༅།།གཙོ་བོ་ཡེ་ཤུའྱི་སོན་ལམ་གྱི་འགེལ་བཤད་བཞུགས་སོ།།
We all have various kinds of desires. For example, some people want happiness or luck, or a long life. Others have desires for such things as wealth or fame or power. But such things are hard to get by our own efforts, so people sometimes pray. Some people pray to idols that can’t see or hear. Others say mantras without knowing the meaning of the words. Does any good come from such prayer? Can people move the gods by praying? The Lord Jesus Christ not only completely understood prayer, he gave us a new way of praying to the God who has all power.
1.1 The Lord Jesus Christ lived two thousand years ago in the land of Israel. He was a very famous teacher with many disciples. One day, a few of them came to Him and said, “Lord, teach us to pray” (Luke 11:1-2). And He replied, “Pray like this:
Our Father in heaven,
may your name be kept holy.
May your kingdom come.
May your will be done on earth as it is in heaven.
Give us today our daily food.
As we have forgiven the sins of others, forgive us the debt of our sins.
Lead us not into temptation, but deliver us from evil.
The kingdom, power, and glory are all yours forever.
Amen.”
1.2 This prayer is called “The Lord’s Prayer” because the Lord Jesus taught it to His disciples. It is found in the Bible in the Gospel of Matthew chapter 6 verses 9-13 and in the Gospel of Luke chapter 11 verses 2-4. The words of these two prayers are slightly different. What is written here is based on Matthew 6:9-13.

1.3 The Lord’s prayer is a model for how we should pray. In praying it, we honor God and ask Him for the things we need. God knows what we need before we ask him (Matthew 6:8) so we can be certain that He hears our
1.4 The Lord Jesus said that we should not pray like those who do not know God. They pray using many words, thinking that they will be heard (Matthew 6:7). The prayer of those who believe in the Lord Jesus is not at all like a mantra or a chant. It comes from the heart and uses meaningful words to thank and make requests of God. Praying to God does not make merit, so we

prayer. He promised that if we ask anything according to his will he hears us (Matthew 7:7-11, 21:22, John 14:13-14, 1 John 5:14). It pleases God to give all good things to His children.
do not need to say the Lord’s prayer many times each day.

1.5 The Lord’s Prayer is traditionally divided into the following seven requests.
Petition 1:
Our Father in heaven, may your name be kept holy.

2.1 The Lord Jesus taught that God is our Father. If we repent of our sins, and believe in the Lord Jesus, we become members of God’s family. God is the Father of all who believe in Jesus, and they are His children (Romans 8:16). As a good father knows his children’s needs, so our heavenly Father knows the needs of His children (Matthew 6:8). Since God is our Father and knows what we need, we pray to Him...
with confidence. Since other believers pray this prayer, and since God’s Holy Spirit intercedes for us (Romans 8:26), we never pray alone. For this reason the Lord Jesus taught us to pray saying “our” Father.

2.2 When we look up at the sky we see the glorious sun, moon, and stars. In the same way, when we look by faith at heaven we see God who is very exalted. The Lord Jesus came down to earth from
2.3 To keep God’s name holy is to show respect to Him. God is the maker of the world and everything in it. He cannot change, He is present
everywhere, He knows everything, He is independent, He has all power, He is completely separated from sin, and He loves people. The Lord Jesus is our Savior. Since His teachings are the way to eternal life, we should live life in obedience to His word. When we do this, other people will see it and honor God. For this reason we should keep God’s name holy.

2.4 Since Almighty God is our Father, and His name is highly exalted, the Lord Jesus taught us to pray, “Our Father in heaven, may your name be kept holy.”
3.1 God is our Father and King. The kings and officials of this world often exercise power over people for their own benefit (Matthew 20:24). But God rules in order to benefit His people. The person who prays, "Your kingdom come," invites God to come and rule in his heart. When God hears this prayer, He sends the Holy Spirit into the heart of the one who prays. (Luke 11:13). This results in repentance, faith, love, joy, and peace. (Romans 14:17)

Petition 2: Your kingdom come.

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3.2 The Lord Jesus said, “The kingdom of God is like a man scattering seed in his field. Night and day, whether he sleeps or gets up, the seed sprouts and grows, though he does not know how. All by itself the soil produces grain - first the stalk comes up, then the head, then the grain ripens. When the grain is ripe and ready for harvest, the one who sowed it harvests it with a sickle” (Mark 4:26-29). Since the kingdom of God is in people’s hearts, its growth cannot be seen. But we can
3.3 The kingdom of God is not just in my own heart, it is in the hearts of other believers as well. When we gather with other believers to worship God, or when someone leaves their family and goes out to announce God’s good news to others, or when we meet fellow believers from UTsang, Amdo, or Khams, we can see the fruit of God’s kingdom. Believers from China, Nepal, India, Korea and so on, are included in God’s kingdom.
3.4 Since God is like a righteous king who rules both heaven and earth, the Lord Jesus taught us to pray, “Your kingdom come.”

and remain in it. We pray that God’s kingdom will come so that people of every nation will believe in God.
Petition 3:
Your will be done on earth as in heaven.

4.1 If a flock of sheep follows its shepherd, they find grass to eat and water to drink. The sheep who do not follow the shepherd get lost and may be eaten by a wolf. In the same way, if we do God’s will, we will find joy and peace. If we do not do God’s will, sin will destroy us like a wolf eating up a sheep. Sometimes we who believe in the Lord Jesus do not obey God. We listen
instead to the desires of our own bodies, or to the advice of people who do not believe in the Lord Jesus, or even to the devil. The result of this is sin. So for this reason we should abandon our own desires and pray to do His will.

4.2 Likewise, we pray that others would also do God’s will. In this world there is a great deal of such sins as sexual immorality, impurity and debauchery; cheating and stealing, lying, idolatry and witchcraft; hatred, discord, jealousy, anger, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. Those who live like this are following their own desires and not God’s will. They cannot enter
the kingdom of God (Galatians 5:19-21). But God wants everyone to be saved and to understand the truth (1 Timothy 2:4). So we pray that God’s will shall be done and that others will be saved.

4.3 Since to do God’s will is to benefit both oneself and others, the Lord Jesus taught us to pray, “Your will be done on earth as in heaven.”
Petition 4:
Give us today our daily food.

5.1 We need daily food. We work and receive wages. We take that money to the market and buy food. If we are farmers we sow seed and reap a harvest. We think, “Because I worked I got money and, with that I bought food” so we imagine that the food is a result of our labor. And this thought is appropriate, for the Apostle Paul said, “The one who does not want to work
5.2 The Lord Jesus said, “Do not worry about your life, what you will eat; or about your body, what you will wear, for life is more than food, and the body more than clothes. Look at the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much

should not be allowed to eat” (2 Thessalonians 3.10). But in reality since God created the sun, and the rain, and the earth which produced the grain, they all belong to Him. When we pray this prayer we ask for the things we need from Him. To give good things to His children pleases God (Matthew 7:9).
more important you are than birds! Who of you by worrying can add a single hour to his life? Since you cannot do this very little thing, why do you worry about the rest?” (Luke 12:22-26). Since God is our Father who gives us what we need, we pray with confidence (Philippians 4:19).

5.3 Since God gives us all we need, the Lord Jesus taught us to pray, “Give us today our daily food.”

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3 Luke 12:12-22-26  བསྟོན་འོ་ལུ་12 ཡེ་22-26 འཕྲུལ་ལུ
Petition 5:
Forgive us our sins as we forgive others who sin against us.

6.1 According to God’s word, each one of us has a sinful nature. By unworthy thoughts, words, or deeds we sin every day and offend almighty God. We disobey God’s commands (Romans 3:23). This ruins our relationship with God and we have no fellowship with Him. For this reason we should ask for forgiveness of our sins ev-

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1 Romans 3:23 詩篇23 性命之因
6.2 Since God forgives our sins, we also must forgive the sins of others (Matthew 6:14). The Lord Jesus told a story about this. He said, “The king-

ey day. When we do so, God will very graciously forgive our sin. As the Apostle John said, “If we say we have no sin, we deceive ourselves and the truth is not in us. But if we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:8-9)
dom of heaven is like a king who wanted to settle accounts with his servants. When he was making the settlement, a man who owed him one million gold coins was brought to him. Since he was not able to pay, the king ordered that he and his wife and his children and all that he had be sold to repay the debt. So the servant fell on his face before him. ‘Be patient with me,’ he begged, ‘and I will pay back everything.’ The king took pity on the servant, canceled the debt and let him go.”

6.3 “But when that servant went out, he found one of his fellow servants who owed him

3 རྒྱལ་པོ་སྤོང་14 བཤིས་བཤི།
a hundred coins. Choking him he said, ‘Pay back what you owe me!’. His fellow servant fell to his knees and begged him, ‘Be patient with me, and I will pay you back.’ But he refused. Instead, he went off and had the man thrown into prison until he could pay the debt. When the other servants saw what had happened, they were greatly distressed and went and told the king everything that had happened. Then the king called the servant in. ‘You wicked servant,’ he said, ‘I canceled all that debt of yours because you begged me to. Shouldn’t you have had mercy on your fellow servant just as I had on you?’ In his anger the king turned him over to the torturers, until he should
pay back all he owed. This is how my heavenly Father will treat each of you unless you forgive your brother from your heart.” (Matthew 18:23-35)

6.4 In forgiving the sins of others we act like our Father in heaven. He graciously gives the gifts of sun and rain even to people who are evil (Matthew 5:45). In the same way, He commands us to love and forgive even our enemies. The Lord Jesus said, “If you love those who love you, what good is that? Even ‘sinners’ love those who love them. And if you do good to those who are good to you, what good is that? Even ‘sinners’ do so. And if you lend to others in order to get repaid, what good is that? Even ‘sinners’ lend to ‘sinners’
in order to be repaid. If you love your enemies, do good to them, and lend to them without expecting to get anything back, your reward will be great, and you will be sons of the Most High, because he is kind to the ungrateful and wicked. Be merciful, just as your Father is merciful.” (Luke 6:32-36)

6.5 Since we are sinners, the Lord Jesus taught us to pray, “Forgive us our sins as we forgive others who sin against us.”
Petition 6:
Do not lead us into temptation but save us from evil.

7.1 All who believe in the Lord Jesus at times experience temptation. The Apostle James writes, “Let no one say when he is tempted, ‘I am being tempted by God,’ for God cannot be tempted with evil, and he himself tempts no one. But each person is tempted when he is lured and enticed by his own desire. Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings
Temptation has three sources: this world, the desires of our own minds, and the devil who is called Satan. These three are like the roots of a plant. If the roots of a plant are rotten, the plant cannot produce good fruit. Temptation is like the roots of a plant, and evil is its fruit. If we destroy the root, the plant dies and it cannot produce the evil fruit of sin. If there is any root of temptation in our minds, we should destroy it so that sin will not result. As the Apostle Paul wrote, “God is faithful and won’t allow you to experience unbearable temptation. So that you can bear it, at the time of tempting He will show a way of escape from it.”

7.2 Each day all kinds of thoughts arise in our minds. Some of those thoughts are good and some are evil. A wise Christian once said that evil thoughts are like the birds. We cannot prevent the birds from flying over our heads. But we can keep them from making a nest in our hair.

If we allow evil thoughts such as sexual immorality, sensuality, idolatry, sorcery, enmity, strife, jealousy, anger, or jealousy to remain in our minds, then we are leading ourselves into temptation. The result

(1 Corinthians 10:13). By praying the Lord’s prayer we ask to be protected from temptation and saved from what is evil.
of that is sin. But if we reject evil thoughts and think about good things, we will be kept from sin. This is why the Apostle Paul tells us to think about things that are true, honorable, just, pure, lovely, commendable, excellent, or worthy of praise (Philippians 4.8).

7.3 Since we are sinners who experience temptation daily, the Lord Jesus taught us to pray, “Do not lead us into temptation but save us from evil.”
Petition 7:
Kingdom, power, and all glory are yours forever. Amen.

8.1 These words are not in all the manuscripts of the Bible, but they have been said by the Church of Jesus since ancient times. The word “kingdom” means that God rules in our hearts. The word “power” reminds us that God is the One who has all power. The word “glory” reminds us that God’s name will become known to all people everywhere. The word “amen” means “it is true” in
Since the Lord Jesus Himself taught us this prayer, we can be sure that He will hear it (Matthew 21.22). By praying the Lord’s prayer and thinking carefully about its meaning, you will have a closer relationship with God and become like his Son the Lord Jesus.
May God bless you as you discover more about Jesus Christ.