

FOR FAMILIES TO LEARN AND GROW TOGETHER IN JESUS

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Week of November 29, 2020



DIGGING
INTO



The Lord's Prayer: Asking

[Matthew 6:11](#), [Psalm 121](#)



LORD, HELP ME!

The Lord's Prayer

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done on earth as in heaven.

Give us today 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 the kingdom, the power, and the glory
are yours now and forever. Amen.

THE LESSON

Jesus teaches us to ask God for what we need. In Matthew 6:11 we ask God to give us our "daily bread".

Martin Luther, in his Small Catechism, said daily bread includes, "[E]verything that we need for our bodily welfare, such as food and drink, clothing and shoes, house and home, land and cattle, money and goods, a godly spouse, godly children, godly workers, godly and faithful leaders, good government, good weather, peace and order, health, a good name, good friends, faithful neighbors, and the like." So, basically, we can and should ask God for anything and everything, trusting he will give us what is best for us!

Psalm 121 is an example of this kind of prayer. Travelers asked for God's help as they faced a dangerous journey. The psalmist writes, "My help comes from the Lord, who made heaven and earth!" Click on the Psalm 121 link above to read the entire Psalm/prayer, then watch the video version below.

THE POINT

Asking for help is part of prayer.



[Walk Through the Bible: Psalm 121](#)

Learn More About Prayer



[How Do I Pray?](#)

Sing Out!



[I Can Pray](#)



[All That Is Good](#)

Through the Week

Cut out Psalm 121 below. It's a traveler's psalm asking for God's help. Hang it by your door or in your car, and pray the prayer together whenever you go somewhere this week.

Psalm 121

I look up to the mountains—
does my help come from there?
My help comes from the Lord,
who made heaven and earth!
He will not let you stumble;
the one who watches over you will not slumber.
Indeed, he who watches over Israel
never slumbers or sleeps.
The Lord himself watches over you!
The Lord stands beside you as your protective
shade.
The sun will not harm you by day,
nor the moon at night.
The Lord keeps you from all harm
and watches over your life.
The Lord keeps watch over you as you come and
go, both now and forever.



[Tis So Sweet](#)

Let Us Pray Together

Dear Father in Heaven: You are so wonderful! Your will is perfect. You always hear my prayers and give me what's best. Help me to reach out to you and to ask for your help whenever I need it and however big or small my need. Use me to lead others to you, so they can ask for and receive your gracious and amazing help. In Jesus' name I pray, Amen.

WATCH [CARL'S BIG ADVENTURE](#) THEN DISCUSS



1. Carl was going to visit his good friends, Bill and Violet, but he did not get there right away. What happened?
2. What should Carl have done to avoid going to several wrong places?
3. Carl did not ask for help. Why was this a bad choice?
4. Have you ever needed help but refused to ask for it? Share. How did things work out for you? Explain.
5. Why is it foolish to not seek help from others when you need it?
6. When you need help with things, to whom can you reach out and get the best, wisest, most powerful, and loving help ever?
7. How do we reach out to get God's help?