

Our Father Who Art in Heaven

by Sandra Brese Rice

This is how you should pray. Our Father in heaven, may Your name be honored. —Matthew 6:9 NIV

- Do you pray each day?
- If so, do you pray at the same times every day or do you talk to God throughout the day?
- Are there times you do not know what to say?

When Jesus' disciples, or followers, were with Him, they asked Him how to pray. They asked Him what words they should use when talking to God. Jesus gave them the Lord's Prayer as an example of what we should say in our prayers to Him. It doesn't mean we have to always say that exact prayer, but the Lord's Prayer shows us what we could talk about when saying our own personal prayers. Our Bible verse for today is part of that prayer. (Reread the Bible verse.)

Jesus taught us to start our prayers by calling God "our Father." This reminds us we belong in God's family. No matter how old we are, we are beloved children of God. God created us; He is our Father. We honor and praise Him by calling Him "Father."

Some of you may know the phrase "hallowed be your name." When Jesus says that God's name is hallowed, He is reminding us God is holy and should be honored all the time.

- Think about the times you use the name of God. Do you always use the name God in ways that honor Him?
- Have you ever caught yourself saying, "Oh, God!" when you weren't really praising Him?
- What are some ways to show God You honor Him and consider Him holy?

God is our heavenly Father, but sometimes our earthly father or grandfathers may not be so holy. Sometimes, we have trouble feeling God's love and forgiveness because our earthly father or grandfathers may not be so loving or forgiving.

- Do you have a good or bad relationship with your dad or earthly father?
- How does this make you feel?

In the Lord's Prayer, Jesus' words help us see that, even if our earthly father or grandfathers aren't perfect, God is perfect. God is holy and loving. God is kind and forgiving. God is Our True Father. We can never expect our earthly father or grandfathers to be perfect because everyone makes mistakes, everyone except God. God doesn't make mistakes. God is the perfect Father. This makes Him holy.

Prayer

Dear God,

Help us know in our hearts that You are the true, holy and perfect Father.
Help us turn to You no matter how we feel about our own earthly father or grandfathers.
Help us remember You are to be honored.

In Jesus' name we pray.

Amen.

