**Paper cup Lord’s prayer**

*Materials all accessible in centre of group: paper cups, markers, newspaper & or map laid out, bowl of chopped fruit, jug of water, jug of nice drink, large empty bowl, slideshow, music.*

Take a cup and a pen and spend some time writing or drawing

**Play slide with music**

**Meditation:** Picture your past week as a cup, what has it held? What do you taste? What do you want to pour down the drain? What do you savour and give thanks for?

Hold your hand out as a cup and receive from God now. Invite the Holy Spirit to fill you.

Eternal Spirit,

Earth-maker, Pain bearer, Life-giver,

Source of all that is and that shall be,

Father and Mother of us all,

Loving God, in whom is heaven:

The hallowing of your name echo through the universe!

Take a cup and a pen and spend some time writing or drawing your description of God today, write or draw something about who God is.

Let’s pray the first part of the Lord’s prayer together:

**Our Father in Heaven, May your name be kept Holy.**

When you are ready place your cup down in a circle around our pictures of the world.

The way of your justice be followed by the peoples of the world!

Your heavenly will be done by all created beings!

Your commonwealth of peace and freedom

sustain our hope and come on earth!

Let’s pray this next part of the Lord’s prayer together:

**May your kingdom come.** **May your will be done on earth, as it is in heaven.**

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

Take the cup and fill it with some fruit. As you eat, remember to ask God to be your provider each day.

Let’s read together:

**Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.**

Fill your cup with some water, take a vitamin tablet and listen for anything in your heart that you are sorry for or about. When you are ready to release this sorry thing to God, drop it in the water and reflect on God’s cleansing love changing that situation.

Let us say together:

**Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever.
Amen.**

Pour out the contents of your cup into the large bowl and fill it with some refreshing drink.

Let’s make a toast together as we read the last part of the prayer together.

**For you reign in the glory of the power that is love,**

**now and forever. Amen.**

Source: A New Zealand Prayer Book (Harper Collins, 1997), 181.