoods, etc.
- Ask: *What is the greatest earthly kingdom at this time? What makes it a great kingdom? How long do you think this kingdom will last? Hitler predicted his “Third Reich” would rule for 1,000 years. How long did it last?*
- Distribute the Session 9 handout (p. 35) and invite participants to reflect on questions 1 and 2. Question 3 may be used now or after the video segment. Answers are: *Kingdom, Power, Glory.*

View the Video Segment for Session 9

Discussion Questions for Session 9

- Describe God’s Kingdom in your own words. How does His Kingdom compare to the greatest earthly kingdoms?
- Ken points out that this phrase may have been added by scribes. Why might they have done that? What does this phrase add to the prayer? How would its absence change the climax of the prayer?
- What does this phrase suggest about those who may take pride in their powerful roles on earth?
- Do you tend to view others in terms of their “net worth”? How does the recognition of God’s supremacy affirm our worth, regardless of our earthly possessions?
- Those of the Catholic faith do not typically include this phrase of the prayer, while Protestants typically do. What common ground does Ken point out between these two main viewpoints?
- God has named you an heir to His Kingdom, an indescribably glorious Kingdom that will never end! As His child, you are promised riches worth far more than those of the wealthiest family you can imagine! With that promise in mind, how are your current struggles changed?

Group Closing

Point out the *To do this week* challenge at the bottom of the session handout. Encourage the class to continue with daily prayer. Say: *We will again close with The Lord’s Prayer, and this time we will pray the entire prayer! Take time to intentionally ponder each phrase as I slowly pray the prayer.* Invite the group to pray with you. Pray each phrase aloud, ending with “Amen.”

Reflections on The Lord's Prayer Session 9 Handout

1. In thinking of the many different types of “kingdoms” on earth (family, community, workplace, church, organizations, etc), list several specific earthly “kingdoms” you personally belong to:
2. Who built these “kingdoms”? Realistically, how long do you expect them to last? What is your role in them?
3. As you watch the video segment, look for the three things that belong to God the Father:

God owns the _____

He has all the _____

He deserves all the _____

To do this week: Continue the discipline of daily prayer, begun 8 weeks ago. Begin each prayer session by praying The Lord's Prayer, deliberately focusing on each phrase. Move into a time of praying in the various ways you have practiced over recent weeks. Include a recognition of God as the ruler of His Kingdom. Ask Him to help you live as a member of His Kingdom, an heir to great riches!

“Has not God chosen those who are poor in the eyes of the world to be rich in faith and to inherit the kingdom He promised those who love Him?” James 2:5

SESSION 10: *A Prayer for All Time*

Main Ideas

The Lord's Prayer has stood the test of time. It is for all people in all places at all times.

Opening Time

- Welcome the group, allowing time for personal updates. Ask participants to share if there is one or more key concepts that have been particularly meaningful to them as they've worked through these reflections.
- *Ask: Think back to your childhood. Was The Lord's Prayer used in your home or church? How?*
- *Say: Christian denominations vary in almost every area imaginable from theology to music style to the proper color for sanctuary carpet. Yet The Lord's Prayer is one thing that can bring Christians of all denominations together. How can this be?*
- Distribute the Session 10 handout (p. 38) and spend some time discussing questions 1 and 2. Explore how participants' understanding of prayer has evolved and how their own prayer lives have grown.
- Introduce the video, pointing out question 3 in the session handout, to be filled in while watching. Answer is: A brief summary of the whole Gospel.

View the Video Segment for Session 10

Discussion Questions for Session 10

- What did you hear in today's presentation that was new to you regarding the use of The Lord's Prayer throughout history? Does the prayer's timeless nature affect your use of it?
- What difference does it make to know that through this prayer you can connect to people of different times, places, and cultures?
- What are some circumstances when you would use The Lord's Prayer word for word?
- How and when might you use it more as a model of prayer?
- When we began this series some weeks ago, we anticipated the unfolding of a story. Ken suggested that through this story, we would go on a journey and might meet a stranger who is seeking us. Has this goal been met for you?
- How has this series changed your prayer life? What new insights have you had in terms of your health struggles?
- Do you have someone to walk the road of faith with you? Someone to pray with you and for you? If not, can this group become an ongoing support for those who are interested?

Group Closing

Encourage the class to continue with daily prayer, as they go forward from today. Close one last time with The Lord's Prayer, but today invite the group to speak the prayer slowly, deliberately together. Say: *Today we will pray The Lord's Prayer together out loud, as a reminder that we are one in Christ and we need each other to help us through.*

Reflections on The Lord's Prayer Session 10 Handout

1. Look back at your response to question 1, from the Session 1 Handout. Having studied The Lord's Prayer in more depth and having participated in daily prayer, take time to write a new response to the question: What is the purpose of prayer?
2. Also in session 1, you took time to consider what types of things you tend to pray about. Look back at what you wrote at that time. How has your prayer life changed over the course of recent weeks?
3. As you watch the video, see if you can fill in the following:

The church father Tertullian described The Lord's Prayer as "_____

_____."

To do this week: Studies show it takes thirty days to build a new habit. Over recent weeks, you have built and developed a wonderful habit of daily prayer. As you go from this class, commit to keeping time in prayer as a high priority. Use The Lord's Prayer intentionally, both in repetition and as a model or tool to guide your prayers.

"Let us hold unswervingly to the hope we profess,
for He who promised is faithful." Hebrews 10:23.

APPENDIX A:
The Seven Wonders of the World
(for use in session #5)

The Seven Wonders of the Ancient World:

- Great Pyramid of Giza
- Hanging Gardens of Babylon
- Statue of Zeus at Olympia
- Temple of Artemis at Ephesus
- Mausoleum of Maussollos at Halicarnassus
- Colossus of Rhodes
- Lighthouse of Alexandria

The Seven Wonders of the Medieval World:

- Stonehenge
- Colosseum
- Catacombs of Kom el Shoqafa
- Great Wall of China
- Porcelain Tower of Nanjing
- Hagia Sophia
- Leaning Tower of Pisa

Note: Taj Mahal, Cairo Citadel, Ely Cathedral, and Cluny Abbey are sometimes included.

Modern Seven Wonders lists may also include some of the following:

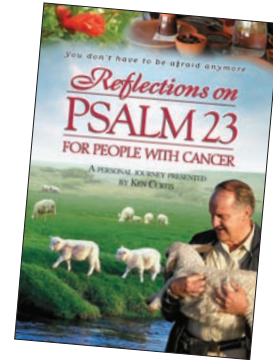
- Channel Tunnel
- Canada's National Tower
- Empire State Building
- Golden Gate Bridge
- Itaipu Dam
- Delta Works
- Panama Canal
- Christ the Redeemer Church
- The internet



Additional Resources:

You Don't Have to Be Afraid Anymore:
**Reflections on Psalm 23
for People with Cancer**

Ken Curtis, founder and president of Vision Video and Christian History Institute, was diagnosed with advanced cancer and given little hope for survival. He pursued a combination of traditional and alternative medicine, undergirded by a strong spiritual dimension and prayer support team.



Psalm 23 was a vital part of his spiritual component, and for this video Curtis went to Israel, home of David, writer of the Psalm, to be with the shepherds, travel "through the valley of the shadow of death," and explore and enjoy the healing powers of the green pastures and still waters. The resulting 13 meditations are about eight minutes each and provide a combination of candid personal experience of what it means to battle cancer and some of the spiritual resources available to all in this time-honored Psalm. A co-production of Vision Video and Nazareth Village. DVD - #501093D

NOW IN PRODUCTION:

You Don't Have to Be Angry Anymore:
Reflections on the Beatitudes for People with Cancer

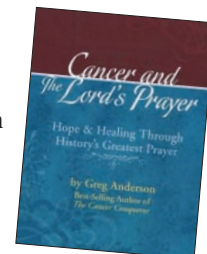
**And Sheep May Safely Graze –
Pastoral Suites from Nazareth Village**

This music CD includes gentle melodies of Jewish and Arabic musical traditions from the Middle East. Music from this CD was used on the DVD, *Reflections on Psalm 23 for People with Cancer*. CD - #98446



Cancer and The Lord's Prayer

This 96-page book by Greg Anderson takes you through the daily healing discipline of this life-changing prayer and helps you discover the full and complete gift of life you were meant to live. Book - #98328



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