
The Prayer of Jesus

Our Father in Heaven

and an explanation of its meanings

Tiago Sonna

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Dedication

To my mother Rosa, that left us due to cancer, and even though knowing that she only had a few days left, she greeted every one visiting her with a big smile.

Preface

I once asked God how to pray better and went to the Bible to see some examples of praying. So I thought, what prayer would be the best if not the prayer of Jesus Himself? The disciples also asked him this question and He gave us the “Our Father” prayer.

“This, then, 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 today 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 one¹.

This prayer is in Matthew 6:9-13. I was then curious about this prayer. From so many things that He could pray about, of all the things He could have said and from so many words, why did He choose these words?

My curiosity led me to look up everything that these words meant in the bible. In this small book are my reflections about their meanings.

But before I had decided to publish it, I searched for books and people that could have already written about these ideas. Fortunately (or unfortunately) I didn't find anything recent that expresses what I have learned about this prayer

¹ NVI

taught by Jesus.

I found, however, one old book in German² from the 18th century that showed me one thing that I hadn't noticed in my studies. The prayer can be divided into an introduction with three elements:

""Our Father in heaven"

1- Our

2 – Father

3- in heaven

Which is then followed by 7 petitions, 3 about God and 4 about the men:

1- hallowed be your name,

2- your kingdom come,

3- your will be done, on earth as it is in heaven.

4- Give us today our daily bread.

5- And forgive us our debts, as we also have forgiven our debtors.

² Friedrich Arndt, *Das Vater Unser: Betrachtungen über das Gebet des Herrn* pg 2

6- And lead us not into temptation,
7- but deliver us from the evil one.

Numbers in the Bible are very interesting and some are very important as they bring us some messages from God. And 7 is one of those numbers, representing the plenitude of God. 3 represents God in His Trinity. But I would not like to write a dissertation about them here. So let's go to the teaching.

Father

Most translations and the Greek version of this prayer begin with the word “father”. So I will also begin with this word.

Jesus prayed to God and called him father. Taking a look into the Bible we can identify three kinds of fathers. The first kind of father is the father according to the flesh. The second one is the father as an innovator and the third one is the spiritual father:

1. Father according to the flesh.
2. Father as an innovator .

3. Spiritual Father.

1. The father according to the flesh is the one that generates us, or the one who raised us, or even our ancestors. Jesus is the son of God, but He had Joseph, the spouse of Mary, as a father, who raised him. In this way He is the son of David as it is written in the genealogy of Jesus in the chapter 1:1 of the book of Matthew: *"The book of the genealogy of Jesus Christ, * the son of David, the son of Abraham."* Jesus was from the tribe of David, therefore all His ancestors are considered His fathers.

2. The father as an innovator is when someone is the first one to do something: *"Adah gave birth to Jabal, who was the father of those who dwell in tents and have cattle. His brother's name was Jubal, who was the father of all who handle the harp and pipe "* (Genesis 4:20- 21). The two sons of Adah innovated

new professions and because of them, they are called fathers of those professions.

Abraham, however, is called the father of the faith, because he was the first one to believe in the resurrection. As it is written in Galatians 3:7, *"Know therefore that those who are of faith, the same are sons of Abraham."*

Therefore we can assume that a father can be someone who begins something.

3. The spiritual father: There are in the Bible only 2 spiritual fathers: God and the Devil. One is light and the other is darkness. John said in one of his letters: *"This is the message which we have heard from him and announce to you, that God is light, and in him is no darkness at all. "* (1. John 1:5). And in Acts 26:18, *"to open their eyes, that they may turn from darkness to light and from the power of Satan to God, that they may receive remission of sins and an inheritance among those who are sanctified by faith in me."* In

those verses we can see that God is light, and darkness is the power of the devil.

It is impossible to be in the light and darkness at the same time. You are either from the light or from darkness. *"The light shines in the darkness, and the darkness hasn't overcome it."* (John 1: 5), "For you were once darkness, but are now light in the Lord. Walk as children of light, " (Ephesians 5: 8). In the first verse we see that the light is stronger than darkness. In the second verse we see that those who are in darkness are children of the Devil, *"While you have the light, believe in the light, that you may become sons of light."* Jesus said these things, and he departed and hid himself from them. " (John 12: 36). It means that those who do not believe in the light are not children of the light; therefore, before we became believers we were the devil's children. He, who has the devil as a father, cannot have God as father too. Therefore, not everyone can pray this prayer. We need to be a legitimate child of God,

then God will hear us. *"The sacrifice made by the wicked is an abomination to Yahweh, But the prayer of the upright is his delight."* (Proverbs 15:8). *"Yahweh is far from the wicked, But he hears the prayer of the righteous."* (Proverbs 15:29).

If there are people that are children of the devil, we need to answer important some implied questions. I would like to explain 3 questions:

1. Why are all of humanity children of the devil?
2. How can someone become a child of God?
3. What characteristics does a child of God have?

1. God created man and woman, Adam and Eve. They were children of God. But once they sinned, Adam, Eve and their descendents were bound to disobedience: *"Therefore, as sin entered into the world through one man, and death through sin; and*

so death passed to all men, because all sinned."

(Romans 5: 12) *"So then as through one trespass, all men were condemned; even so through one act of righteousness, all men were justified to life. For as through the one man's disobedience many were made sinners, even so through the obedience of the one will many be made righteous."* (Romans 5: 18-19.) *"For God has shut up all to disobedience, that he might have mercy on all."* (Romans 11: 32).

God transferred our responsibility to do something for our salvation to Jesus Christ. He made it very simple for us to be saved: everyone who has faith in Christ is saved: *"for by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, that no one would boast. "* (Ephesians 2: 8-9) and that is the answer to the second question.

2. *"For God so loved the world, that he gave his one and only Son, that whoever believes in him should not perish, but have eternal life."* (John 3:16). There is nothing we can do first to achieve salvation, to become a child of God. He did it first: *"But as many as received him, to them he gave the right to become God's children, to those who believe in his name:"* (John 1: 12). Through faith a new life begins. Faith is the first step towards God. *"For, "Whoever will call on the name of the Lord will be saved." "* (Romans 10:13).

3. After receiving salvation, we become a new creation in God, we are freed from death (with baptism symbolizing it) that had power over us and begin a new life. In this new life we change and begin acting like God's children. In the first letter of John, chapter 3: 1-10, we can see an explanation about the children of God. *Behold, how great a love the Father has bestowed on us, that we should be called children of God! For this cause the world doesn't*

know us, because it didn't know him. Beloved, now we are children of God, and it is not yet revealed what we will be. But we know that, when he is revealed, we will be like him; for we will see him just as he is. Everyone who has this hope set on him purifies himself, even as he is pure. Everyone who sins also commits lawlessness. Sin is lawlessness. You know that he was revealed to take away our sins, and in him is no sin. Whoever remains in him doesn't sin. Whoever sins hasn't seen him, neither knows him. Little children, let no one lead you astray. He who does righteousness is righteous, even as he is righteous. He who sins is of the devil, for the devil has been sinning from the beginning. To this end the Son of God was revealed, that he might destroy the works of the devil. Whoever is born of God doesn't commit sin, because his seed remains in him; and he can't sin, because he is born of God. In this the children of God are revealed, and the children of the devil. Whoever doesn't do

righteousness is not of God, neither is he who doesn't love his brother. ”.

From the text we can determine that:

- 1- The world does not know the children of God.
- 2 - The children of God purify themselves.
- 3 - They don't live in sin.
- 4 - They love their brothers and sisters.

It is impossible to know what it's like to be a child of God until you have become one. The world knows us as human beings, but not as spiritual ones. But we are still in this world learning about God. You cannot stop doing something wrong until you find out that that thing is wrong. So we can continually purify ourselves learning from God and ceasing wrongdoings. And the wrongdoings are the things that keep us from loving our brothers, sisters and enemies. Jesus gave us two commandments: Love God above all things and your neighbour as

yourself³. Not doing the right thing to your neighbour is to stop loving them. Because you don't want others taking what is rightfully yours.

Along with these 4 characteristics, we can add

5: God's children are peacemakers

6 -They don't lie and

7 -They are led by the Holy Spirit.

5: God's children are peacemakers. *"Blessed are the peacemakers, for they shall be called sons of God."*

(Matthew 5: 9). Violence does not please God and those who seek God, also seek peace.

6: They do not lie. *"You are of your Father, the devil, and you want to do the desires of your father. He was a murderer from the beginning, and doesn't stand in the truth, because there is no truth in him. When he speaks a lie, he speaks on his own; for he is a liar, and the father of it."* (John 8:44). Jesus says that the devil

³ Luke 10:27

is the father of lies, therefore, anyone who does not repent from his lies, is a son of the devil.

7: They are led by the Holy Spirit: *"For as many as are led by the Spirit of God, these are children of God."* (Romans 8: 14). The children of God receive the Holy Spirit and they are led by Him. *"in whom you also, having heard the word of the truth, the gospel of your salvation, -- in whom, having also believed, you were sealed with the Holy Spirit of promise,"* (Ephesians 1:13) And the Holy Spirit will continue teaching us:

"But the Counselor, the Holy Spirit, whom the Father will send in my name, he will teach you all things, and bring to your memory all that I said to you." (John 14:26).

Therefore, if you want to pray to God, I encourage you today to do the prayer of salvation and ask God for his Holy Spirit. He will then lead you to a

new family, His family, who will accept you. Repeat this prayer:

“Jesus, today, I call on you to be my savior and to forgive all of my sins. I want to become a child of God. Please, guide me in the right way from now on. Amen.”

our

“Our” is a plural form of a possessive pronoun, that represents a union, a community. Although salvation is individual, God treats us a lot of times as a community and the Bible shows us that we cannot live without our brothers and sisters in Christ. That is a Christian characteristic. John confirms it: *“Whoever remains in him doesn't sin. Whoever sins hasn't seen him, neither knows him. Little children, let no one lead you astray. He who does righteousness is righteous, even as he is righteous.”* (1 John 1:6-7).

This fellowship is also the Lord Jesus' desire. He wants Christians to be one in Him: *"that they may all be one; even as you, Father, are in me, and I in you, that they also may be one in us; that the world may believe that you sent me."* (John 17: 21).

We are, therefore, one with Jesus, but one member with all the others: *"so we, who are many, are one body in Christ, and individually members one of another."* (Romans 12:5).

The sons of God cannot be separated. A body has many parts, but all of its many parts form one body, we are the body of Christ: *"For as the body is one, and has many members, and all the members of the body, being many, are one body; so also is Christ. For in one Spirit were we all baptized into one body, whether Jews or Greeks, whether bond or free; and were all made to drink into one Spirit. For the body is not one member, but many. If the foot would say,*

"Because I'm not the hand, I'm not part of the body," it is not therefore not part of the body. If the ear would say, "Because I'm not the eye, I'm not part of the body," it's not therefore not part of the body. If the whole body were an eye, where would the hearing be? If the whole were hearing, where would the smelling be? But now God has set the members, each one of them, in the body, just as he desired. If they were all one member, where would the body be? But now they are many members, but one body. The eye can't tell the hand, "I have no need for you," or again the head to the feet, "I have no need for you." No, much rather, those members of the body which seem to be weaker are necessary. Those parts of the body which we think to be less honorable, on those we bestow more abundant honor; and our unpresentable parts have more abundant propriety; whereas our presentable parts have no such need. But God composed the body together, giving more abundant honor to the inferior part, that there should be no division in the body, but

that the members should have the same care for one another. When one member suffers, all the members suffer with it. Or when one member is honored, all the members rejoice with it. Now you are the body of Christ, and members individually. " (1 Corinthians 12: 12 -27).

The author of the letter to Hebrews alerts us that we should not leave the community: *"Let us consider how to provoke one another to love and good works, not forsaking our own assembling together, as the custom of some is, but exhorting one another; and so much the more, as you see the Day approaching."* (Hebrews 10: 24-25).

Growing up in a community is the best thing we can do. It brings revelation and joy on our daily journey.

in heaven

When we say this world, we recognize that God is not among men, and that our lives will not be here forever: *"Yahweh said, 'My spirit will not strive with man forever, because he also is flesh; yet will his days be one hundred twenty years.'"* (Genesis 6:3).

We live as though we will never die. But every year, we realize at the year's end, that it has gone by fast and our lives also go by fast. With these words, we

confess that God is above all things and that we are small before Him. In addition, we shall fear God and be humble. In this way we can receive mercy from him: *"Don't be rash with your mouth, and don't let your heart be hasty to utter anything before God; for God is in heaven, and you on earth. Therefore let your words be few."* (Ecclesiastes 5:2). *"Then said he to me, Don't be afraid, Daniel; for from the first day that you did set your heart to understand, and to humble yourself before your God, your words were heard: and I am come for your words' sake. "* (Daniel 10: 12). *"But he gives more grace. Therefore it says, "God resists the proud, but gives grace to the humble.""* (James 4: 6).

hallowed be your name

If it is sung in the book of Revelation: *“and the four living creatures, having each one of them six wings, are full of eyes around about and within. They have no rest day and night, saying, Holy, holy, holy is the Lord God, the Almighty, who was and who is and who is to come.”* (Revelation 4:8), why does Jesus teach us to

pray for holiness in His name? The children of God carry the name of God on themselves. God chose a nation and put his Name on it, as it is revealed in Jeremiah: *"Therefore thus says Yahweh, Behold, I will bring evil on them, which they shall not be able to escape; and they shall cry to me, but I will not listen to them."* (Jeremiah 13:11).

And if something happens to His people, it would also affect His name: *"They said to him, From a very far country your servants are come because of the name of Yahweh your God: for we have heard the fame of him, and all that he did in Egypt,"* (Joshua 7:9).

As Israel carried the Name of God, Christians now carry His name. And when we carry the name of God before the world, we can taint the name of God: *"and die on the mountain where you go up, and be gathered to your people, as Aaron your brother*

died on Mount Hor, and was gathered to his people: because you trespassed against me in the midst of the children of Israel at the waters of Meribah of Kadesh, in the wilderness of Zin; because you didn't sanctify me in the midst of the children of Israel. For you shall see the land before you; but you shall not go there into the land which I give the children of Israel. "

(Deuteronomy 32: 50-52).

Moses and Aaron were leaders over the people of Israel. God even said to Moses and Aaron that they would be like God before the children of Israel⁴.

The fact that Moses didn't speak to the rock, but struck it instead, shows how he failed to hallow the name of God.

David also has an example in which he failed to hallow the name of God: *"However, because by this deed you have given great occasion to Yahweh's*

⁴ Leviticus 4:16

enemies to blaspheme, the child also who is born to you shall surely die." (2. Samuel 12:14). David committed adultery. This brought him the opportunity to blaspheme the name of the Lord as it is written in other versions. And it's written in Proverbs 30:9: *"Lest I be full, deny you, and say, 'Who is Yahweh?' Or lest I be poor, and steal, And so dishonor the name of my God."* All 3 verses show that the action of a man of God can taint His name. We, as Christians, have the name of the Lord upon us. Our actions show the world who God is. To pray this prayer we need to strive to keep ourselves pure, therefore, our actions will either hallow or taint the name of God.

your kingdom come

The word used in Greek for kingdom is *basileia*: according to the dictionary⁵ it means: *1. royal power, kingship, dominion, rule; 2. a kingdom i. e. the territory subject to the rule of a king.*

God created the world and everything in it. He also gave us the freedom to choose whom to serve.

Because of the fall of the humanity, the authority of this world was given away: *"The devil, leading him up on a high mountain, showed him all the kingdoms of the world in a moment of time. The devil said to him,*

⁵ Thayer's Expanded Definition

"I will give you all this authority, and their glory, for it has been delivered to me; and I give it to whomever I want. If you therefore will worship before me, it will all be yours." (Luke 4: 5-7). The devil possesses this world, but Jesus is still the Lord and King. But his kingdom is spiritual and not from the earth. *"Jesus answered, "My kingdom is not of this world. If my kingdom were of this world, then my servants would fight, that I wouldn't be delivered to the Jews. But now my kingdom is not from here." (John 18:36).*

But to the Pharisees Jesus said that the kingdom is already on this earth: *"Being asked by the Pharisees when the kingdom of God would come, he answered them, "The kingdom of God doesn't come with observation; neither will they say, 'Look, here!' or, 'Look, there!' for behold, the kingdom of God is within you."*

”(Luke 17:20-21). God`s kingdom is already in our midst when we do his will. When we do his will, we allow his kingdom to be established on earth: *“Not everyone who says to me, 'Lord, Lord,' will enter into the Kingdom of Heaven; but he who does the will of my Father who is in heaven.”* (Matthew 7:21).

Later he says to His disciples that he will come again with the angels: *“and then the sign of the Son of Man will appear in the sky. Then all the tribes of the earth will mourn, and they will see the Son of Man coming on the clouds of the sky with power and great glory.”* (Matthew 24:30).

Along with his kingdom will come reward and that is our hope. Many passages in the Bible show it: *“Blessed are those servants, whom the lord will find watching when he comes. Most assuredly I tell you, that he will gird himself, and make them recline, and will come and serve them.”* (Luke 12:37). *“therefore*

judge nothing before the time, until the Lord comes, who will both bring to light the hidden things of darkness, and reveal the counsels of the hearts. Then each man will get his praise from God.” (1 Corinthians 4:5).

Many are the afflictions of the righteous, the sons of God. They suffer from the injustice of the godless people and because of the evil that inhabits the earth. When the kingdom of God comes, He will throw away the godless people and will eradicate evil. The righteous will receive His reward: *“Since it is a righteous thing with God to repay affliction to those who afflict you, and to give relief to you that are afflicted with us, when the Lord Jesus is revealed from heaven with his mighty angels in flaming fire, giving vengeance to those who don't know God, and to those who don't obey the gospel of our Lord Jesus, who will pay the penalty: eternal destruction from the face of the Lord and from the*

glory of his might, when he comes to be glorified in his saints, and to be admired among all those who have believed (because our testimony to you was believed) in that day.” (2 Thessalonians 1: 6-10).

But no one knows when this will happen: *“Behold, I come like a thief. Blessed is he who watches, and keeps his clothes, so that he doesn't walk naked, and they see his shame.” (Revelation 16: 15).*

“For to us a child is born, to us a son is given; and the government shall be on his shoulder: and his name shall be called Wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace. Of the increase of his government and of peace there shall be no end, on the throne of David, and on his kingdom, to establish it, and to uphold it with justice and with righteousness from henceforth even forever. The zeal of Yahweh of Hosts will perform this.

” (Isaiah 9: 6-7).

your will be done, on earth as it is in heaven

Here Jesus is teaching the disciples to ask God for His will on earth as it is in heaven. We can then conclude that the will of God does not always happen on earth.

What is God's will? God has a master plan for all of time and for particular times with specific people. He has a will for all of humanity and He has plans for each person.

God wants to establish His kingdom for eternity on earth. The book of Revelation shows it, and nobody can change it or prevent it: *"Most assuredly I tell you, this generation will not pass away, until all these things are accomplished. Heaven and earth will pass away, but my words will not pass away."* (Matthew 24:34).

And to do His will, He has plans for specific times with chosen people. He chose Abraham to be the father of faith. He established David as king over His people, from which Jesus descended. God can control the nature, but he looks for people that are willing do His will, then, through those people, His will shall happen on earth: *"When he had removed him, he raised up David to be their king, to whom he also testified, 'I have found David, the son of Jesse, a man after my heart, who will do all my will.'"* (Acts 13: 22).

God sent His own son to earth, so that Jesus would do His will. God had prepared a nation to receive Him, so that He could eliminate sin: *"Therefore when he comes into the world, he says, 'Sacrifice and offering you didn't desire, But a body did you prepare for me; In whole burnt offerings and sacrifices for sin you had no pleasure. Then I said, 'Behold, I have come (In the scroll of the book it is written of me) To do your will, God.' Saying above, 'Sacrifices and offerings and whole burnt offerings and sacrifices for sin you didn't desire, neither had pleasure in them' (those which are offered according to the law), then has he said, 'Behold, I have come to do your will.' He takes away the first, that he may establish the second, by which will we have been sanctified through the offering of the body of Jesus Christ once for all. "* (Hebrews 10: 5-10).

Through Jesus, God showed us His will for all humanity. God wants everyone to be saved: *"who desires to have all men to be saved, and come to full*

knowledge of the truth.” (Timothy 2:4). “For God so loved the world, that he gave his one and only Son, that whoever believes in him should not perish, but have eternal life.” (John 3:16). “The Holy Spirit also testifies to us, for after he has said, “This is the covenant that I will make with them: ‘After those days,’ says the Lord, ‘I will put my laws on their heart, I will also write them on their mind;,” (Hebrews 10: 15-17).

God desires obedience from all people. The greatest example of obedience is of His son Jesus, who learned it through suffering: *“though he was a Son, yet learned obedience by the things which he suffered”* (Hebrews 5: 8). In many passages of the Bible, God shows what He wants from us. We need to be obedient and listen to Him, keeping His commandments. In Psalms 119, the longest Psalm of the Bible, all of the verses are about one subject. Psalms 119 has 176 verses and in only 4 verses (84, 90, 122, 132) there are no words related to law,

statutes, wrong/right, precepts, decrees, commands, obedience or promises. But the whole psalm teaches us to be obedient through what God has said. And in addition: *"Circumcision is nothing, and uncircumcision is nothing, but the keeping of the commandments of God. "* (1 Corinthians 7:19).

"Seeing therefore it remains that some should enter therein, and they to whom the good news were before preached failed to enter in because of disobedience, he again defines a certain day, today, saying through David so long a time afterward (just as has been said), "Today if you will hear his voice, Don't harden your hearts." " (Hebrews 4: 6-7). *"Oh that my people would listen to me, That Israel would walk in my ways! I would soon subdue their enemies, And turn my hand against their adversaries. "*! (Psalms 81: 13-14).

God gave us His commandments. His commandments are His will over us. A person can choose to do His will or not. Jesus is His word. His

word in us is His will, in other words, when we have Jesus, we have His word. His commandments come through His word. The word of God in us means His will and His commandments are in us. *"This is the end of the matter. All has been heard. Fear God, and keep his commandments; for this is the whole duty of man."* (Ecclesiastes 12: 13).

God's plan for each person is, however, always different. God has plans for everyone. Everyone is different, or has something different. Abraham, Isaac and Israel were fathers of nations. Joseph was second after the pharaoh, Moses a leader over the people of Israel. Joshua was a war General. Saul and David were kings, but Saul was not approved. Not everyone is chosen to be king. Some were rich, some had few possessions, and some were poor but later in life became very rich. Some had many women, others had none. Some women were queens. Daniel was minister and great during

different reigns. No one had a life story like Job's. Some were prophets, some servants. God has a plan for every single one and God has a plan for you.

If you want to know the will of God for your life, you can ask Him but you must not conform to the standards of this world and you will be able to experiment the will of God: *"Don't be fashioned according to this world, but be transformed by the renewing of your mind, so that you may prove what is the good and acceptable and perfect will of God."*

(Romans 12:2). The plan of God for us depends on our faith and obedience. Not everyone does the will of God. God can also repent of His plans. God regretted creating the human beings on the earth: *"Yahweh was sorry that he had made man on the earth, and it grieved him in his heart. Yahweh said, 'I will destroy man whom I have created from the surface of the ground; man, along with animals,*

creeping things, and birds of the sky; for I am sorry that I have made them." But Noah found favor in Yahweh's eyes. "(Genesis 6: 6-8).

Another preeminent example is Saul. God had chosen Saul to be king over Israel. But Saul was not obedient, so God chose David to be king after Saul.

These examples are about obedience. But because of the lack of faith of the people of his hometown, Jesus didn't do many miracles in Nazareth and people would not listen to him, even though it was His will. *"He didn't do many mighty works there because of their unbelief."* (Matthew 13:58).

Other examples of people that have not done the will of God are Adam, when he ate the forbidden fruit, Cain, when he killed his brother Abel, David, because of his pride and many others. When the will of God is not done by the person, it does not mean that evil is His will, like homicides, lies, treasons, etc.

We must obey God and believe Him. And one thing that God wants from us, independent of how you get it done, is to fight the darkness of the people that do not know God's will: *"For our wrestling is not against flesh and blood, but against the principalities, against the powers, against the world's rulers of the darkness of this age, and against the spiritual hosts of wickedness in the heavenly places."* (Ephesians 6:12).

But how can we fight? *"Therefore, put on the whole armor of God, that you may be able to withstand in the evil day, and, having done all, to stand. Stand therefore, having the utility belt of truth buckled around your waist, and having put on the breastplate of righteousness, and having fitted your feet with the preparation of the gospel of peace; above all, taking up the shield of faith, with which you will be able to quench all the fiery darts of the evil one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God; "* (Ephesians 6:13-17).

give us today our daily bread.

Every day we need to eat, and he who does not eat every day will suffer from hunger. Bread here means the food we consume every day. This is the only sentence in which Jesus speaks about material or bodily things during this prayer.

God teaches us that everything that we need comes from his mouth: *"He humbled you, and allowed you to hunger, and fed you with manna, which you didn't know, neither did your fathers know; that he might make you know that man does not live*

by bread only, but by everything that proceeds out of the mouth of Yahweh does man live." (Deuteronomy 8: 3). As we need food every day, we need the daily bread, and this bread comes from the heavens: *"Jesus therefore said to them, "Most assuredly, I tell you, it wasn't Moses who gave you the bread out of heaven, but my Father gives you the true bread out of heaven."* (John 6:32); and from this bread we receive life: *"For the bread of God is that which comes down out of heaven, and gives life to the world."* (John 6:33); Therefore, Jesus is the bread: *"But I told you that you have seen me, and yet don't believe."* (John 6:36). We need the word of God every day, and it is Jesus. We need to eat this bread every day. Without it we will diminish. The body will someday die. But for spiritual death there is no resurrection. More important than bread for the body, is bread for the spirit.

**and forgive us our
debts, as we also have
forgiven our debtors.**

Jesus teaches us that we need to forgive so He can forgive us. "For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you don't forgive men their trespasses, neither will your Father forgive your trespasses. "Moreover when you fast, don't be, as the hypocrites, with sad faces. For they disfigure their faces, that they may be seen by men to be fasting. Most assuredly I tell you, they have received their reward. " (Matthew 6: 14-15). He tells us a parable about forgiveness:

"Then Peter came and said to him, 'Lord, how often will my brother sin against me, and I forgive him? Until seven times?'"

Jesus said to him, 'I don't tell you until seven times, but, until seventy times seven. Therefore the Kingdom of Heaven is like a certain king, who wanted to reconcile accounts with his servants. When he had begun to reconcile, one was brought to him who owed him ten thousand talents. But because he couldn't pay, his lord commanded him to be sold, with his wife, his children, and all that he had, and payment to be made.

The servant therefore fell down and kneeled before him, saying, 'Lord, have patience with me, and I will repay you all.' The lord of that servant, being moved with compassion, released him, and forgave him the debt. But that servant went out, and found one of his fellow-servants, who owed him one hundred denarii, and he laid hold on him, and took him by the throat, saying, 'Pay me what you owe!' So his fellow-servant

fell down at his feet and begged him, saying, 'Have patience with me, and I will repay you.' He would not, but went and cast him into prison, until he should pay back that which was due. So when his fellow-servants saw what was done, they were exceedingly sorry, and came and told to their lord all that was done. Then his lord called him in, and said to him, 'You wicked servant! I forgave you all that debt, because you begged me. Shouldn't you also have had mercy on your fellow-servant, even as I had mercy on you?' His lord was angry, and delivered him to the tormentors, until he should pay all that was due to him. So will my heavenly Father also do to you, if you don't each forgive his brother from your hearts for his misdeeds." (Matthew 18: 21 -35).

We sinned against God first. And our debt to God is much greater than anyone's debt towards us. As a payment of our debt, God gave us His son to die for us, so we could be redeemed. Because of that, we

received forgiveness. We, however, do not need to pay or sacrifice anything to receive forgiveness. God only says that we need to forgive.

We must always forgive, also showing kindness and compassion: "But they were silent. He took him, and healed him, and let him go" (Luke 17:4). "And be kind to one another, tenderhearted, forgiving each other, just as God also in Christ forgave you." (Ephesians 4:32). "bearing with one another, and forgiving each other, if any man has a complaint against any; even as Christ forgave you, so you also do." (Colossians 3:13).

We need forgiveness from God, and for this reason we shall pray asking for so. But we will only be forgiven if we truly forgive from the heart.

and lead us not into temptation

The world temptation has different nuances of meanings in the Bible. According to Thayer's Definition⁶:

- i. an experiment, attempt, trial, proving
 - a. trial, proving: the trial made of you by my bodily condition, since condition

⁶ <https://www.studydrive.org/lexicons/greek/3986.html>

served as to test the love of the
Galatians toward Paul.

- b. the trial of man's fidelity, integrity,
virtue, constancy
- ii. an enticement to sin, temptation, whether
arising from the desires or from the
outward circumstances
 - a. an internal temptation to sin
 - b. of the temptation by which the devil
sought to divert Jesus the Messiah
from his divine errand
 - c. of the condition of things, or a
mental state, by which we are enticed
to sin, or to a lapse from the faith
and holiness
- iii. adversity, affliction, trouble: sent by God
and serving to test or prove one's character,
faith, holiness
 - a. temptation (i.e. trial) of God by men

- b. rebellion against God, by which his power and justice are, as it were, put to the proof and challenged to show themselves

There are many examples in the Bible of all these meanings by which people were tested by God. Abraham was tested, whether he would sacrifice his son or not. The people from Israel were tested at Mount Sinai.

"He humbled you, and allowed you to hunger, and fed you with manna, which you didn't know, neither did your fathers know; that he might make you know that man does not live by bread only, but by everything that proceeds out of the mouth of Yahweh does man live." (Deuteronomy 8:3).

Saul needed to wait for Samuel, and as a result of this test, his reign was not confirmed. God did it to know whether or not Saul would trust his Word.

"He stayed seven days, according to the set time that Samuel [had appointed]: but Samuel didn't come to Gilgal; and the people were scattered from him. Saul said, Bring here the burnt offering to me, and the peace-offerings. He offered the burnt offering. It came to pass that as soon as he had made an end of offering the burnt offering, behold, Samuel came; and Saul went out to meet him, that he might greet him. Samuel said, What have you done? Saul said, Because I saw that the people were scattered from me, and that you didn't come within the days appointed, and that the Philistines assembled themselves together at Michmash; therefore said I, Now will the Philistines come down on me to Gilgal, and I haven't entreated the favor of Yahweh: I forced myself therefore, and offered the burnt offering. Samuel said to Saul, You have done foolishly; you have not kept the commandment of Yahweh your God, which he commanded you: for now would Yahweh have established your kingdom on Israel forever. But now

your kingdom shall not continue: Yahweh has sought him a man after his own heart, and Yahweh has appointed him to be prince over his people, because you have not kept that which Yahweh commanded you." (1 Samuel 13: 8-14).

God wants to know if will you believe Him, and if we will act according to this belief. In this way He tests if we listen to Him.

A different temptation comes from the devil.

Blessed is the man who endures temptation, for when he has been approved, he will receive the crown of life, which the Lord promised to those who love him.

Let no man say when he is tempted, "I am tempted by God," for God can't be tempted with evil, and he himself tempts no one. But each one is tempted, when he is drawn away by his own lust, and enticed. Then the lust, when it has conceived, bears sin; and the sin,

when it is full grown, brings forth death. " (James 1: 12-15).

Temptation is not a sin. But it is the gate to the sin. Everyone has desires. Desires are not a sin, but giving in to them is. God does not have evil desires. We can say temptation is an enticement. We cannot prevent the desires, because we still live in this human body. But we can prevent sin with the grace of God and not giving in to temptations. *"Watch and pray, that you don't enter into temptation. The spirit indeed is willing, but the flesh is weak."* (Matthew 26:41).

Jesus told us to pay attention and to pray, so that we wouldn't fall into temptation. And in the Old Testament we can read: *"By mercy and truth iniquity is atoned for. By the fear of Yahweh men depart from evil. "* (Proverbs 16:6). And so we go to the last chapter.

but deliver us from the evil one

The world is full of evil. Everyone can see and feel it everywhere. But evil exists because the human being is evil.

Jesus said that there is only one good: *"As he was going forth into the way, one ran to him, kneeled to him, and asked him, "Good Teacher, what shall I do that I may inherit eternal life?"* (Mark 10:17). Death, disobedience and not having a connection to God are predicted for us. All people are born with the certainty of death.

Jesus, the only good, came to change that and to give us life, self-control, healing and access to God once again. *"Grace to you and peace from God the Father, and our Lord Jesus Christ, who gave himself for our sins, that he might deliver us out of this present evil age, according to the will of our God and Father".* (Galatians 1:3-4).

When we accept Jesus as a savior we are born again in spirit, but we still will live for a while in this worldly body. So the body will automatically keep doing the things it was taught to do. And it is our duty to change the way the body behaves. *"But you did not learn Christ that way; if indeed you heard him, and were taught in him, even as truth is in Jesus: that you put away, as concerning your former way of life, the old man, that grows corrupt after the lusts of deceit; and that you be renewed in the spirit of your mind, and put on the new man, that like God has been created in righteousness and holiness of truth."*

Ephesians 4: 20 - 24).

When we are born again, we do not stop doing the things that are wrong at once. We need to learn many of these things: *"Put to death therefore your members which are on the earth: sexual immorality, uncleanness, passion, evil desire, and covetousness, which is idolatry; for which things' sake the wrath of God comes on the sons of disobedience. You also once walked in those, when you lived in them; but now you also put them all away: anger, wrath, malice, slander, and shameful speaking out of your mouth. Don't lie to one another, seeing that you have put off the old man with his doings, and have put on the new man, that is being renewed in knowledge after the image of his Creator,"* (Colossians 3: 5-10).

And it is with the word of God that we can get rid of the old practices and put on the new self. Even the disciples needed to do it. At one time the disciples

could not rebuke a demon from a person and Jesus said it to them: *"Jesus answered, "Faithless and perverse generation! How long will I be with you? How long will I bear with you? Bring him here to me." Jesus rebuked him, the demon went out of him, and the boy was cured from that hour."* (Matthew 17: 17-18).

Jesus shows us here that the unbelieving and perverse are together but to acquire the fruits of the Spirit we must sentence our passions and desires to death: *"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law. Those who belong to Christ have crucified the flesh with its passions and lusts. If we live by the Spirit, let's also walk by the Spirit. Let's not become conceited, provoking one another, and envying one another. "* (Galatians 5: 22-26).

It is impossible to be free from the evil of the world, but it is possible to be free from the evil inside us: "I

pray not that you would take them from the world, but that you would keep them from the evil one.” (John 17:15). The devil can attack us in many different ways, but with the Spirit of Jesus inside us, we can defeat him: “I have told you these things, that in me you may have peace. In the world you have oppression; but cheer up! I have overcome the world” (John 16: 33). All we have to do is ask for it: “If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask him?” (Luke 11:13) and: “Finally, be strong in the Lord, and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For our wrestling is not against flesh and blood, but against the principalities, against the powers, against the world's rulers of the darkness of this age, and against the spiritual hosts of wickedness in the heavenly places. Therefore, put on the whole armor of God, that you may be able to withstand in the evil day,

and, having done all, to stand. Stand therefore, having the utility belt of truth buckled around your waist, and having put on the breastplate of righteousness, and having fitted your feet with the preparation of the gospel of peace; above all, taking up the shield of faith, with which you will be able to quench all the fiery darts of the evil one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God; with all prayer and requests, praying at all times in the Spirit, and being watchful to this end in all perseverance and requests for all the saints”
(Ephesians 6: 10-18).

Epilogue

There is a lot to learn about prayer: how to pray for yourself, how to pray for others, why to pray for others, when God hears our prayers, when He doesn't, when we get what we asked for, why we don't get what we asked for.... But I believe this prayer of Jesus is the beginning of your conversation with the heavens.

And don't forget one thing: it's never about the circumstances, or what you will achieve in this life, but it's all about heart with God and His love for you.

For Yours is the kingdom, the power, and the glory, now and for ever. Amen.

Appendix

If you want to learn more about Christianity or if you did the prayer of salvation you can write me at **tiagoleich@hotmail.com**

I will be glad too to help you to find a family and a church as well.

And I would like to thank my friend Matthias for showing me the way to publish a book! Thanks!!!

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