

LESSON 6

THE LORD'S PRAYER (PART 2)

OBJECTIVES

1. To understand that we must forgive others because God forgives us.
2. To develop faith that God will protect and deliver us from evil.
3. To know that God is in control and has power over everything.

MEMORY VERSE

"For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses."

(Matthew 6:14-15)

PRAYER

Prior to the prayer, remind the students that prayers are opportunities to:

1. Praise God's name,
2. Build a relationship with Him,
3. Think about what God has in plan for us, and
4. Request for our needs as well as the needs of others.

Tell the students to put these four teachings into practice during their opening prayer.



Overview

1. The Lord's Prayer: Part 2 (Mt 6:12-15; Lk 11:4-13)

- God forgives: "And forgive us our debts, as we forgive our debtors." (Mt 18:21-35; 1 Jn 1:8-10; Mt 5:24-25)
- God helps and protects: "And do not lead us into temptation, but deliver us from the evil one." (Jas 1:12-15; 1 Cor 10:11-13; 2 Tim 2:22-26)
- God is in control: "For Yours is the kingdom and the power and the glory forever. Amen." (Rev 1:6; Heb 12:22-24, 28-29)

2. Linking to the Ten Basic Beliefs

Our God is the one true God, so He has all the power and glory. He can help us and protect us in all circumstances.

3. Life Application

- Forgiveness
- How God Will Help Me

4. Activity

- In Thought, in Speech, in Conduct
- A Prayer for My RE Class



Background Knowledge for Teachers

Dealing with Debt, Sin, and Trespasses

From Matthew 6:12 onwards, there is a shift in the focus of the Lord's Prayer. The first five lines focused on God alone, and the next on our physical need. However, the final five lines of the Lord's Prayer, and Jesus' words immediately after the prayer, are focused around the concept of debt, sin, and trespasses to depict the essence of man's relationship with God through prayer. Though these terms may sound similar, their subtle differences illustrate the progression of a Christian's entire relationship with God. Debts and debtors imply an obligation towards another, a debt that we owe. Sin (literally: "to miss a mark") is used in contrast to debt in Luke 11:4, comparing our sins that need to be forgiven with our forgiveness of others' debts toward us. Lastly, trespasses as mentioned in Matthew 6:14 refers to one's failures, mistakes, or slips in error that we must forgive (cf. Col 2:13-14). Where the first half of the Lord's Prayer depicts God's relationship with us, the final half of the Lord's Prayer shows our relationship with Him.

- Debtors: We are eternally indebted to the higher and greater God.
- Sin/temptation: We face the temptation to be ensnared and fall to sin in this world.
- Trespasses: When we fall and slip, we once again seek God's righteous mercy.

Jesus' message was that this entire message of Christian life had to be explored and experienced in prayer, from reflection to repentance to renewal.



Reaching Out to Your Students

"I'm Sorry"

Many students are used to saying "I'm sorry" or making excuses when they do something wrong. When God seeks a closer relationship with His children, He first requires that they be holy, for He is holy. Remind your students that repentance in prayer is vital to having a healthy prayer relationship with God and that this repentance must extend to their actions outside of prayer.

The Life Jacket

We also need to train students in understanding that prayers shouldn't be treated as life jackets. We cannot recite the Lord's Prayer only when we think it is necessary. The content of the Lord's Prayer taught the disciples how to pray every day. Unlike a life jacket that gathers dust in the wardrobe for emergencies, prayer is the one thing we need to carry around with us every day. Constant prayer will help us forge a strong relationship with our Father.



Opener

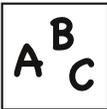
5 Minutes

What goes through your mind when you are praying? Do you think about playing with your friends, what you will do after church, or how long the prayer will last for? Or are you thinking about a person you need to pray for, about the things you've done wrong in the past week, or how God has helped you in the past week?

For Teachers

1. Give a short testimony of when you have drifted in your thoughts while praying, even though you were praying physically.
2. Provide the students each with a small piece of paper and ask them to list out five things they think about while they are praying. Note: It is important to keep this instruction open-ended so that the students have the opportunity to list both spiritual and secular thoughts. When they are done, collect the pieces of paper.
3. Divide the board into two sections. On one side, list out the secular thoughts that were written, including your own. Creative license can be used when illustrating this activity (e.g., mind maps around a brain, a praying figurine, different colors, etc.).
4. Now, ask the students what kind of thoughts they can think about during prayer based on last week's lesson on the Lord's Prayer and list these out on the other side. Examples may be thinking of God as their Father, thinking about what they need, thinking of how God has guided them, etc.

God doesn't want us to have an empty mind when we are praying to Him. He wants our mind to be full of thoughts, but these thoughts must be ones that are pleasing to God. Sometimes, this means thinking about things we've done wrong or things we're ashamed of. We can't hide anything from God, and this week in the second half of the Lord's Prayer, we will learn just how important it is to think and reflect while we pray.



Vocabulary

temptation: something that lures you to sin

debtor: someone who owes something to someone else

trespasses: when someone crosses a line and does wrong

resolve: the determination to do something; the strong aim and goal to do something

amen: truly



Bible Discovery & Spiritual Teaching

30-35 Minutes

FOR TEACHERS

Please hand out the Bible Discovery worksheet and ask the students to fill it out as the lesson progresses. Instruct students to write down the summarized bullet points at the end of each section. Keep a copy for yourself as reference.

Let us read the Lord's Prayer together in **Matthew 6:9-13**.

On your worksheets, underline with a pencil the main words for this part of the Lord's Prayer. Now, please highlight the following words. [On the board, write: "forgive, debts, forgive, debtors, temptation, deliver, evil one, kingdom, power, glory."]

"And forgive us our debts, as we forgive our debtors."

Students, who knows what a debt is or who a debtor is? For example, if I were to borrow \$5 from you, then I would owe you a debt of \$5 and I would be your debtor. Talk to your classmate next to you and think of another example of a debt. Debts aren't only physical things. We can hold emotional debts as well. If your brother or sister broke your favorite game or ripped your favorite article of clothing, you would want your parents to replace it for you. But what would you expect from your brother or sister? Would you expect them to be nicer to you, to be kind and help you with other things as compensation? If you would, you are holding them as an emotional debtor.

Let us turn to **Matthew 18:21-35**. The debt that the servant owed the master was 10,000 talents (v. 24). One talent equaled 6,000 days of wages. So, how many days would you have to work to earn 10,000 talents? You would have to work 60,000,000 days, or if you worked from you were first born, 164,384 years. Now how much did the second servant owe the first servant? 100 denarii. This equals 100 days of working. Is this still a lot of money? Yes it is—but compared to what the first servant owed the master, it was nothing! Students, our master today is God; we are the first servant that owed all the money and the second servant that owed the first servant are all our brothers, sisters, family, and friends around us. Even though they may do things that may hurt us and

make us angry, we must remember how often we have sinned against God and how unworthy we are.

FOR TEACHERS

Ask students to fill in the definitions for "debt" and "forgiveness," and then turn to page 2 and answer the questions about the parable. The answers for the parable have been provided here.

Answers

- a. 10,000 talents. b. 60 million days of working. c. Sell himself, his wife, his children, and all that he had.
- a. 100 denarii. b. 100 days of working. c. Tortured until he paid all that was due to the king.
- a. My life; He died to save me and forgave my sins. b. No. c. Answers may vary.

So, when we pray to God, like in the Lord's Prayer, we must examine ourselves and see if there are grudges we hold against someone else. In the Lord's Prayer, what action must come first? Do we ask for God to forgive our debts first, or do we forgive others' debts to us first? Let us turn to **Matthew 5:23-24**. When we worship God and pray to God, we need to think of whether there are people that we still haven't forgiven. If there are, then we must forgive them—in person and in our hearts. After we have done that, we can ask God to forgive us because what we owe God is far greater than what anyone could owe us (1 Jn 1:8-10).

Summary

- What we owe God is more than what anyone could ever owe us.
- We need to forgive others before we can ask God to forgive us.

"And do not lead us into temptation, but deliver us from the evil one."

Let us read the next two lines in **Matthew 6:13** again.

What does it mean to be led into temptation? Boys and girls, let us do a secret survey. Everyone put your heads down. Now, raise your hands if you've ever done something your parents told you specifically not to do.

Keep your hands up if the thing you did felt fun or good at the time you were doing it. Now, keep your hands up if you felt guilty or wanted to hide this thing you had done from your parents afterwards. Okay, everyone can put your hands down and raise your head up now.

Temptation occurs when we are led to do something wrong. What are we led by? By God? No; we are led by our own desires, by our heart, by bad people around us, and by Satan, who is trying to make us fall (Jas 1:12-15)! These things are called temptations because even though we know they are wrong, we still want to do them. Let us turn to **1 Corinthians 10:11-13**. We need to first know that to yield to temptations is wrong! "No temptation has overtaken you except such as is common to man; but God is faithful." Students, let us take special note of this statement: "But God is faithful." This is a promise from God! He will help us, but only if we put in the strength and resolve to rely on Him. Where do we get this strength from God? (Prayers.) That is right—through prayer.

We also need to ask God to deliver us from the evil one. We are completely vulnerable unless we seek God and rely on His protection all the time. God is our shield and unfailing help (Ps 28:7).

What are the temptations around us? A lot of temptations are hidden behind the computer screen. What about video games? Friends who are a bad influence? Our need to gossip? Our minds, our eyes, our ears, our hands...we must be careful how we use them. We should think about all of this in prayer and be ready to resist temptations after prayer. Let us turn to **2 Timothy 2:22-26**. The most important thing to remember about our prayers is that we must act out whatever goodwill we think and pray to God about during our prayers.

Summary

- We are tempted by things around us because of our own desires.
- We must think of our weaknesses in prayer, resolve to get rid of them, and put our resolutions into action afterwards.
- This may sometimes mean avoiding things we may like or have a desire for.

"For Yours is the kingdom and the power and the glory forever. Amen."

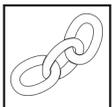
Now, what is the last line of the Lord's Prayer? Let's say it together without looking at our Bible or our worksheets! "For Yours is the kingdom and the power and the glory forever. Amen."

Raise your hands if you have sung "The Lord's Prayer" in our hymn book before. [If class time and pianist availability permit, teachers are encouraged to sing it with the students.] Let us look at the hymn now. Who knows which part of the hymn is the highest and loudest? Is it the beginning? The middle? No, it is the end—when we are praising God's kingdom. This is the greatest part of The Lord's Prayer. We are a part of this kingdom today! Let us read **Revelation 1:6**. God has made us His children, and kings and priests! This means that God has given us His power to forgive others, to overcome temptation, and to be delivered from the evil one. Furthermore, we are also safe in His kingdom. Imagine being in a physical castle so strong, with walls so tall that no matter the arrows or bombs that are shot, they cannot penetrate the wall. No spies can sneak in, and we are completely safe. This is what it is like spiritually to be baptised into the blood of Jesus today! Let us turn to **Hebrews 12:22-24, 28-29**. How does the author describe the kingdom of God? It "cannot be shaken." In other words, it is unshakeable. Let us say that together with a loud, strong voice. "Unshakeable!"

Only God can make our prayers possible, and He controls everything (Lk 1:37). So, when we pray to forgive others, to overcome the things that tempt us, and to deliver us, we need to remember that we are in God's kingdom. We must also remember that He will keep us safe and that through His power, He listens to and makes our prayers possible. Therefore, let us not forget to give the glory to Him for any success in any area. The last word we say in the Lord's Prayer is so important. "Amen." Meaning "truly," it represents that you will leave everything you have prayed for in God's hands and allow Him to work.

Summary

- We belong to God's kingdom, and He keeps us safe.
- Everything for which we pray is in His control and made possible by His power.



Linking to the Ten Basic Beliefs

2-5 Minutes

One true God

Our heavenly Father to whom we pray is the one true God. Omniscient, omnipresent, and omnipotent, He is the one who created the heavens and the earth. So, He has all the power and glory. He can help us and protect us in all circumstances.



Check for Understanding

5 Minutes

So, now let us do a quick review of the teachings from each part of the Lord's Prayer. What does each of the following lines teach us?

- "Our Father in heaven." We have a relationship with a heavenly Father.
- "Hallowed be Your name." God's name is holy, and we must praise His name.
- "Your will be done." Everything is done with a purpose in our lives.
- "Give us this day our daily bread." God will look after our needs.
- "And forgive us our debts." We owe God, and we must forgive others first.
- "And do not lead us into temptation, but deliver us from the evil one." We must flee from what tempts us and rely on the power of the Holy Spirit.
- "For yours is the kingdom and the power and the glory forever." We are safe in God's kingdom.

1. **Give an example of a debt we may hold against others.** Physical debt: broken toys or video games; emotional debt: how they treat us or the way we see them.
2. **What debt do we owe God?** The sins that we committed for which He died on the cross.
3. **What is a temptation?** Something that we know is wrong, but still want to do.
4. **How can we be delivered from temptation?** We can pray to God and rely on Him to help us find "the way out."
5. **What kind of kingdom is God's kingdom?** It is a spiritual one where we are baptised in Jesus' blood.
6. **What will His kingdom, power, and glory protect us from?** The devil's attempts to lure us into temptation. [Provide real examples and ask students if they have their own.]



Life Application

10 Minutes

1. Forgiveness

"Us" and "We" – United and Intercessory Prayers

The Lord's Prayer wasn't written with singular pronouns ("I", "me") but with collective pronouns ("Us", "we"). On one hand, this was because Jesus was addressing all His disciples, but, on the other hand, it also teaches us the need to share our weaknesses with one another and intercede in the matters of forgiveness and overcoming temptation. Students have been taught to pray for others when they are sick or in trouble, but the Book of James tells us the best way for us to effectively pray for one another (Jas 5:16).

"As we forgive our debtors..." – Putting Our Prayer Requests Into Action

Our relationship with God is directly influenced by our relationship with those around us. If we cannot love our brothers whom we can see, how can we love God whom we have not seen? (1 Jn 4:20). Ask the students how they show their love to God. All their answers, if appropriate, should fall under the banner of this statement: "We love the things that God loves." If we want to say that we love God, then we need to show God how we love Him. The same goes for asking for forgiveness from God, or asking God to deliver us from the evil one. Everything we say in prayer must be lived out in our thoughts, speech, and conduct.

[Refer to Life Application Worksheet #1 to sum up the two primary life application teachings.]

We need forgiveness from God, but we first need to show forgiveness to others.

For each of columns (at school, at church, and at home), the students will write about someone they've been angry with before. They must write what that person did, why the student was angry with them, and what the debt was that the person owed the student. In the last column, the students will write about one specific debt they owe to God (i.e., one thing they've done wrong). [The teacher may choose to post the worksheets on the wall so students can pray for one another, or the students can just take the worksheet home and post it on their bedroom wall. If there is sufficient class time, the teacher can refer to these following verses as a follow-up: Psalm 130:3-4, Psalm 51:10-11, and 1 John 1:9-10.]

2. How God Will Help Me

[Hand out Life Application Worksheet #2 and ask the students to complete it. When they have finished, go over the worksheet as a class.]

God will always listen to our prayers, but we need to know when we need His help and do our best to seek Him when we are in trouble!

In the following situations, match the student's trouble with a relevant Bible verse. Then, below it, tell them how God will help them by writing one of the four teachings:

1. God forgives me and I must forgive others.
2. God will help me to do what is right.
3. God will protect me from evil.
4. God is in control, and He has the power.

Answers

1. 1 John 4:3-4; God will protect me from evil.
2. 1 John 4:19-20/Colossians 3:13; God forgives me and I must forgive others.
3. 1 John 4:19-20/Colossians 3:13; God forgives me and I must forgive others.
4. Psalm 91:11-12; God is in control and He has the power.
5. Acts 20:33; God will help me to do what is right.
6. Psalm 91:11-12; God is in control and He has the power.
7. Psalm 42:11; God will protect me from evil.
8. Proverbs 11:1; God will help me to do what is right.



Activity

1. In Thought, In Speech, In Conduct / 2. A Prayer for My RE Class

10-15 Minutes

1. In Thought, In Speech, In Conduct

Objectives: 1. To remind the students that they can pray together.
2. To remind the students that prayer must come from our mouth, our conduct, and our thoughts.

Materials

- Activity cut-outs [Note: Print out multiple pairs of feet per student, up to 10 footprints may be used.]
- Markers
- Blu-Tack or tape

Instructions

1. Distribute one set of cut-outs per student, giving each student at least 6 footprint cut-outs.
2. Ask the students to think of one area they need to improve in. Write this on the back of their heart. Remind the students of the importance of prayers and intercession in accomplishing things.
3. Instruct them to write the following on the front of their heart:
 1. Their name
 2. Psalm 119:11 (verse and reference)
 3. "Hallelujah!"
4. On the footprints, they are to write the practical steps they will take to achieve this spiritual goal. Each footprint should be one step.
5. In the speech bubble, the students must write the actual prayer they will say to God. →
6. Post these around the classroom walls as a step-by-step trail that the students can see and follow: Speech Bubble
Footprints Heart.

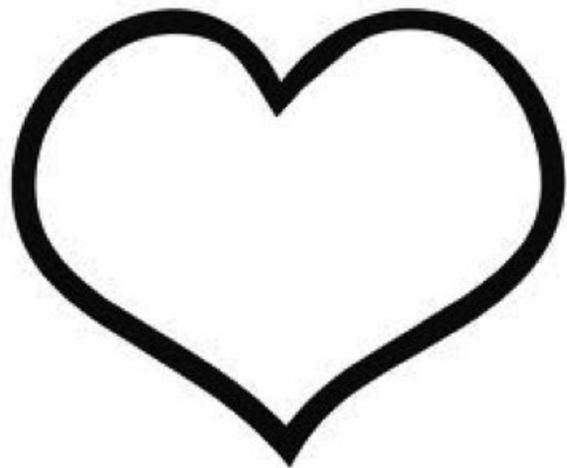
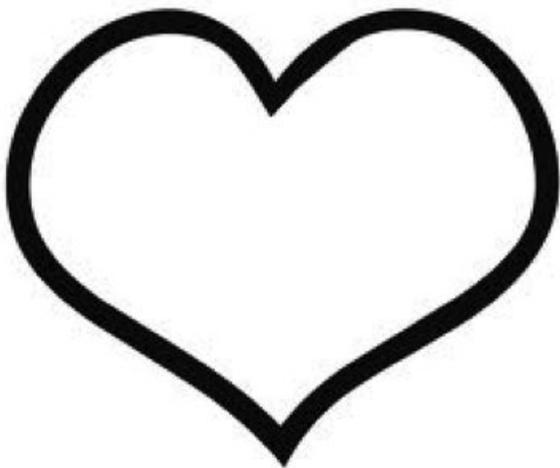
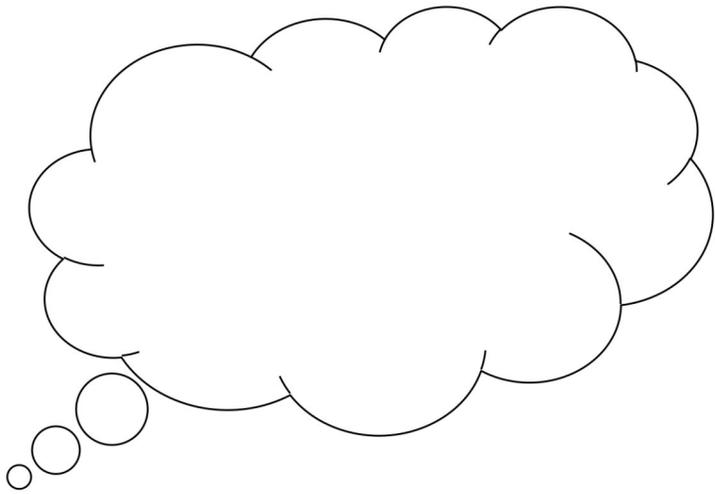
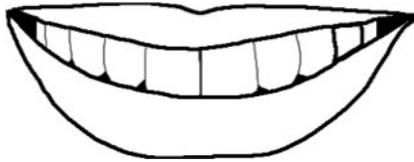
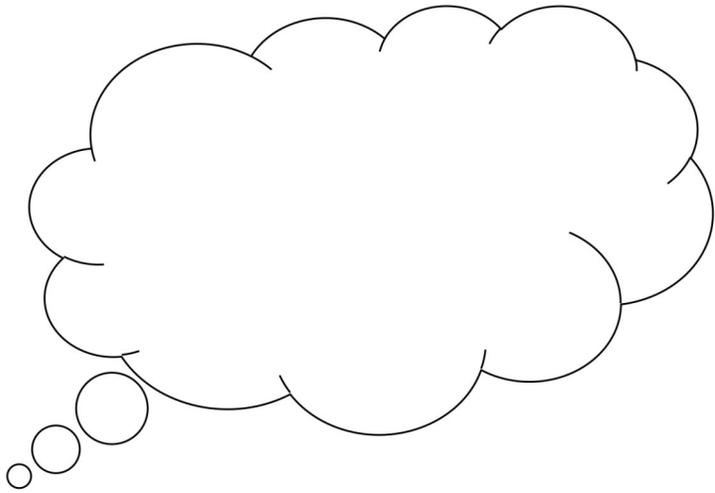
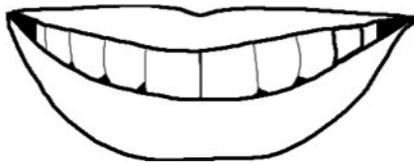
2. A Prayer for My RE Class

Objective: To remind students that the Lord's Prayer is also applicable in praying for the entire church and class.

1. Upon completion of the Check for Understanding section, write the main teaching for each line of the Lord's Prayer on the board.
2. Remind students that even though we can pray for ourselves in all of these areas very easily, the church and the class as a whole also need our prayers. Emphasize how the Lord's Prayer uses "us" and "we."
3. Ask the students to each write a prayer in the perspective of the RE class. Write a point for each line of the Lord's Prayer, focusing on:
 - a. What are the church's physical needs?
 - b. Do classmates ever argue with each other during class?
 - c. From what does the class need protection?
 - d. How can the class work together to be united in the kingdom and in God's power?
4. Ask some students to share the prayer they have written for the class.

[Note: This activity can also be in the form of a letter or a poem.]







THE LORD'S PRAYER (PART 2)

*And forgive us our debts,
As we forgive our debtors.
And do not lead us into temptation,
But deliver us from the evil one.*

For Yours is the kingdom and the power and the glory forever.

Amen.

Summary	Bible Verses
<p><i>And forgive us our debts, as we forgive our debtors.</i></p> <ul style="list-style-type: none"> • • 	
<p><i>And do not lead us into temptation, but deliver us from the evil one.</i></p> <ul style="list-style-type: none"> • • • 	
<p><i>For Yours is the kingdom and the power and the glory forever. Amen.</i></p> <ul style="list-style-type: none"> • • 	

Bible Professors



Please write the definition for the following words.

<p>Debt</p>	<p>Forgiveness</p>
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Bible Diggers

Who is the debtor? Who needs forgiveness?

Matthew 18:21-35

1. The king and the servant

- a. How much did the servant owe the king?

- b. How much is that in today's terms?

- c. How was the servant going to have to pay back the king?

2. The servant and his fellow servant

- a. How much did his fellow servant owe him?

- b. How much is that in today's terms?

- c. How did the king punish the servant for his lack of forgiveness?

3. God and I

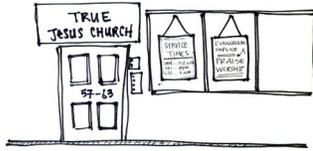
- a. What do I owe God today?

- b. Can I ever repay Him?

- c. Name some examples of people I have to forgive.

Forgiveness

"As we forgive our debtors..."



At School	At Church	At Home	In my heart...

I forgive my debtors... help pray for me that God may forgive me.

How God Will Help Me

God will always listen to our prayers, but we need to know when we need His help and do our best to seek Him when we are in trouble!

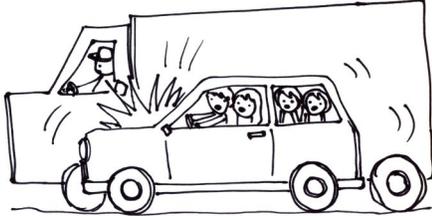
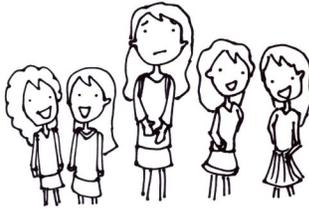
In the following situations, match the student's trouble with a relevant Bible verse. Then, below it, tell them how God will help them by writing one of the four teachings:

1. God forgives me and I must forgive others.
2. God will help me to do what is right.
3. God will protect me from evil.
4. God is in control, and He has the power.

Bible Verses

- 1 John 4:19-20
- Acts 20:33
- Psalm 42:11
- 1 John 4:3-4
- Proverbs 11:1
- Psalm 91:11-12
- Colossians 3:13

Scenario	Bible Verse
<p>Jim heard some ghost stories from his friends at school. He was worried about being in the dark, thinking that Satan and his demons would harm him. So, he prayed to God and memorized a verse about God's prayer to recite when he was scared.</p> <p>Teaching:</p>	
<div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>Judy's younger sister tore the sleeve of her favorite dress when trying it on. Judy was furious with her sister. She prayed to God until her heart calmed down and remembered that loving her sister was more important than the dress.</p> <p>Teaching:</p> </div> </div>	
<p>Sean's mom was very late when picking him up from school, causing him to miss soccer practice. Sean didn't want to even look at his mom. Then, he remembered all the other times his mom had come early, even bringing a snack for him to eat before practice. Sean prayed to God to forgive him and thanked his mom for picking him up even though she was so busy.</p> <p>Teaching:</p>	

	Scenario	Bible Verse
	<p>Tracy's family was driving down a busy, icy road one cold night when a truck zoomed past and bumped into their car. Their car started to spin out of control. Not knowing what else to do, Tracy's whole family screamed, "Hallelujah!" and their car stopped at the side of the road without hitting any other cars.</p> <p>Teaching:</p>	
<p>Jason found a \$50 bill on the ground at school. There was a new game that he really wanted that cost the same price. But Jason knew that this wasn't his money. He prayed to God to help him overcome this desire and handed the money to his teacher.</p> <p>Teaching:</p>		
	<p>Harry's dad lost his job. So, Harry and his parents prayed every day that God would help his dad find another job. Thankfully, his dad found a job that was even better than the last one!</p> <p>Teaching:</p>	
<p>Carrie was awkwardly taller than the other girls at school. They often made fun of her and called her names. She always felt sad until her RE teacher encouraged her to pray to God every time she felt hurt by the words and to remember hymns that would cheer her up so the evil teasing wouldn't hurt her. Eventually, the words didn't hurt her anymore, so the other students got bored and stopped calling her names. This is one way we, as children of God, can be free from verbal bullying.</p> <p>Teaching:</p>		
	<p>Jamie's friends wanted to share answers to the test. But Jamie didn't want to cheat, so she prayed to God to give her the courage to be honest. With God's help, she was able to refuse to share her answers.</p> <p>Teaching:</p>	

E2 Year 2 Book 2 Lesson 6—The Lord's Prayer (Part 2)

Homework Assignment

Name: _____ Parent signature: _____ Date: _____

Weekly Bible Reading: _____

Bible Reading: Check each box when you complete that day's reading.

Prayer: Check each box after you pray to God that day.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Read							
Pray							

What I Learned from the Bible This Week

1. _____

2. _____

Memory Verse

Please write down this week's memory verse. **(Matthew 6:14-15)**

The Lord's Prayer – from the Bible

Think of one Bible character that lived a life as illustrated in the phrase. (E.g., "Give us this day our daily bread" – The widow from Zarephath and Elijah.) Answer the following questions for each of them:

1. What is/was their name(s)?
2. How did they live out this line of the Lord's Prayer?
3. How can I imitate their lives today? (Be specific!)

"Forgive us our debts, as we forgive our debtors."

- 1.
- 2.
- 3.

"Do not lead us into temptation."

- 1.
- 2.
- 3.

"But deliver us from the evil one."

- 1.
- 2.
- 3.

"For Yours is the kingdom and the power and the glory forever. Amen."

- 1.
- 2.
- 3.

Tackling Temptation

Think of what Jesus would want you to do in each of these scenarios. Answer how God can give you the strength to tackle and overcome this temptation!

1. Sometimes, I am tempted to copy someone else's homework answers.

God can give me strength to...

2. Sometimes, I am tempted to pretend I'm sick to stay home from church and play games.

God can give me strength to...



3. Sometimes, I am tempted to take a candy bar even though my parents said, "No."

God can give me strength to...

4. Sometimes, I am tempted to make fun of someone in school who is different.

God can give me strength to...



5. Sometimes, I am tempted to use bad language when I'm angry.

God can give me strength to...

6. Sometimes, I am tempted to blame my siblings when I get into trouble with my parents.

God can give me strength to...

7. Sometimes, I am tempted to laugh when someone is being teased.

God can give me strength to...



8. Sometimes, I am tempted to watch a TV show Mom said not to watch.

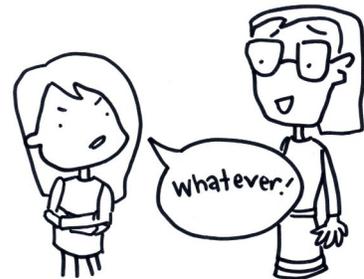
God can give me strength to...

9. Sometimes, I am tempted to hide my toys and dirty laundry under my bed when Dad says to clean up.

God can give me strength to...

10. Sometimes, I am tempted to be rude to my teacher or church members.

God can give me strength to...



11. Sometimes, I am tempted to lie to my RE teachers and say I've forgotten my workbook when I didn't do my homework.

God can give me strength to...

12. Sometimes, I am tempted to tell my parents I need the computer to do my assignment when I'm really playing Internet games.

God can give me strength to...

