

A man and a child are walking away from the camera on a dirt path. The man is on the right, wearing a dark jacket and jeans. The child is on the left, wearing a light-colored coat and dark shoes. They are walking towards a bright sunset over a body of water. The sky is a mix of orange and yellow, and the water reflects the light. There are some trees and bushes in the foreground, partially obscuring the path.

In His Words

Living the Lord's Prayer During Lent and Beyond



Faith, Hope and Love Ministries

Faith, Hope, and Love Ministries

About Us

At FHLM, we are dedicated to nurturing faith, fostering hope, and spreading love. We provide both spiritual and practical guidance to Christians, students, and Christian leaders. We are not a church, and we do not offer financial support.

We are a small ministry with a simple hope: to put warm, thoughtful, Bible-centred resources into the hands of anyone who wants to grow closer to Jesus — whether you are gathering a group around a kitchen table or sitting quietly with a cup of tea and an open Bible. Everything we make is offered freely, in the hope that it will be a blessing and passed on.

Core Values

Our mission is grounded in the values of unconditional love and unity. We prioritise inclusion and diversity over dogmatism and division, reaching out to people right where they are, and trying our best to follow the example of Jesus.

Contents

This guide is organised into three main sections:

- Leaders Guide
- Bible Study Notes
- Worksheet

Note

This guide is formatted for double-sided printing, to save paper and make for a nicer reading experience.

Stay in Touch

We would love to keep walking alongside you. Explore our growing library of Bible study and reflection guides, and do get in touch to let us know how you are getting on.

License

© 2026 by Faith, Hope and Love Ministries (Ashley R. Deutschmann) is licensed under Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International. To view a copy of this license, visit <https://creativecommons.org/licenses/by-nc-sa/4.0/>

Leader's Guide

In His Words:

Living the Lord's Prayer During Lent and Beyond

Introduction for Leaders and Solo Readers

Dear Leaders and Solo Readers,

Welcome to "In His Words: Living the Lord's Prayer During Lent and Beyond," from all of us at Faith, Hope, and Love Ministries. Whether you are leading a group or making this journey on your own, we are so glad you are here. Over seven sessions we will walk slowly through the prayer Jesus gave us, line by line, asking not only what it means but how we might live it — during Lent, and long after.

Each session looks at a different part of the prayer, and you should feel free to make this guide your own. Rearrange the sessions, linger on one that is landing, trim a discussion that isn't — you know your group, and we trust you with it. The material is a starting point, not a script.

You will also find a suggested prayer at the beginning and end of each session. Please treat these the same way: pray them as they stand, reword them, or set them aside and pray from your own heart.

We have laid out the Bible Study sessions to fit on a single, double-sided page — notes and Scripture on one side, discussion and reflection questions on the other — so they are easy to photocopy and hand round.

You can find out more about us, or say hello, at <https://fhlm.org>, or on Facebook, Instagram, and LinkedIn.

A word on copyright: everything we produce is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License. In plain terms, you are welcome to share and adapt it, as long as you credit us, keep it non-commercial, and pass on any changes under the same terms.

A word on Scripture: the verses in this guide are taken from the Berean Standard Bible (BSB), used with kind permission. Please read along in whichever translation you love best — we are not endorsing any single one. What matters most to us is that you read for understanding, and meet the Lord in His Word.

Our prayer is that, as you pray these familiar words with fresh attention, they would shape your thoughts, your actions, and your walk with God — drawing you closer to Him this Lent, and carrying you well beyond it.

In service to Christ,

Faith, Hope and Love Ministries

Session 1: Introduction to the Lord's Prayer

Opening Prayer:

"Gracious Father, as we begin this journey deeper into the Lord's Prayer, open our hearts and minds to all You would teach us. Help us to grasp the fullness of Your grace and to learn to speak with You more intimately through this prayer that Jesus gave His disciples. Amen."

Key Scripture:

Matthew 6:9-13 (BSB) "So then, this is how you should 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 have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.'"

Supplementary Scripture:

- Luke 11:1 (BSB) "One day in a place where Jesus had just finished praying, one of His disciples requested, 'Lord, teach us to pray, just as John taught his disciples.'"

Discussion Points:

1. A Pattern for Prayer:

- As you read the whole prayer (Matthew 6:9-13), what strikes you about the way Jesus teaches us to pray?
- Why do you think He begins with God — His name, His kingdom, His will — before we bring our own needs?

2. "Our" Father:

- What does it mean that the prayer says "our" Father rather than "my" Father?
- As we enter Lent, how might this prayer shape the way you pray each day?

Desired Outcomes:

By the end of this session, we hope everyone will see the Lord's Prayer not as words to rush through but as a pattern for a whole life of prayer — reverent, trusting, and shared — and will be ready to explore it, line by line, through Lent and beyond.

Closing Prayer:

"Heavenly Father, thank You for the profound simplicity of the Lord's Prayer. May its words resonate within us, guiding our thoughts, our actions, and our prayers, and drawing us closer to You in every part of our lives. Amen."

Session 2: Our Father in Heaven

Opening Prayer:

"Heavenly Father, as we consider what it means to call You 'Our Father in heaven,' help us to understand our relationship with You more fully. Show us how tenderly You care for us, and how we belong to Your wider family. Amen."

Key Scripture:

Matthew 6:9 (BSB) "So then, this is how you should pray: 'Our Father in heaven, hallowed be Your name.'"

Supplementary Scripture:

- Psalm 103:13 (BSB) "As a father has compassion on his children, so the LORD has compassion on those who fear Him."
- Isaiah 64:8 (BSB) "But now, O LORD, You are our Father; we are the clay, and You are the potter; we are all the work of Your hand."

Discussion Points:

1. Father, and in Heaven:

- What does it mean to you that we can call the Maker of heaven and earth "Father"?
- How does "in heaven" hold together God's nearness and His greatness?

2. Living as His Children:

- How does knowing God as a loving Father shape your trust in His care and provision?
- How might belonging to God's family change the way we treat one another?

Desired Outcomes:

By the end of this session, we hope everyone will rest a little more deeply in the truth that God is both our loving Father and the majestic Lord of heaven — near enough to be trusted, great enough to be relied upon — and will be encouraged to live as members of His family.

Closing Prayer:

"Father in heaven, thank You for letting us call You Father, and for showing us Your love and care. Help us to live as Your children, sharing Your kindness with those around us. Amen."

Session 3: Hallowed Be Your Name

Opening Prayer:

"Heavenly Father, as we continue through the Lord's Prayer, open our hearts to the meaning of hallowing Your name, and help us to live in a way that honours You. Amen."

Key Scripture:

Matthew 6:9 (BSB) "So then, this is how you should pray: 'Our Father in heaven, hallowed be Your name.'"

Supplementary Scripture:

- Psalm 29:2 (BSB) "Ascribe to the LORD the glory due His name; worship the LORD in the splendor of His holiness."
- Psalm 111:9 (BSB) "He has sent redemption to His people; He has ordained His covenant forever; holy and awesome is His name."

Discussion Points:

1. A Name Held Holy:

- In the Bible a "name" stands for a person's whole character. What does it mean, then, to hallow God's name?
- How does Psalm 29:2 help you picture giving God "the glory due His name"?

2. Honouring God in Daily Life:

- How can our ordinary words, choices, and actions honour God's name — even when no one is watching?
- Where do you find it hardest to honour God's name, and what might help?

Desired Outcomes:

By the end of this session, we hope everyone will come to see reverence not as cold formality but as wonder and love — and will look for ways to honour God's name, not only in prayer, but in the whole of everyday life.

Closing Prayer:

"Holy Father, thank You for the privilege of knowing You and calling on Your name. May we always hold Your name in the highest regard, living lives that reflect Your holiness and love. Guide us in Your truth and grace. Amen."

Session 4: Your Kingdom Come, Your Will Be Done

Opening Prayer:

"Father, as we pray 'Your kingdom come, Your will be done,' teach us to long for Your perfect will on earth as it is in heaven. Help us to trust Your way, and to be instruments of Your love, justice, and peace. Amen."

Key Scripture:

Matthew 6:10 (BSB) "Your kingdom come, Your will be done, on earth as it is in heaven."

Supplementary Scripture:

- Romans 12:2 (BSB) "Do not be conformed to this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what is the good, pleasing, and perfect will of God."
- Psalm 145:13 (BSB) "Your kingdom is an everlasting kingdom, and Your dominion endures through all generations."

Discussion Points:

1. Seeking His Kingdom:

- What does it mean, in practical terms, to actively seek God's kingdom and will in daily life?
- How does Romans 12:2 describe the change God works in us as we seek His will?

2. Heaven on Earth:

- How might your everyday choices help bring a little of heaven to earth?
- Where do you find it hard to pray "Your will be done" — and what helps you trust His way?

Desired Outcomes:

By the end of this session, we hope everyone will not only voice the desire for God's kingdom but begin to live it — trusting His good and perfect will, and becoming, in small everyday ways, agents of His love, justice, and peace.

Closing Prayer:

"Lord, Your kingdom come, Your will be done. Help us to be instruments of Your will, spreading Your love, justice, and peace wherever we go. May our lives reflect the beauty and order of Your kingdom. In Jesus' name, we pray. Amen."

Session 5: Give Us This Day Our Daily Bread

Opening Prayer:

"Provider God, as we turn to our daily dependence on You, remind us of Your faithfulness in meeting our needs. Teach us to trust Your provision and to live with gratitude for Your generosity. Amen."

Key Scripture:

Matthew 6:11 (BSB) "Give us this day our daily bread."

Supplementary Scripture:

- Matthew 6:31-33 (BSB) "Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles strive after all these things, and your heavenly Father knows that you need them. But seek first the kingdom of God and His righteousness, and all these things will be added unto you."
- John 6:35 (BSB) "Jesus answered, 'I am the bread of life. Whoever comes to Me will never hunger, and whoever believes in Me will never thirst.'"

Discussion Points:

1. Daily Dependence:

- What does asking for "daily bread" teach us about trusting God one day at a time?
- How does Matthew 6:31-33 free us from worry and re-order our priorities?

2. More Than Bread:

- How is Jesus Himself, "the bread of life" (John 6:35), our deepest sustenance?
- What might it look like to live each day with genuine gratitude for God's provision?

Desired Outcomes:

By the end of this session, we hope everyone will learn to receive each day's provision from God's hand with trust and thankfulness — and to seek in Jesus, the bread of life, a nourishment that goes far deeper than our physical needs.

Closing Prayer:

"Lord, thank You for Your faithful provision in every part of our lives. Help us to seek You first, trusting in Your care, and to recognise the many ways You nourish us each day, in body and in soul. Amen."

Session 6: Forgive Us Our Debts

Opening Prayer:

"Merciful God, as we consider what it means to seek forgiveness and to offer it to others, turn our hearts towards true repentance and grace. Help us to grasp the depth of Your forgiveness, and to extend it freely. Amen."

Key Scripture:

Matthew 6:12 (BSB) "And forgive us our debts, as we also have forgiven our debtors."

Supplementary Scripture:

- Ephesians 4:32 (BSB) "Be kind and tenderhearted to one another, forgiving each other just as in Christ God forgave you."
- Matthew 6:14-15 (BSB) "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 yours."

Discussion Points:

1. Forgiven by God:

- What does it mean to you to bring your debts honestly to God and receive His mercy (1 John 1:9)?
- How does Ephesians 4:32 root our forgiving of others in God's forgiving of us?

2. Forgiving Others:

- Why does Jesus tie our being forgiven so closely to our forgiving others (Matthew 6:14-15)?
- Is there a grudge God may be inviting you to release? What makes forgiveness hard — and what makes it freeing?

Desired Outcomes:

By the end of this session, we hope everyone will know afresh the mercy God so readily offers, and be drawn into that same cycle of grace — receiving His forgiveness, and extending it to others, even when it is costly.

Closing Prayer:

"Lord, thank You for the gift of forgiveness, a testament to Your infinite mercy. Grant us the courage to seek forgiveness where we have fallen short, and the strength to offer it where we have been wronged. May our lives reflect Your grace, as we forgive and are forgiven. Amen."

Session 7: Lead Us Not into Temptation, But Deliver Us

Opening Prayer:

"Lord, as we come to the final request of the Lord's Prayer, we ask for Your guidance and protection against temptation and evil. Owning our own weakness, we seek Your strength for the battles before us. Guide us, protect us, and lead us in Your way of truth and light. Amen."

Key Scripture:

Matthew 6:13 (BSB) "And lead us not into temptation, but deliver us from the evil one."

Supplementary Scripture:

- James 1:13-14 (BSB) "When tempted, no one should say, 'God is tempting me.' For God cannot be tempted by evil, nor does He tempt anyone. But each one is tempted when by his own evil desires he is lured away and enticed."
- 1 Peter 5:8-9 (BSB) "Be sober-minded and alert. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, standing firm in your faith and in the knowledge that your brothers throughout the world are undergoing the same kinds of suffering."

Discussion Points:

1. Honest About Temptation:

- What does James 1:13-14 make clear about where temptation comes from?
- Why is it a comfort, rather than a weakness, to ask God to lead us and deliver us?

2. Standing Firm:

- How does 1 Peter 5:8-9 call us to be alert, and to resist while "standing firm in the faith"?
- What everyday habits — prayer, Scripture, community — help you stand firm?

Desired Outcomes:

By the end of this session — and of the whole study — we hope everyone will carry the Lord's Prayer into daily life as a well-worn path back to God: honest about temptation, confident of His protection, and standing firm in the faith, together.

Closing Prayer:

"Father, we are so grateful for the journey we have taken together through the Lord's Prayer. May its words keep shaping us, guiding us in Your truth and light. Let all we have learned dwell in us richly and overflow in love for You and for others. Keep us faithful in prayer, always seeking Your kingdom and Your will. In the name of Jesus, we pray. Amen."

In His Words:

Living the Lord's Prayer During Lent and Beyond

A Lenten study of the Lord's Prayer, line by line — to deepen your praying and draw you closer to God in this season of reflection and renewal.

Session 1 – Introduction to the Lord's Prayer

Our journey begins with a closer look at the prayer Jesus gave His followers, known to us as the Lord's Prayer. It is a simple yet remarkable way to speak with God — moving from praise, to trust, to asking for our daily needs, to seeking forgiveness and guidance. Our aim over these sessions is to dig into its meaning and to see how we might live its teaching, especially through Lent and beyond.

The prayer is found in Matthew 6, verses 9 to 13, within a larger teaching of Jesus about how to live. He introduces it simply: "So then, this is how you should 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 have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.'" (Matthew 6:9-13).

Notice its shape. It begins with God — His name honoured, His kingdom longed for, His will embraced — before it ever turns to our own needs. Then it gathers up the whole of life into a few short lines: our daily bread, our need to forgive and be forgiven, our longing to be led away from temptation and kept safe. Short as it is, the prayer has a great deal to teach us about a life lived close to God.

It is also deeply personal, yet never merely private: it is "our" Father, not only "my" Father, drawing us into a family of prayer. And when the disciples watched Jesus at prayer, this was the very thing they longed for: "Lord, teach us to pray" (Luke 11:1). That is our prayer too, as we begin.

During Lent — a season of reflection, repentance, and preparation for Easter — the Lord's Prayer makes a fitting companion. In the sessions ahead we will take it line by line, and discover how its simple words can shape, more than we might expect, the way we live and the way we love.

Discussion and Reflection Questions

Introduction to the Lord's Prayer

Here are some questions to guide your discussion and quiet reflection. There's no need to rush through them all — linger wherever God seems to be at work.

1. How does referring to God as "Our Father" shape your own experience of prayer?
2. What does the holiness of God's name mean to you, and how does it affect the way you worship?
3. Why do you think the prayer begins with God's character and place before turning to our own needs?
4. In what ways does the word "our" in the Lord's Prayer deepen your sense of belonging in the family of faith?
5. Why is it important to recognise God's holiness in our daily lives, and not only in prayer?
6. Can you share a time when knowing God as Father brought you comfort — or challenged you?
7. How does the hope of God's kingdom coming shape the way you think about His will for the world?
8. How can the Lord's Prayer guide us in holding together our own needs and the pursuit of God's kingdom?
9. How do the opening lines of the prayer shape your expectations for the rest of it?
10. As Lent begins, how might acknowledging God as Father help prepare your heart for this season?

Session 2 – Our Father in Heaven

The opening of the Lord's Prayer, "Our Father in heaven," invites us into a relationship at once deeply personal and gloriously shared. It carries a profound message in a few words: God is not distant or unapproachable — He is like a parent to us, near, caring, and involved in our lives.

To call God "Father" speaks of closeness and warmth. It tells us He is accessible, ready to listen and to help, as a loving parent is to a child, and that we belong to His family.

Scripture keeps this picture before us: "As a father has compassion on his children, so the LORD has compassion on those who fear Him" (Psalm 103:13). Isaiah adds another image — "You are our Father; we are the clay, and You are the potter; we are all the work of Your hand" (Isaiah 64:8) — God the craftsman, shaping us with intention and love.

Yet the prayer says "our Father in heaven." That phrase guards us from imagining God as merely a larger version of an earthly parent. "In heaven" speaks of His greatness and power, His unlimited ability to provide, protect, and guide. And here is the wonder: this majestic God, high above us, still invites us into a relationship marked by intimacy and love.

Beginning here sets the tone for all that follows. It reminds us of our valued place in God's family and of His loving authority over our lives. And it calls us to live like His children — to embody the compassion, mercy, and kindness He shows us, and so to enrich our dealings with everyone around us. As we pray "Our Father in heaven," let it be both an acknowledgment of God's greatness and a glad declaration that we belong to Him.

Discussion and Reflection Questions

Our Father in Heaven

Here are some questions to guide your discussion and quiet reflection. There's no need to rush through them all — linger wherever God seems to be at work.

1. How does adding "in heaven" to "Our Father" change the way you picture God's presence?
2. How does the image of God as Father affect your trust in His provision and protection?
3. What does it mean to you that we can call the Creator of the universe "Father"?
4. How can holding together God's greatness and His nearness shape our daily choices and attitudes?
5. Can you recall a time when thinking of God as your Father in heaven gave you guidance or comfort?
6. In what ways does this line of the prayer encourage you to live out your faith more boldly?
7. How does the fatherhood of God shape the way you relate to others in your community or church?
8. Can you think of other verses that speak of God as Father? What do they mean to you?
9. How do you hold together reverence for God's holiness and the closeness of His fatherly love?
10. What difference does seeing God as our Father in heaven make to your prayer and worship?

Session 3 – Hallowed Be Your Name

The Lord's Prayer continues with a statement of deep respect: "hallowed be Your name." It can sound formal at first, but at heart it is simply this — that God's name should be treated with the highest honour, held special above all else.

When we speak of God's "name" being hallowed, we mean far more than a label. In the Bible a name carries a person's whole character, reputation, and being. To hallow God's name, then, is to hold His character and His every action in the highest regard, and to live in a way that reflects that reverence.

This is a call to honour God not only in our words but in our actions and our ordinary days — in the way we treat others, and in the choices we make when no one is watching. It is also a recognition of who God is: holy, wholly good, beyond compare. Scripture calls us to this again and again: "Ascribe to the LORD the glory due His name; worship the LORD in the splendor of His holiness" (Psalm 29:2). Reverence like this is not meant to distance us from God, but to deepen our wonder and love — like standing before a breathtaking view, except here the wonder is for God's goodness towards us.

To treat God's name as holy shapes how we live. Our words, thoughts, and choices come to reflect our respect for Him, so that others catch, through our lives, a glimpse of what it means to honour God. It is a daily commitment: to hold God in the highest regard, and to let that reverence quietly shape everything.

Discussion and Reflection Questions

Hallowed Be Your Name

Here are some questions to guide your discussion and quiet reflection. There's no need to rush through them all — linger wherever God seems to be at work.

- 1.** What does it mean for God's name to be "hallowed" in your own life and community?
- 2.** How can we show reverence for God's name in our words, actions, and thoughts?
- 3.** How does God's holiness shape the way we conduct our relationships with others?
- 4.** In what ways does honouring God's name influence your priorities and decisions?
- 5.** Can you recall a time when you felt a deep sense of reverence for God? What sparked it?
- 6.** How does understanding the holiness of God's name affect the way you pray?
- 7.** What are some practical ways we can honour God's name in our homes, workplaces, and communities?
- 8.** Have you ever had to choose between honouring God's name and going along with the crowd? How did you handle it?
- 9.** How does the idea of God's name being hallowed inspire you to live differently?
- 10.** How can the holiness of God's name bring comfort in times of trouble or uncertainty?

Session 4 – Your Kingdom Come, Your Will Be Done

In the Lord's Prayer, "Your kingdom come, Your will be done, on earth as it is in heaven" teaches us to long for God's rule of love, justice, and peace to fill our world as it fills heaven. It is a bold prayer — that earth would come to reflect the perfect harmony and order of God's presence.

To pray this is to do more than wait for change; it is to become part of it. Praying for God's kingdom means living kingdom lives — showing love and kindness, standing up for what is right, helping to spread peace and justice, just as Jesus taught. As He put it, "seek first the kingdom of God and His righteousness, and all these things will be added unto you" (Matthew 6:33).

To ask that God's will be done is to place our trust in His plan for us and the world — to believe His way is best, even when it is not the easiest path. Jesus Himself prayed this way in the garden: "Father, if You are willing, take this cup from Me. Yet not My will, but Yours be done" (Luke 22:42). That is the trust and surrender we are learning.

And Scripture shows us how such lives take shape: "Do not be conformed to this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what is the good, pleasing, and perfect will of God" (Romans 12:2). So as we pray these words, let us consider how our daily choices might bring heaven a little nearer to earth. Every act of kindness, every effort at peace, every attempt to live justly is part of how His will is done among us.

Discussion and Reflection Questions

Your Kingdom Come, Your Will Be Done

Here are some questions to guide your discussion and quiet reflection. There's no need to rush through them all — linger wherever God seems to be at work.

1. What does praying for God's kingdom to come mean to you in practical terms?
2. How can we bring our daily lives into line with God's will, as this part of the prayer asks?
3. Where have you seen God's kingdom at work in your community or your life?
4. What do you find hard about surrendering your own will to God's? What helps you do it?
5. Can you recall a decision where you had to choose between your own desires and what you sensed was God's will?
6. How does this petition shape your view of justice and compassion?
7. How does the hope of God's kingdom coming to earth inspire you to think or act differently?
8. Can you share a verse that helps you understand what God's will looks like in practice?
9. What part does prayer play in bringing about God's kingdom and will on earth?
10. How might this line of the prayer transform the way you meet challenges and opportunities?

Session 5 – Give Us This Day Our Daily Bread

Here the prayer turns to a wonderfully ordinary request: “Give us this day our daily bread.” It teaches us to depend on God for our needs, and to trust His provision one day at a time.

Asking for “our daily bread” is a humble admission that we rely on God even for the basics. It draws us to live in the present — attending to today’s needs rather than fretting over tomorrow — and it is a lesson in trust: that God knows what we need and will provide. Jesus makes the point tenderly: “do not worry, saying, ‘What shall we eat?’... your heavenly Father knows that you need them. But seek first the kingdom of God and His righteousness, and all these things will be added unto you” (Matthew 6:31-33). Paul echoes the promise: “my God will supply all your needs according to His glorious riches in Christ Jesus” (Philippians 4:19).

This little request also grows a grateful heart. To recognise that every good thing comes from God’s hand is to learn to give thanks — for the simple blessings we so often take for granted, and for His care in the everyday.

And “bread” means more than food. It stands, too, for the spiritual and emotional sustenance God gives — the strength, wisdom, and grace we need to face each day. For Jesus said, “I am the bread of life. Whoever comes to Me will never hunger, and whoever believes in Me will never thirst” (John 6:35). He Himself is our deepest nourishment. So in praying for our daily bread, we entrust today’s concerns to God, seek His kingdom first, and live in gratitude for all He pours into our lives.

Discussion and Reflection Questions

Give Us This Day Our Daily Bread

Here are some questions to guide your discussion and quiet reflection. There's no need to rush through them all — linger wherever God seems to be at work.

1. How does asking for "daily bread" shape your understanding of God's provision in your life?
2. In what ways do you rely on God for more than just physical needs?
3. Why is it important to trust God to provide each day, rather than worrying about the future?
4. Can you recall a time when you experienced God's provision in a tangible way?
5. How might expressing daily gratitude change the way you see God's blessings, big and small?
6. How does the request for "daily bread" challenge a culture of excess and consumerism?
7. What are some practical ways to cultivate a spirit of gratitude for God's provision?
8. Can you think of a verse that speaks of relying on God for our daily needs?
9. How does the idea of "daily bread" reach beyond the physical to the spiritual and emotional?
10. How might praying for "daily bread" reshape your priorities and your attitude to possessions?

Session 6 – Forgive Us Our Debts

The prayer now moves into a deeply relational request: “And forgive us our debts, as we also have forgiven our debtors.” It is a plea for mercy — mercy received from God, and mercy extended to others — and it touches the very core of our life with Him and with one another.

Forgiveness stands at the heart of the Christian faith, secured by the sacrifice of Jesus. Paul captures it beautifully: “Be kind and tenderhearted to one another, forgiving each other just as in Christ God forgave you” (Ephesians 4:32). We do not forgive out of thin air; we forgive because we have first been forgiven.

To ask God to “forgive us our debts” is to admit honestly that we fall short and are in constant need of His mercy. And His promise is sure: “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness” (1 John 1:9). Whenever we come to Him with a repentant heart, He is ready to forgive.

But the prayer binds our receiving to our giving: “as we also have forgiven our debtors.” Jesus presses the point just after teaching the prayer: “if you forgive men their trespasses, your heavenly Father will also forgive you” (Matthew 6:14-15). This is challenging — forgiving those who have wronged us can be hard — yet it is the way of freedom. To let go of grudges and seek reconciliation is a step towards healing, for our relationships and for ourselves. In praying these words, we step into a cycle of grace: forgiven by God, and forgiving in turn.

Discussion and Reflection Questions

Forgive Us Our Debts

Here are some questions to guide your discussion and quiet reflection. There's no need to rush through them all — linger wherever God seems to be at work.

1. How does asking God for forgiveness deepen your understanding of His grace and mercy?
2. What is the connection between receiving forgiveness from God and extending it to others?
3. Can you share a time when forgiveness — given or received — transformed a relationship or situation?
4. Why is forgiveness so important for healthy relationships, with others and with God?
5. In what ways can holding onto a grudge harm our spiritual and emotional well-being?
6. How does the forgiveness Jesus teaches challenge our usual notions of justice and payback?
7. What practical steps help us cultivate a forgiving heart towards those who have wronged us?
8. Can you think of a passage that shows how central forgiveness is to the Christian life?
9. How does forgiving others fit with Jesus' command to love our neighbour as ourselves?
10. How can the practice of forgiveness lead to healing and reconciliation in our communities?

Session 7 – Lead Us Not into Temptation, But Deliver Us

The final petition of the Lord's Prayer, "And lead us not into temptation, but deliver us from the evil one," brings us to a plea for protection and guidance. It owns our weakness and the reality of the spiritual battles we face, and it humbly asks for God's help to stand.

It helps to be clear about where temptation comes from. James writes, "When tempted, no one should say, 'God is tempting me.' For God cannot be tempted by evil, nor does He tempt anyone. But each one is tempted when by his own evil desires he is lured away and enticed" (James 1:13-14). Temptation is not from God; it rises from within us and from the world around us – which is exactly why we need His strength to resist it.

To seek deliverance from "the evil one" is to ask for God's protection against all that would pull us from Him. Peter is realistic and steady: "Be sober-minded and alert. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, standing firm in your faith" (1 Peter 5:8-9). We are not to be fearful, but watchful – and we are not alone, for we stand firm together with believers throughout the world.

And so the whole prayer suits the Lenten road especially well – a season of reflection, repentance, and preparation for Easter. Line by line it has drawn us into a deeper walk with God: honouring His name, longing for His kingdom, trusting His provision, forgiving as we are forgiven, and leaning on His strength. May it keep shaping us, well beyond Lent, into people of prayer who live ever closer to our Father.

Discussion and Reflection Questions

Lead Us Not into Temptation, But Deliver Us

Here are some questions to guide your discussion and quiet reflection. There's no need to rush through them all — linger wherever God seems to be at work.

1. How does asking not to be led into temptation reflect our need for God's guidance and protection?
2. Why is it important to own our vulnerabilities and ask for God's help in resisting temptation?
3. Can you share a time when relying on God's strength helped you overcome a temptation or trial?
4. How does the idea of deliverance from evil shape your understanding of faith?
5. In what ways does the Lord's Prayer call us to be watchful and discerning?
6. Looking back over the whole study, how has your understanding of prayer grown?
7. In what ways has the Lord's Prayer shaped your relationship with God and your daily walk?
8. How do you hope to carry the insights of this study into your prayer life, during Lent and beyond?
9. Reflecting on the prayer's themes, which part of your faith do you feel drawn to focus on next?
10. How can we support one another in living out the Lord's Prayer as we keep growing together?

Worksheet

This worksheet is a companion to the study — a way of taking the Lord's Prayer off the page and into everyday life, not only during Lent but well beyond it.

In a group

If you are leading a group, do give a copy of this worksheet to each person to take home. Explain that it is for personal reflection and practical application. In your meetings, or in quiet times of reflection, you might invite people to share their insights, their struggles, and their experiences — while making clear that completing the worksheet is never required, only offered as a help.

On your own

If you are reading on your own, use this worksheet as a personal guide to reinforce and apply what the study has stirred in you.

The worksheet sets out ten simple, doable steps — one for each part of the prayer, and a few for the whole. As you take them up, our prayer is that your relationship with God, and with others, would deepen and grow.

Ten Steps to Live Out the Lord's Prayer

As you work through these steps, watch for the change God brings in your relationship with Him and with others. The Lord's Prayer is not only words to recite, but a pattern for a life lived close to God.

1. Acknowledge God's Fatherhood Daily:

Begin each day by acknowledging God as your Father, resting in the closeness He offers. Let it set the tone for the hours ahead.

2. Revere God's Holiness:

Make small moments in your day to dwell on the holiness of God's name — a song, a prayer, a quiet pause — and let it call you to live in holiness too.

3. Seek God's Kingdom First:

Weigh your choices by whether they reflect God's kingdom values of love, justice, and peace — in how you treat others and where you give your time.

4. Depend on God for Your Needs:

Before the day begins, ask God to provide for your needs — a small act of faith, and a reminder that everything comes from His hand.

5. Practise Forgiveness:

Each evening, bring any hurt or grievance to God and choose to forgive, just as He has forgiven you — praying for the grace, or reaching out to reconcile where you can.

6. Guard Against Temptation:

Notice where you are most easily tempted, and ask God for strength to resist. A trusted friend or a journal can help you stay watchful.

7. Pray for Deliverance:

Regularly ask for God's protection from the evil one, especially in hard seasons or when facing decisions that carry moral weight.

8. Reflect on God's Provision:

Keep a short gratitude journal, noting how God has provided and answered prayer. It quietly builds trust in His ongoing care.

9. Pray in Community:

Join or gather a small group to pray the Lord's Prayer together, reflecting on how it shapes your lives — living out the "our" in "Our Father."

10. Live Out the Prayer:

Each week, choose one part of the prayer to live more intentionally — forgiving, seeking God's kingdom, or trusting Him for your needs — and let it shape that week.

May these steps lead you into a deeper and more practical love of the Lord's Prayer, encouraging you to live its truths, day by day, in Lent and long beyond.

Stay Connected with Faith, Hope, and Love Ministries

Thank you for spending this time with us. We'd love to keep walking alongside you — so do stay in touch, and let us know how the study went.

Find Us and Say Hello:

- Facebook: <https://go.fhlm.org/facebook>
- Instagram: <https://go.fhlm.org/instagram>
- LinkedIn: <https://go.fhlm.org/linkedin>
- Website: <https://fhlm.org>
- Email: hello@fhlm.org



Scan here to see our other resources.

Copyright

This content is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License. In plain terms: you're free to modify and share this document, as long as you credit the original source, don't use it for commercial purposes, and pass on any adaptations under these same terms.

Scripture quotations are taken from the Berean Standard Bible (BSB), used with kind permission. We warmly encourage you to read alongside whichever translation you love best; we don't endorse any single one.

With Thanks

We're deeply grateful to everyone who has supported and prayed for these Bible Study and Reflection Guides.

Pass It On

We love working alongside anyone who shares our heart for serving others. If this guide has been a blessing, please consider donating, volunteering, or simply passing it on to someone else.