

What Is Prayer?

Prayer is simply talking with God. It is a personal conversation with your Heavenly Father where you can speak honestly and openly about anything. Prayer is not about using perfect words, impressing God, or following a special formula. It is about building a relationship with Him.

Just as every healthy relationship grows through communication, our relationship with God grows as we spend time with Him in prayer. We can praise Him for who He is, thank Him for His blessings, confess our sins, ask for His guidance and provision, and pray for the needs of others. Prayer is not a one-sided conversation—it also includes listening as God speaks through His Word and by the guidance of the Holy Spirit.

The Bible teaches that God loves us, hears our prayers, and invites us to come to Him with confidence. No matter where you are in your faith journey, you can begin praying today because God desires a personal relationship with you.

Prayer is not about being perfect; it is about being present with God.

At THE28th.LIFE, it is our hope that your prayer life becomes a foundational building block in your journey of faith. As you learn to pray, you will discover that God is less concerned with eloquent words than with a sincere heart that seeks Him.

Let's Begin

Jesus' disciples once asked Him a simple but life-changing question:

"Lord, teach us to pray." (*Luke 11:1*)

In response, Jesus gave them what we know today as the **Our Father**, or the **Lord's Prayer**.

**Our Father, who art in heaven,
hallowed be Thy name.
Thy kingdom come,
Thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
Amen.**

More than words to be memorized, the Our Father is a divine model for prayer. It teaches us not only **what** to pray, but **how** to approach God and the priorities that should shape every prayer. Each phrase reveals an important aspect of a healthy relationship with our Heavenly Father.

Let's explore each line together.

Understanding the Our Father Prayer

Our Father who art in heaven

Jesus begins by reminding us that God is our Father. Through Christ, we have the privilege of approaching Him with confidence as His beloved children. Calling Him "Our Father" also reminds us that we belong to God's family and should pray not only for ourselves but for others. The words "who art in heaven" remind us that although God is near to us, He is also holy, sovereign, and above all creation.

Key Truth: Prayer begins with relationship.

Hallowed be Thy name

To "hallow" means to honor, revere, and treat as holy. Before bringing our requests to God, Jesus teaches us to worship Him. We acknowledge God's greatness, His holiness, and His goodness. Worship shifts our focus from our circumstances to the One who is greater than them all.

Key Truth: Worship should always be the foundation of prayer.

Thy kingdom come

This is a prayer for God's rule to be established in our hearts, our homes, our communities, and throughout the world. We ask that more people would know Jesus as King and that His purposes would be accomplished until He returns.

Key Truth: We seek God's purposes before our own.

Thy will be done on earth as it is in heaven

Jesus teaches us to surrender our plans to God's perfect will. Instead of asking God to fit into our plans, we ask Him to shape us according to His. We desire His will to be carried out in our lives just as perfectly as it is in heaven.

Key Truth: True prayer is marked by surrender.

Give us this day our daily bread

God cares about every need in our lives. Daily bread represents everything we need—physical provision, emotional strength, spiritual nourishment, wisdom, and guidance. Jesus teaches us to trust God one day at a time.

Key Truth: Dependence on God is a daily choice.

And forgive us our trespasses

Confession is an essential part of prayer. God graciously forgives those who come to Him with humble and repentant hearts. Confession restores our fellowship with Him and keeps our hearts sensitive to His leading.

Key Truth: A healthy prayer life includes regular confession.

As we forgive those who trespass against us

God's forgiveness changes how we treat others. Because we have received mercy, we are called to extend mercy. Forgiveness does not excuse the wrong done to us, but it frees us from bitterness and places justice in God's hands.

Key Truth: Forgiven people forgive people.

And lead us not into temptation

We recognize our need for God's help every day. We ask Him to guide our steps, strengthen us against temptation, and give us wisdom to avoid situations that lead us away from Him.

Key Truth: Victory over temptation begins with dependence on God.

But deliver us from evil

We live in a world where spiritual battles are real. Jesus teaches us to depend on God's protection from the enemy, from sin, and from anything that would hinder our walk with Him. Our confidence is found in God's power, not our own.

Key Truth: God is our Defender and Deliverer.

Amen

"Amen" means **"so be it"** or **"let it be so."** It is our declaration of faith that God has heard our prayer and that we trust His wisdom, His timing, and His perfect will.

Key Truth: Prayer ends with faith and confidence in God's faithfulness.

Putting It All Together

The Our Father is much more than a prayer to recite—it is a pattern for a lifetime of prayer. Jesus teaches us to begin with worship, surrender to God's will, depend on Him daily, confess our sins, forgive others, seek His protection, and trust Him completely.

As you begin your prayer journey, remember that God is not looking for perfect words. He is inviting you into a growing relationship with Him. Every prayer is another step toward knowing your Heavenly Father more deeply.

Reflection Question: Which part of the Our Father speaks most to your life today, and how can you begin applying it in your daily prayers?