



AT THE TABLE

A BIBLE STUDY TEACHING SERIES ON PRAYER

SESSION 2

The Lord's Prayer

Matthew 6:9–13 • AMPC

IN HIS PRESENCE

CROWN CODE • REAL MAN CODE • MOM CODE

AT THE TABLE

Session 2: The Lord's Prayer

OUR TEXT

Matthew 6:9–13 (AMPC)

"Pray, therefore, like this: Our Father Who is in heaven, hallowed (kept holy) be Your name. Your kingdom come, Your will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we also have forgiven (left, remitted, and let go of the debts, and have given up resentment against) our debtors. And lead (bring) us not into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen."

1 WHAT THE LORD'S PRAYER MEANS

When the disciples asked Jesus to teach them to pray, He did not give them a theology lesson. He gave them a pattern — short, plain, and complete. Every essential category of prayer is here: worship, surrender, provision, forgiveness, protection. It is not meant to be recited mindlessly, but used as scaffolding — a shape our own prayers can grow into. This is the prayer Jesus Himself considered sufficient to teach an entire way of relating to God.

2 WHAT IT MEANS IN THE BIBLE / CONTEXT

The prayer comes in the middle of the Sermon on the Mount, right after Jesus warns against praying to be seen by others and piling up empty, repetitive words (Matthew 6:5–7). His alternative is strikingly short. It opens not with a request but with relationship — "Our Father" — and worship — "hallowed be Your name." Only after establishing who God is does the prayer move to what we need.

The middle of the prayer asks for God's kingdom and will, then for daily bread — not a stockpile, but enough for today. Then comes forgiveness, tied directly to our own willingness to forgive others. The prayer ends by asking for protection, not promising we won't face trials, but asking God to keep us from being overcome by them. It closes the way it opened — fixed on God: "Yours is the kingdom and the power and the glory forever."

3 ADDITIONAL SCRIPTURES (ESV)

Luke 11:1

Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples."

Matthew 6:7–8

And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. Do not be like them, for your Father knows what you need before you ask him.

Matthew 6:14–15

For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

4 TEACHING

The order of the Lord's Prayer is itself a teaching. Jesus does not start with our needs — He starts with the Father's name, the Father's kingdom, the Father's will. Only then does He move to bread, forgiveness, and protection. This is a corrective for how easily our own prayers can become a list handed to God rather than a conversation that begins by orienting ourselves toward who He is.

"Give us this day our daily bread" is a prayer of trust, not accumulation. It asks for enough for today, which means it has to be prayed again tomorrow. God did not design this prayer to make us self-sufficient; He designed it to keep us coming back. Daily bread keeps us in daily relationship.

The line on forgiveness is the one line Jesus stops to explain immediately afterward. He ties our own forgiveness to our willingness to extend it — not as a transaction that earns grace, but as evidence that grace has actually taken root in us. A heart that has received forgiveness from God and still withholds it from others has not yet understood what it received.

And the prayer ends in temptation and deliverance — an honest acknowledgment that we are vulnerable, and a plea that God would keep us from being led into places we cannot withstand on our own. The Lord's Prayer does not pretend life is easy. It simply gives us the right things to ask for as we walk through it.

5 PONDER

- When I pray, do I begin with God's name and kingdom, or do I begin with my list of needs?
- Am I asking for daily bread — enough for today — or am I anxious about having enough for tomorrow, next year, or forever?
- Is there someone I am withholding forgiveness from, even as I ask God to forgive me?
- What temptation or vulnerable place in my life do I need to specifically ask God to protect me from this week?

6 PUT IT IN ACTION

- Pray through the Lord's Prayer slowly this week, pausing after each line to add your own words before moving to the next.
- Before your next request to God, spend one full minute simply acknowledging who He is — His name, His kingdom, His will.
- Identify one specific debt of unforgiveness you are carrying. Bring it honestly to God and ask Him to help you release it.
- Ask God by name to keep you from a specific temptation you've been facing, rather than praying about temptation in general terms.

7 CLOSING PRAYER

Let us pray

Our Father in heaven, hallowed be Your name. Your kingdom come, Your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also forgive our debtors. Lead us not into temptation, but deliver us from the evil one. For Yours is the kingdom, and the power, and the glory, forever. In Jesus' name, Amen.

IN HIS PRESENCE

At the Table Bible Study