



The Lord's Prayer

Reading Guide

Prepare Yourself

Shift from recitation to reflection. Slow down, take one line at a time in silence.

Translate into today's energy. *What does this mean in my life right now?*

Make it practical. For example, “daily bread” could spark discussion on food insecurity, gratitude, or resisting consumerism.

Highlight movement. The prayer moves from heaven's perspective (“Our Father...”) to daily life (“daily bread”), to relationships (forgiveness), to personal struggle (temptation), and finally back to God's glory. It's a spiritual journey in miniature.





The Lord's Prayer (Matthew 6:9–13; Luke 11:2–4)

“Our Father, who art in heaven”

Not just formality—this is about relationship. We begin not with ourselves but with belonging.

In today's words: *You are not alone. You are loved by a God who is both transcendent and close, like a parent who listens.*

“Hallowed be thy name”

We honor God's character. This isn't flattery—it's orientation. Think less about saying the right words and more about letting God's holiness set the tone for your own life.

In today's words: *Let me live in a way that reflects Your goodness, holiness, and justice.*

“Thy kingdom come, thy will be done, on earth as it is in heaven”

This is active, not passive. We're asking God to reshape our world—and ourselves—to look more like heaven.

In today's words: *Help me live so that my choices make earth a little more like heaven—fairer, kinder, more whole.*

“Give us this day our daily bread”

It's about dependence and sufficiency. Not abundance, not tomorrow's storehouse, but today's need.

In today's words: *Teach me to be content with enough, and to notice those who still hunger—physically and spiritually.*

“Forgive us our trespasses, as we forgive those who trespass against us”

Forgiveness is reciprocal. We can't cling to bitterness while asking God to release us.

In today's words: *Free me from my guilt, and free me from the chains of resentment toward others.*

“Lead us not into temptation”

It's not that God *causes* temptation, but that we ask for guidance when we're weak.

In today's words: *Help me recognize my blind spots and keep me from paths that pull me away from You.*

“But deliver us from evil”

We're not strong enough on our own. Evil is real—within us, around us, and in systems larger than us.

In today's words: *Be my rescuer when darkness presses in.*

“For thine is the kingdom, and the power, and the glory forever. Amen.”

A later liturgical addition, but meaningful. It reminds us to end in praise.

In today's words: *This is bigger than me. God's story is the beginning and the end.*