

# Give us this day our daily bread

## Mandala Exercise

A mandala is an ancient symbol of wholeness. It is sometimes referred to as a “picture of our soul” or “center of our being.” Coloring a mandala helps children and adults relax, become centered, and pray to God.

Print several of the Mandalas (Links to PDFs on Lent Resource Page). You may choose any medium you have at home to color or paint — crayons, colored pencils, markers, water colors.

### Coloring Mandalas as Thank You Prayers

- Begin the prayerful activity by repeating the phrase “Give us this day our daily bread.”
- Then invite family members to:
  - Use colors to express their thanks for foods they like; for instance, when using the color red, offer God thanks for all red foods; for example, apples, radishes, tomatoes, etc.
  - Use colors to express their thanks for all the good things that come from God; red = health; green = nature; yellow = sun, moon & stars, etc.
  - Express their thanks for God providing for all their ordinary needs; home for shelter; enough food; people who love and care for them; education, etc.

### Coloring Mandalas as prayers of Intercession for Others

It is good to acknowledge that the Lord’s Prayer is not written in singular but rather plural form —“Give Us”

- Think of a person or a situation you want to pray for.
- As you color the Mandala, tell God about that person or situation.
- Ask God to help you and others know ways to support that person or help in a situation.
- Remember people who are hungry: at our school, in our city, in our state, in our country, in a country (name them) or in the world.

### The Magic Word “Enough”

While the family is coloring their mandala, read aloud the tale on page 2, then ask these questions:

I wonder what the king thought when he realized the poor farmer did not have a shirt?

I wonder if the king went back to his kingdom thinking differently about his son’s sadness?

I wonder what it means to be content?

I wonder where you have been caught up in more-more-more and need the word “enough?”

**A simple word; A powerful word; Enough. Say it now. Enough. Say it daily. Enough.**

*by Heather Forest in Wisdom Tales.*

Once there was a prince who was so sad, his eyes seemed full of sadness and tears. The king was concerned about his son. He got cooks to prepare the best dishes, toymakers to make the best toys, and teachers to share their most stimulating ideas, but to no avail. No gift or treasure could free the prince from his sadness.

The king called his advisors who offered this solution, "For the prince to be happy, you must dress him in the shirt of a truly happy man. Then he will be cured of all his sorrow."

So the king set out on a journey to find a truly happy man.

He went through the village to the church. The priest always seemed to him to be a happy man. "Your, majesty," the priest said, "to what do I owe this honor?"

The king said, "You are known as a good and holy man. I would like to know, would you accept the position of bishop should it come to you?"

"Certainly," replied the priest.

"Never mind," the king said and left disappointed. If the priest were truly happy, he wouldn't want to be bishop.

The king went to another kingdom and visited another monarch. "My friend," asked the king, "are you happy?"

"Most of the time, but not always, there are many nights I am restless because I am worried about losing all that I have worked so hard to gain."

The king left for he knew that this man's shirt would not do.

On his way back to his own kingdom, he happened to be riding by a farm. He heard singing. He stopped his carriage and followed the sound of the song. There he found a poor farmer, singing at the top of his lungs. The farmer looked up to see the king approaching and said, "Good day, sir!"

"Good day to you," said the king. "You seem so happy today."

"I am happy every day for I am blessed with a wonderful life."

The king said, "Come with me to the castle. You will be surrounded with luxury and never want for anything again."

"Thank you your majesty, but I would not give up my life for all the castles in the world."

The king could not contain his joy. "My son is saved! All I need do is take this man's shirt back to the castle with me!"

It was then the king looked and realized.....THE MAN WASN'T WEARING A SHIRT.