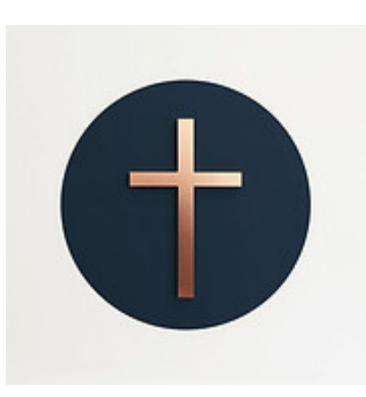




A FREE PRINTABLE CHRISTIAN GUIDE

The Lord’s Prayer Explained

Free Printable Christian PDF

A gentle guide to the prayer Jesus taught, exploring its words and the invitation they hold for everyday life with God.

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The Prayer Jesus Taught

In Matthew’s account, Jesus places this prayer within his teaching on sincere prayer. It moves from honouring God to asking for daily provision, mercy and guidance. Read it slowly, noticing how it holds worship and ordinary human needs together.

MATTHEW 6:9–13 • KING JAMES VERSION

*Our Father which art in heaven, Hallowed be thy name.
Thy kingdom come. Thy will be done in earth, as it is in heaven.
Give us this day our daily bread.
And forgive us our debts, as we forgive our debtors.
And lead us not into temptation, but deliver us from evil:
For thine is the kingdom, and the power, and the glory, for ever. Amen.*

Wording note: This guide quotes the King James Version (KJV), Matthew 6:9–13. The final sentence beginning “For thine is the kingdom...” appears in the KJV text here. Some Bible translations and editions omit this doxology from the main text or place it in a footnote, reflecting differences in the manuscript evidence and translation approach. The prayer’s wording also varies across translations, so consult the translation you usually read.

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What Each Line Means

Jesus gives the prayer as a pattern, not a test of perfect phrasing. Its movement helps us look first to God, then bring our needs honestly, and finally seek help to live with mercy and faithfulness.

01 Our Father which art in heaven

Prayer begins in relationship. Calling God “Father” expresses trust and welcome, while “our” reminds us that faith is shared: we pray as part of a community, not only as individuals. “In heaven” points to God’s holiness and greatness, while keeping the language personal rather than distant.

02 Hallowed be thy name

To call God’s name holy is to honour God’s character and presence. Praise is more than saying the right words; it is a way of recognising God’s goodness and allowing that reverence to shape how we speak and act.

03 Thy kingdom come

This is a hope-filled request for God’s reign to be made known. We long for the justice, peace and goodness of God’s kingdom to take root in the world and in our own choices, relationships and communities.

04 Thy will be done in earth, as it is in heaven

We ask for God’s purposes to be welcomed and lived out here, as they are in heaven. This includes our willingness to follow what is loving and just, even when it asks us to change direction or place another person’s good before our own.

05 Give us this day our daily bread

“Daily bread” is a picture of the necessities we need, day by day. We bring practical needs to God without shame, learning dependence rather than anxious self-sufficiency. The plural “us” also draws our attention to neighbours who lack the food and care they need.

06 Forgive us our debts, as we forgive our debtors

We ask God to forgive the wrong we have done, and we are called to extend forgiveness to others. Forgiving does not mean pretending harm was harmless or removing wise boundaries. It opens a path towards mercy, truth and, where possible, healing and reconciliation.

07 Lead us not into temptation, but deliver us from evil

This is a request for protection and faithful guidance. The older word “temptation” can carry the sense of testing or trial; Christians understand the line as asking God not to let us be overcome by testing, and to rescue us from evil. We acknowledge our vulnerability and seek God’s strength to choose what is good.

08 For thine is the kingdom, and the power, and the glory, for ever. Amen.

This closing praise gives the prayer back to God, recognising God’s reign, power and glory. “Amen” is a word of trust and affirmation: we place our hope in the One to whom we have been praying. Remember that some translations include this doxology in the main text while others treat it differently.

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Reflect & Practise

The Lord’s Prayer can be spoken slowly, used as a pattern for your own words, or returned to at different moments in the day. There is no need to rush. Let each phrase create space for honesty, gratitude and trust.

A few questions to carry with you

- Which words help you feel close to God today?
- What need, large or small, would you like to bring to God?
- Is there a step towards mercy, honesty or reconciliation that you can take safely?
- Where might you need guidance or protection this week?

A simple prayer practice

Take a quiet moment and move through the prayer one phrase at a time. Pause after each line: praise God, welcome God’s good purposes, name what you need, ask for and offer forgiveness, and seek help for the next faithful step. Close with “Amen”, trusting that you are heard.

May this prayer draw you into a deeper trust in God and a more generous care for the people around you. Return to it whenever you need words, and make room for the quiet wisdom of each line.

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