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“Pray, then, like this...”
(Mt 6:9-13): A
F.R.E.S.H Approach at
Recontextualizing the
Challenges of the
Lord’s Prayer

This paper posits that Matthew’s (Mt 6:9-13) version of the so-called Lord’s Prayer in the gospel story’s contexts presents traces of imperial-induced traumas in everyday life in their communities under the Roman Empire. These traumas are reflected in the petitions and the evangelist’s presentation of the prayer and the one who prays (Jesus, the disciples and the crowd) which evoke anti-imperial response. I will use a future-oriented, rights-based, ecological and sustainability hermeneutics (F.R.E.S. H.) by a narrative-critical analysis with scholarly insights from the politics, economy and ecology of the Roman-occupied Galilee, trauma, and ritual studies. I will analyze the Matthean Lord’s Prayer in its literary and historical contexts to highlight the ways in which Jesus’ teachings on prayer in these passages undermine the multi-faceted imperial oppression. The gathered insights will be brought to a recontextualizing dialogue with the Philippine contemporary setting. This paper contributes to biblical scholarship’s promotion of the United Nations’ Sustainable Development Goals #1 No Poverty, #2 Zero Hunger, #3 Good Health and Well-Being, #4 Quality Education, #8 Decent Work and Economic Growth, #10 Reduced Inequalities, and #16 Peace, Justice, and Strong Institutions.