

## Weekly Study Guide for September 28, 2025 | Our Father in Heaven

What is prayer? In this lesson, we will attempt to answer this question by examining what is commonly known as the Lord's Prayer, specifically focusing on the first line: "Our Father in Heaven, holy is Your Name." Let's see what God's Word has to say about it!

### Read Matthew 6:5-13

*5 "And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. 6 But when you pray, go into your room, close the door, and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. 7 And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. 8 Do not be like them, for your Father knows what you need before you ask him.*

*9 "This, then, is how you should pray: Our Father in heaven, hallowed be your name, 10 your kingdom come, your will be done, on earth as it is in heaven. 11 Give us today our daily bread. 12 And forgive us our debts, as we also have forgiven our debtors. 13 And lead us not into temptation but deliver us from evil. for yours is the kingdom and the power and the glory forever. Amen.*

### Questions for Reflection:

1. Why do you think Jesus addresses hypocrisy in verses 5-8? What does He tell us not to do, and what does He tell us to do? What does this teach us about prayer? What insight into prayer can we gain from these verses?
2. How are verses 9-13 a blueprint for prayer? Is it a prayer to be recited or a model to help us learn how to pray? What key areas does it cover?
3. How should we begin our prayer? To whom are our prayers directed? How does calling God "Our Father" impact our prayers? Why is the pronoun "our" significant? What other descriptors are used of the Father in verse 9?
4. In what way is prayer an act of faith? How can we be confident that God hears us when we pray?
5. Are there any other takeaways or insights that stand out to you from this passage?

**Summary:** In Matthew 6:5-13, Jesus provides some helpful insight into prayer. He says, “When you pray, go into your room, and when you have shut the door, pray to your Father who is in the secret place” (Matthew 6:6). God is inviting us into the secret place, the place of mystery, the place where the unseen God hears real people. He loves for us to ask. He wants us to ask. He waits for us to ask. He doesn’t want vain or meaningless prayers. He desires us to call out to Him as our Father to express our dependency on Him in meaningful and heartfelt conversation.

Jesus goes on to tell His disciples how they should pray. He gives them what many call a model prayer for us to follow in Matthew 6:9-13. Many call it the Lord’s prayer. You might be tempted to simply repeat it, but again, Jesus wants us to understand the heart of it, to use it as a basis for our prayers. The Lord’s prayer is a blueprint for prayer that can help teach us how to pray.

1. Prayer is private and personal, not public and for show. It’s not about religion or the quantity of good works, but about the quality of the relationship. Prayer is first and foremost, and most simply, a conversation with God who is our Father.
2. Jesus says this is “how” you should pray, not “what.” The Lord's prayer is a blueprint (model or template) for prayer that can help us learn how to pray. It can be recited but should come from the heart and not vain repetition. The Lord’s prayer covers such things as adoration, consecration, provision, confession, supplication, intercession, temptation, and protection.
3. We begin by recognizing God as our holy heavenly Father. He is our Father in heaven who is holy. God is personal and we are part of His family. We are His children. Beginning prayer by calling him “our Father” and praising His holy name brings us into His presence the right way; with reverence and awe because He is holy, but also with intimacy and relationship, as He is our Father.
4. Prayer is an act of faith. We come to the Father through faith in the Son by the Spirit. Because of what Christ accomplished for us on the cross, we can have confidence that the unseen Father hears us when we pray in the secret, unseen places. When we put it all together, prayer is an expression of our dependency on God.
5. Answers will vary. Take time to reflect on this lesson. What did you learn?

**References:** [Matthew 6:5-13](#); [Luke 11:1](#); [Romans 8:15](#); [1 John 3:1](#); [Matthew 7:11](#); [Hebrews 11:6](#); [1 Samuel 2:2](#); [1 Peter 3:15](#); [Philippians 2:9-11](#)