We are introduced to The Lord’s prayer in the Gospel of Matthew (Chapter 6:9-13), during a long talk from Christ, which is known as “The Sermon on the Mount.” Jesus talks about how to pray, and tells His followers that they should not heap up empty phrases when they pray, and not show off their prayer rituals. Instead, they should pray in secret, and use simple words. That is when Jesus taught Lord’s Prayer.

The Lord’s Prayer is used in almost every Orthodox worship service. We are supposed to use this prayer before meals, especially on Thanksgiving, right before we sit down for Thanksgiving Dinner. The prayer is short and simple. Most people in society know it, whether they are Christian or not, and yet this prayer is very powerful and packed with meaning. If we truly understand this prayer and can live by it’s meaning, it can become very transformative for our lives.
from evil.

Temptation, but deliver us
lead us not into
who trespass against us; and
trespass as we forgive those
bread; and forgive us our
Give us this day our daily
heaven.
done, on earth as it is in
Thy Kingdom come, Thy will be
hallowed be Thy name.
Our Father, who art in heaven,