

**V**acation  
**B**ible  
**S**chool

**LESSON THREE**  
**JUNE 24, 2021**

# THIS WEEK I LEARNED...

This week we learned about the Lord's prayer found in Matthew 6.

**MEMORY VERSE:** "After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen." *Matthew 6:9-13*

## QUESTIONS TO ASK:

Why do we learn the Lord's prayer?

What does forgive mean?

When and where can we pray?



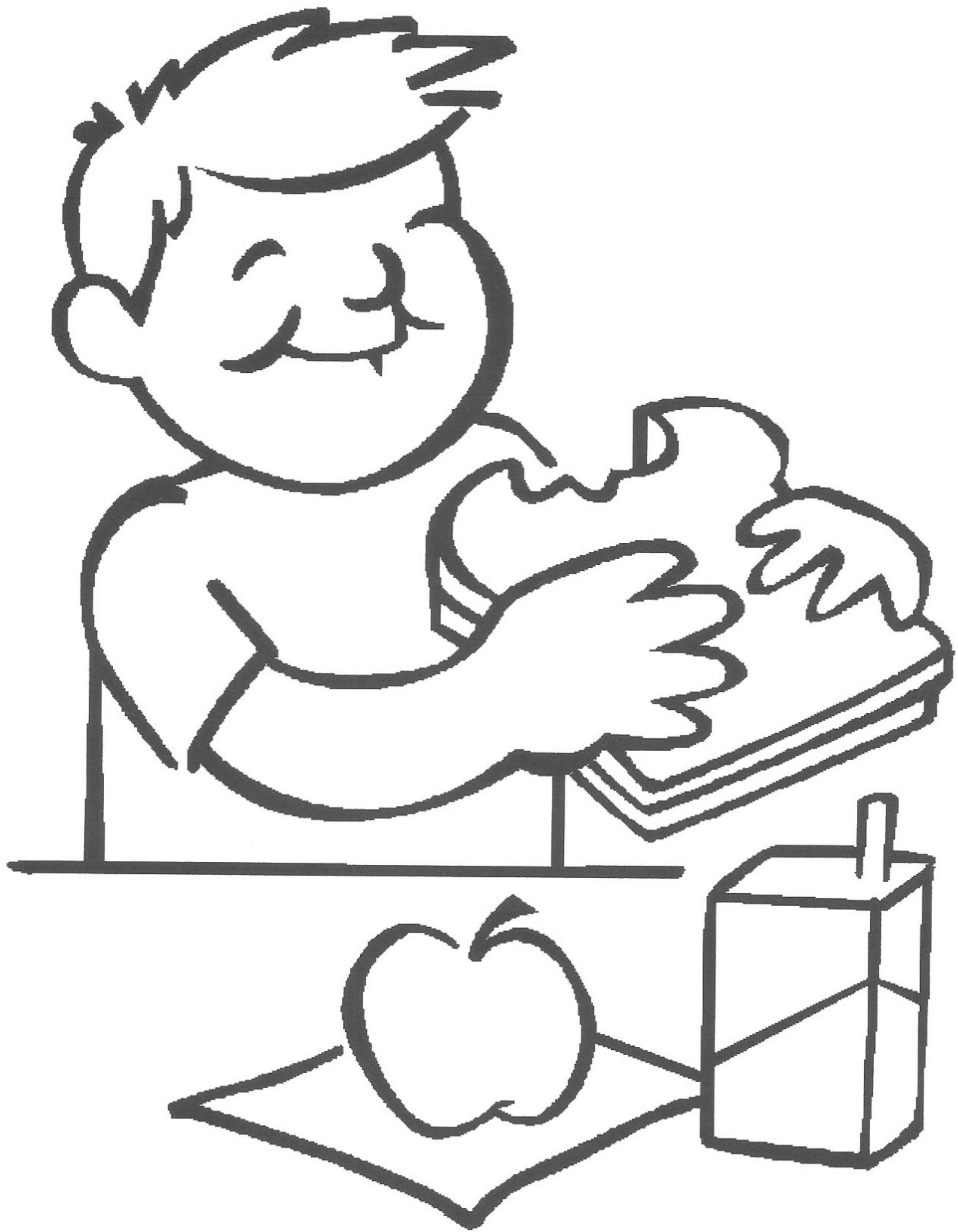
**FAMILY FUN:** This week we learned about the Lord's prayer and how God gave it as an example for us to follow. Encourage your family this week to pray about things no matter how big or how small. Say the Lord's prayer together every night until everyone in your house has learned it. You could even give prizes to each family member as they learn it.



Our Father, who art in heaven,  
hallowed be thy name.



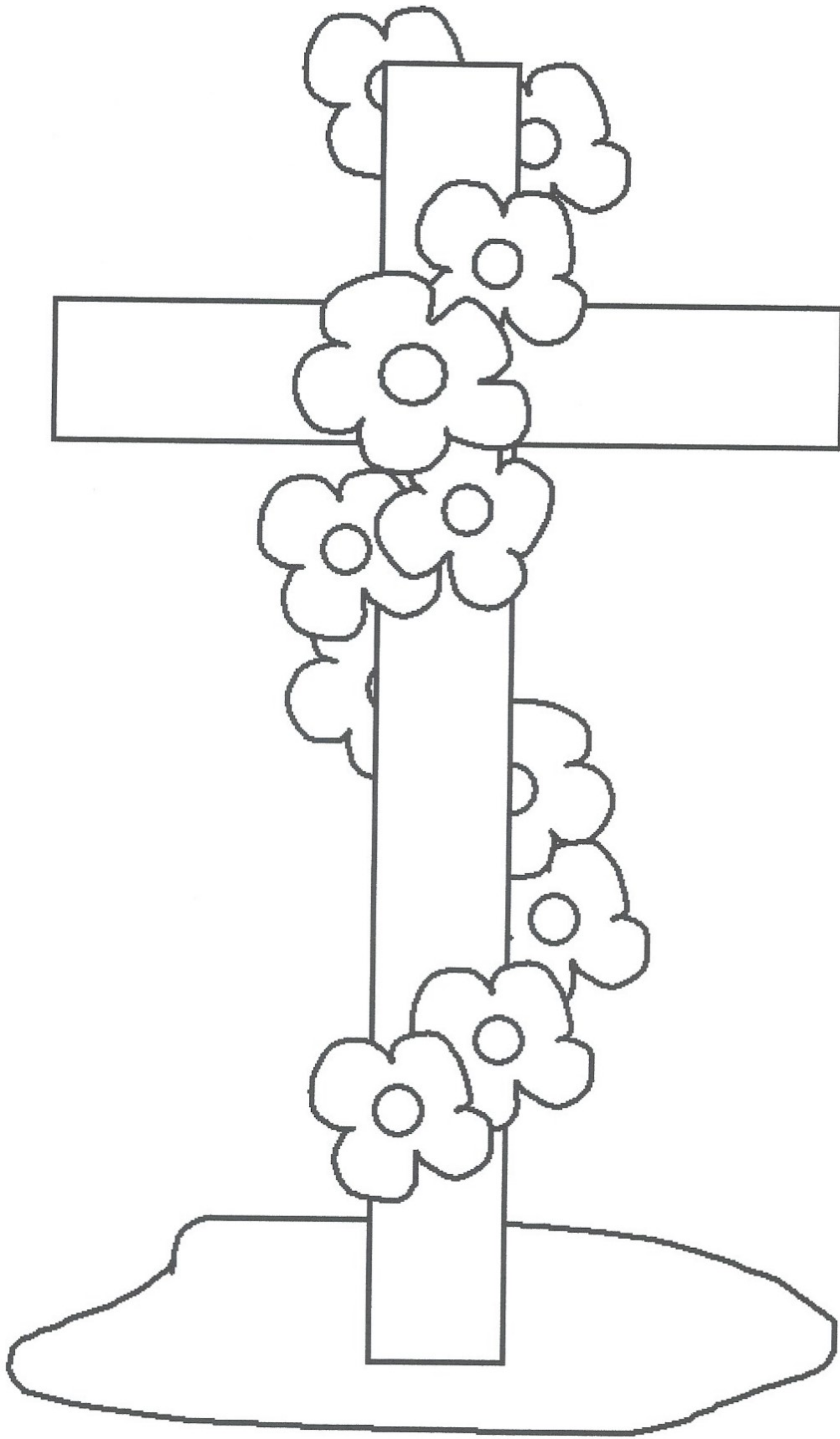
Thy kingdom come, Thy will be done  
on earth as it is in heaven.



Give us this day our daily bread;



And forgive us our trespasses,  
As we forgive those who trespass against us;

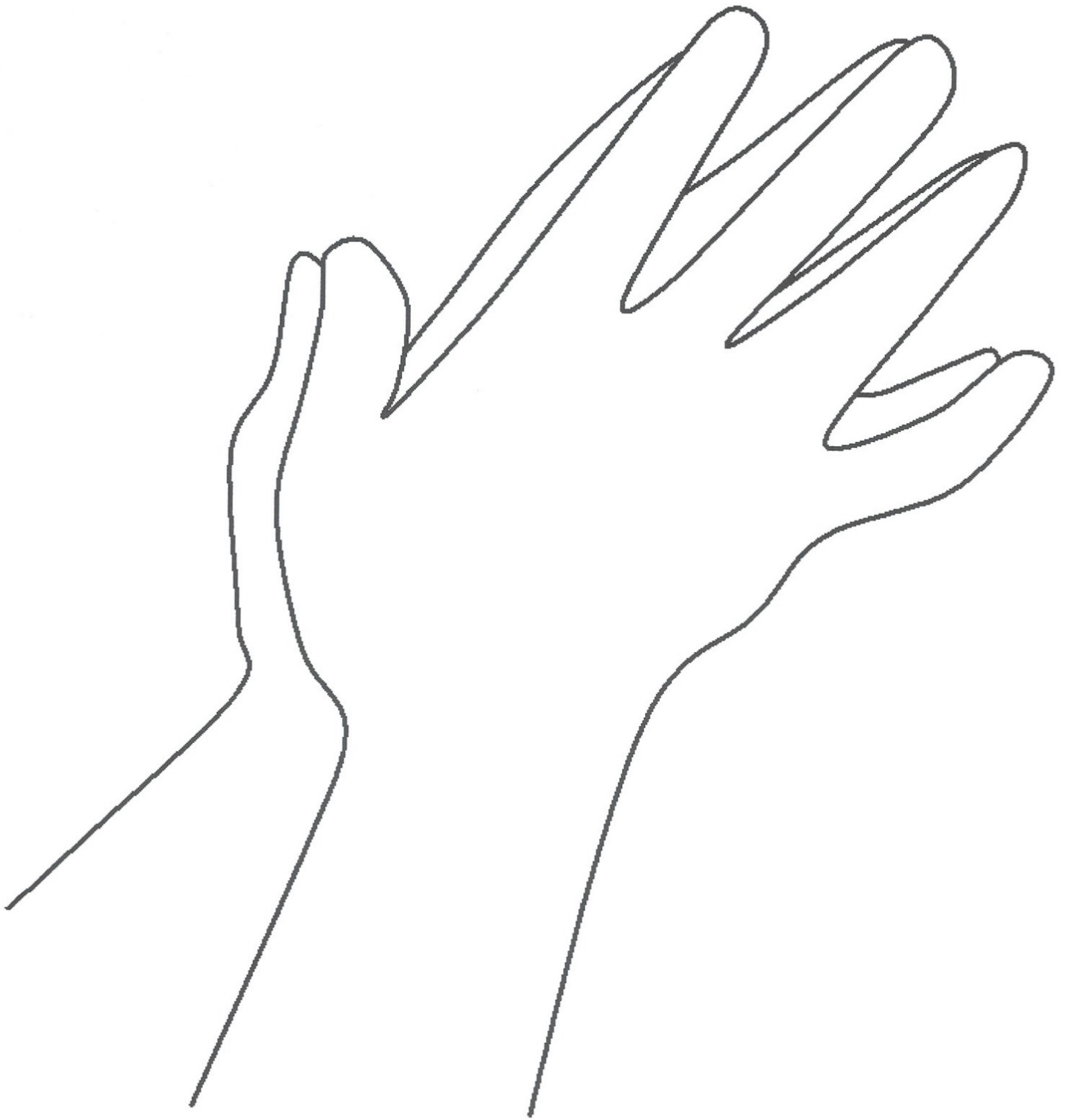


And lead us not into temptation,  
but deliver us from evil.



For thine is the kingdom, and the power,  
and the glory, for ever and ever. Amen.





**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; and forgive us our trespasses,  
As we forgive those who trespass against us;  
And lead us not into temptation, but deliver us from evil.  
For thine is the kingdom, and the power, and the glory,  
For ever and ever. Amen.**



# Lord's Prayer Maze

Find your way through the maze by connecting each phrase of the Lord's Prayer.  
Then color the picture of Jesus at the end of the maze.

Our Father which  
art in heaven,

Thy  
kingdom  
come,

Hallowed be  
thy name.

Give us this  
day our  
daily bread.

Thy will be  
done in earth,  
as it is in heaven

And forgive  
us our debts,  
as we forgive  
our debtors

And lead us not  
into temptation,  
but deliver us  
from evil:

For thine is the  
kingdom, and  
the power, and  
the glory forever.



# THE EMPTY CUP

An object lesson  
on fasting for kids



Set out an empty cup, a bowl, some sand, and a pitcher of water. Each time you talk about something that fills our lives, pour a little sand in the cup.

Say: **This cup represents us. We fill our lives with things. We might fill our lives with friends or sports.** (pour some sand into the cup) **We might fill our lives with toys or clothes, music,**

**our hobbies, our devices.** (pour more sand into the cup) **We can be really busy. Before we know it, our lives are full,** (pour more sand into the cup until it is full) **just like this cup is full of sand.**

**Now let's try to pour some water in the cup. The water represents God.** (Hold the cup of sand over the bowl and pour water on it.) **It's full! How can we pour water in the cup when it's so full?**

**We might get so distracted by all the things in life that we think are important, but the most important thing is God. We're going to talk about fasting to help us remember God and put Him first in our lives.**

**Fasting is something we learn about in the Bible and many people still do today. It is emptying ourselves and giving things up, so God can fill us up.**

# THE EMPTY CUP

An object lesson  
on fasting for kids

When we fast, we give up something that we don't need, so we can focus on God.

During fasting, we can increase our...

- dependence on Him
- faith
- strength in the Lord as we resist and deny ourselves

(Pour out the sand, then pour water into the cup.)

When we get rid of some of the distractions in our lives, we make room for God to pour Himself into our lives and we can grow closer to Him. God will fill us with His love, His strength and His power.

Discuss: How would your relationship with God change if you made time to connect with Him and pray to Him every day?

**Fasting  
for Kids**

