

The Most Recited Words in the Bible

When you pray, say: 'Our Father in heaven.'

LUKE 11:2

Written by Bill Perkins

The opening six words of the Lord's Prayer
are the most recited in the Bible.

They are spoken in churches,
whispered in hospital rooms,
memorized in childhood,
repeated across every tradition
and language.

They bridge the gap between
the infinite majesty of God
and the tender nearness of a loving Father.

Jesus begins with two familiar words:
Our Father.

And you may not know this about Jesus,
He taught us to begin our prayers this way
because He wanted us
to step into His relationship with God.

He wasn't giving instructions.
He was giving access.

In the Old Testament, God is called Father — but rarely.
And when He is, it is usually as the Father of the nation.

He was often seen as stern and dangerous —
One not to be approached.
At Mount Sinai God descended upon the mountain
with a terrifying display of
thunder,
lightning,
thick smoke,

fire, and earthquakes
that caused the entire mountain
to violently tremble. Exodus 19:16

This is the God Israel feared —
and yet Jesus tells us
to begin our prayers with “Father.”
But not just “Father.”

Our Father.
Not “my Father,”
as if God belongs to me alone.
“Our Father,”
because prayer begins with shared identity.
We come to God as members of a family

We come to the same God
who shook Sinai with fire and thunder—
and Jesus invites us to call Him “Our Father,”
a name no one —
not even Moses —
would have dared to speak.

And every time we call Him “Our Father,”
we’re reminded of the wonder
that the God of Sinai
is our Father.

What changes in me when I begin prayer
not as an isolated believer
but as a child in a family
approaching a Father who welcomes me?

When I say, “Our Father,”
I’m reminded that I’m standing
where Jesus stands.
I’m speaking to the Father
who loves me as His child.

Father, thank You for inviting me
into the relationship Jesus enjoys with You.
Teach me to begin prayer the way He did.
Let “Our Father” shape how I pray,

how I think,
and how I live.
In Jesus' name, amen.