

MEDITATIONS ON THE LORD'S PRAYER

by Jason Hubbard

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THE LORD'S PRAYER**

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THE LORD'S PRAYER

MATTHEW 6:9-13

NEW KING JAMES VERSION

*Our Father in heaven,
hallowed be your name.*

— Petition 1

Your kingdom come.

— Petition 2

Your will be done

On earth as it is in heaven.

— Petition 3

Give us this day our daily bread.

— Petition 4

And forgive us our debts,

As we forgive our debtors.

— Petition 5

And do not lead us into temptation,

but deliver us from the evil one.

— Petition 6

INTRODUCTION

PRAYING THE LORD'S PRAYER puts our lives into proper alignment on a daily basis. In six short petitions, Jesus gathers up the whole of life, every dimension of our human existence. This prayer covers our physical needs (daily bread), our relational needs (forgiveness, and forgiving), and our spiritual needs (honoring God's name as holy). It deals with our past (forgive us as we forgive others), our present (this day), and our future (spiritual leading and deliverance from the enemy).

Throughout church history, theologians have spoken of the Lord's Prayer as the sum of the Christian life. As early as 125 AD, the three primary means for teaching new believers the basics of Christianity were baptism, communion and the Lord's Prayer. It is simple, clear, and to the point!

The Lord's Prayer begins, "Our Father in heaven," and is then divided into six requests or petitions. The first three use the pronoun "your" and the second three use the pronoun "us." Your name, your kingdom, your will. First and foremost Jesus is teaching us to begin praying God's agenda, not ours! He wants us to learn how to abide in him and he in us.

The six petitions of the Lord's prayer offer a helpful outline for discipleship (learning to become fully devoted followers of the Lord Jesus in every aspect of life). First, we begin to know who God is — his name, his character and what he is like as our Father. Second, we begin to understand and learn about his kingdom — how to live in it while at the same time living in the world. Third, we yield to his will for our lives rather than our own. Fourth, we learn to trust him even with our most basic needs, like daily bread. Fifth, we learn forgiveness. Daily he shows us the path to receiving his grace as he cancels all our debts, which frees us to do the same for others, including our enemies. Sixth, we learn to stand against the onslaught of the enemy, even in our weakness and human frailty.

I find it fascinating that one of the few things the disciples asked Jesus about was prayer:

“Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him, “Lord, teach us to pray, as John taught his disciples.” - *Luke 11:1 (English Standard Version)*

They understood that everything Jesus did in his life and ministry flowed out of relationship with his Father. Perhaps they figured, “If we can learn to pray like Jesus prays, then maybe we can do the things that Jesus does!”

The Lord’s Prayer in Matthew 6 gives us the very foundation of the Christian life of communion with God. It frees us from the anxiety of the human heart, wondering if we are praying in a way that pleases the living God. In fact, Jesus tells us this is the kind of prayer that pleases his Father. This is the kind of prayer the Father loves to hear and loves to answer. This prayer reveals what is central to the Father — what the Father is all about.

Practically speaking, I encourage you to spend some time each day praying the Lord’s Prayer. If Jesus asked us to pray, “Father give us this day our daily bread,” it is assumed that Jesus would want us to pray this prayer each day.

That said, it’s important to recognize that the Lord’s Prayer is not a formula. Prayer is about relationship. This booklet offers some helpful starting points for you to begin praying the Lord’s Prayer, but you will need to develop your personal relationship with Jesus Christ in way that works for you.

You don’t need to go through all of the steps that follow each day; just do as much as you feel led to do. There are some days when I will just pray word for word through each of the requests. There are other days when I will go through every step laid out in this booklet. God is most concerned that you learn to connect with him in personal conversation. This is simply a starting point. It will be helpful for you to memorize each of the phrases of the Lord’s Prayer and begin to pray through each one in your own way.

God bless you as you begin to obey the Lord by praying through the Lord’s Prayer. This has impacted my life more than anything else I have ever done. I pray the same for you as well. I pray that you will grow in your knowledge of God more personally and intimately than ever. You are the very passion of God’s heart. The Father loves to spend time with his children!

– Jason Hubbard

“OUR FATHER IN HEAVEN”

The first step in praying through the Lord’s Prayer is getting to know our Father in heaven. Jesus gives us the privilege of praying to the Father using the same language with which he prays to the Father.

This can be difficult for those of us who have not had good experiences with our natural fathers. So as you pray, “Our Father in heaven,” begin to think about who the Father is in the Word of God. For example, you might try praying out loud, “**Father, you are _____**,” [*any characteristic of God the Father*] then pray out loud a verse which reveals that truth about your heavenly Father. I have provided many verses that describe the Father for you to set your mind on (*see The Father Heart of God, page 19*).

Putting Off and Putting On

After you spend some time talking to your heavenly Father about who he says he is, your next step is put off your old self and put on your new self. Your old person is fatherless, abandoned, rejected, and lonely. Your new self is adopted by God as a son or a daughter. You are a new person. Think of it like taking off your old clothes — how you used to live — and putting on new clothes that God has provided for you through the finished work of the cross.

For example: “**Father, I put off fatherlessness and put on sonship. I am your son/daughter who you love and with whom you are well-pleased.**” Or “**Father, I put off my old self (I am dead to sin) and I put on my new self (I am alive to God in Christ Jesus)!**” Not sure what your new identity in Christ is? Scripture has the answer, over and over again! (*See Decreeing Scriptural Truths, page 23*).

Following are some key verses that talk about putting off and putting on our new selves. Read these verses and believe that they are true! God has done this on our behalf, and he is asking us to believe his promises by faith.

“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.” – *Ephesians 4:22-24 (NIV)*

“Do not lie to one another, seeing that you have put off the old self with its practices and have put on the new self, which is being renewed in knowledge after the image of its creator.”

– *Colossians 3:9-10*

“Put on then, as God’s chosen ones, holy and beloved, compassion, kindness, humility, meekness, and patience ... And above all these put on love, which binds everything together in perfect harmony.” – *Colossians 3:12, 14*

“The night is far gone; the day is at hand. So then let us cast off the works of darkness and put on the armor of light ... But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.” – *Romans 13:12, 14*

“So you also must consider yourselves dead to sin and alive to God in Christ Jesus.” – *Romans 6:11*

“I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.” – *Galatians 2:20*

All verses from the English Standard Version except where noted

“HALLOWED BE YOUR NAME”

The next step is to spend some time meditating on the names of God — who he says he is and what he says he does. God’s name embodies who God is and what God is like. It is his character, personality, and reputation.

Hallowed means to honor as holy. Since God’s name is already holy in heaven, the Lord’s Prayer teaches us to honor God’s name on earth the same as it is honored in heaven: as infinitely precious and highly valued above all other names.

Hallow means to praise, honor, exalt, magnify, revere or glorify. None of this can happen unless God’s name is known. Hallowed has a deeper meaning of being revealed, made manifest, made known, or made real.

I have provided a list of some of the names of God from scripture (*see Praying the Names of God on page 27*). Try praying, “**God, you are _____** [*any biblical name of God*],” then listen for the Holy Spirit to remind you of ways that God has lived up to that name in your life or in scripture.

After you spend some time meditating on the character and ways of God, you can begin to ask him to make his name real on the earth. For example, you might pray: “**God, enhance your reputation; make yourself known. Father, glorify your name on earth as it is in heaven. Increase your fame, be honored, be glorified, in my _____** (*family, neighborhood, coworkers, church, small group, etc.*).

You can also ask to God reveal himself more to you and to others using Paul’s two prayers in Ephesians 1:17-19 and Ephesians 3:14-19. These prayers ask for increased revelation and unveiling of who God is. You can pray this for yourself or others, such as friends, family members or leaders. Here are Paul’s prayers:

“[I pray] that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and of revelation in the knowledge of him, having the eyes of your hearts

enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, and what is the immeasurable greatness of his power toward us who believe..." – *Ephesians 1:17-19*

"For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God." – *Ephesians 3:14-19*

“YOUR KINGDOM COME”

The next step is to ask God for his kingdom to come. The kingdom of God means the sphere of God’s reign and rule. It is the king’s domain. Wherever the king is, there is the kingdom! Jesus said, “Repent, for the kingdom of heaven is at hand,” meaning “It is here because *I* am here!”

Jesus also said that the kingdom of heaven is coming in the future, meaning it is not here in full until his second coming. Jesus is asking us to pray that what is now veiled will become visible — that what is hidden will become clearly seen. Literally, it is to pray, “Come, thy kingdom; be done, thy will.”

A phrase that I like to use when I pray is “God, act as king!” For example, **“God, act as king in my life today, in my family today, in my thoughts today, in my work today.”** Think through any areas he still needs to be king over in your life. Ask him to rule over your life in every area.

One of the practical ways that we ask for God’s kingdom to come on earth is to ask for the infilling of the Holy Spirit. Luke 11:13 says, “If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!”

Here are few ways that you can ask to be filled with the Spirit:

First, ask for an increase in your life of the fruit of the Spirit.

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires.”

– *Galatians 5:22-24*

Second, ask the Holy Spirit, in his seven characteristics, to rest upon you.

“And the Spirit of the LORD⁽¹⁾ shall rest upon him, the Spirit of wisdom⁽²⁾ and understanding,⁽³⁾ the Spirit of counsel⁽⁴⁾ and might,⁽⁵⁾ the Spirit of knowledge⁽⁶⁾ and the fear⁽⁷⁾ of the LORD. And his delight shall be in the fear of the LORD.”

– *Isaiah 11:2-3*

Third, ask for the manifestation of the gifts of the Spirit in your life, depending on what your spiritual gifts are. For example, “God, would you fill me with the gift of teaching today for your name’s sake?” (*Romans 12, 1 Corinthians 12, 14*)

Fourth, ask to be anointed with power to be a witness of the gospel each day. Ask God for an opportunity each day to tell someone about Jesus.

“But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth.” – *Acts 1:8*

“YOUR WILL BE DONE”

The next petition in the Lord's Prayer is “Your will be done on earth as it is in heaven.” Here is where we begin to yield all of our lives to his lordship. One of my favorite Bible prayers to pray is in Colossians 1:9-10. This is a great prayer asking God to help you walk in a manner worthy of the calling that you have received. You can also pray this for others God has placed around you.

“We have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him, bearing fruit in every good work and increasing in the knowledge of God.” – *Colossians 1:9-10*

After you have put off your old self and put on your new self you want to begin to put to death whatever belongs to your earthly nature, which the Bible describes as your body of sin. The first step in putting to death indwelling sin in our members (our mind, will, emotions, bodies, eyes, hands, ears, tongue, etc.) is to give them back to God for his purposes. The second step is to take authority or dominion over your members. Here are a few verses that speak about this to meditate on.

STEP 1: Yield your members. Give them back to God, saying “**I am not my own; I belong to Jesus now.**”

“Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness.” – *Romans 6:13*

“I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.” – *Romans 12:1*

“Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.” – *1 Corinthians 6:19-20*

STEP 2: Take authority or dominion over your members (mind, will, emotions, body, and social relations). As a new creature in Christ, literally speak to your mind, will, emotions, and body. For example, try praying, “[*Your name*], **I command you to think pure thoughts today. I command you praise the Lord today,**” and so on. It might feel a little awkward at first, but hang in there — it will begin to become a powerful reality in your life if you believe what you are saying. Remember, you *are* a new creation, so take authority over all that is opposed to God in your life.

“Let not sin therefore reign in your mortal bodies, to make you obey their passions ... For sin will have no dominion over you, since you are not under law but under grace.”

– *Romans 6:12, 14*

“We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ ...” – *2 Corinthians 10:5*

“Bless the Lord, O my soul,
and all that is within me,
bless his holy name!” – *Psalms 103:1*

“GIVE US THIS DAY OUR DAILY BREAD”

The next request is asking the Father to provide for you. He wants us to learn to trust in him for everything: our physical, mental, emotional and spiritual needs. He loves it when we ask him to provide for us. He is so generous and longs to lavish his love on his children! But as James 4:2 says, many times we do not *have* because we do not *ask*. True discipleship is trusting in Jesus for everything.

The greatest provision in all of eternity was displayed at the cross of Christ. We want to learn to remember and give thanks for finished work of the cross on a daily basis. As Darrell W. Johnson writes in his book *It is Finished*:

“I invite you to go back with me to that Friday afternoon, March 23, 33 A.D. when the carpenter from Galilee was executed in a manner reserved for the most degrading and despised in Roman society. Because of what happened that afternoon stands at the centre of the Christian understanding of history, I invite you to go back with me, and to the best of your ability, imagine standing on that hill close enough to see, and hear and smell. Look. Listen. Feel. Think. Take in as much of that horrific event as you are able.”

Meditate on the Cross of Christ

Your next step as you begin to pray, “Give us this day our daily bread,” is to meditate on the cross of Christ. To get started, pray through some of the cross-focused scriptures (*see page 31*). Again, do as little or as much as feel like you need to do. But do spend some time each day thinking about all that Christ did that Friday afternoon on your behalf.

“FORGIVE US OUR DEBTS AS WE FORGIVE OUR DEBTORS”

As you meditate on the cross, it inevitably leads you to ask God for forgiveness for you sins. A debt denotes something which is owed, or something which is a duty or an obligation to pay back. It can be a debt that we owe to God, to ourselves or to others.

To forgive means to wipe the slate clean, like erasing the numbers in a business ledger. In this petition we ask God to cancel all our debts and wash away all of our sins through the blood of Jesus. And then we forgive those who have sinned against us.

To forgive people who have wounded or hurt or offended us means to release and let go of all that they owe us. We communicate to the Lord that we forgive them just as the Lord has forgiven us.

Spend some time now in these two areas:

1. Ask God to expose anything in you that is not pleasing to him. Take responsibility, confess and repent turning away from sin and asking for grace to walk in obedience to his Word.
2. Ask God if there is anyone you need to forgive, let go and release to him. Forgive those who have hurt you and release them to the Lord. Pray for their full restoration.

“LEAD US NOT INTO TEMPTATION, BUT DELIVER US FROM THE EVIL ONE”

The next step is asking the Father for protection from the evil one. As Jesus said, our flesh is weak but our spirit is willing. Apart from the grace of God we will fall on a daily basis.

The evil one seeks to turn tests into temptations. So, for example you might pray, **“Father, as you lead me into the test, do not let the test become a temptation, but deliver me from the evil one.”**¹

At this point I will also put on the full armor of God from Ephesians 6:10-19. For example, I will pray out loud: **“Father, I put on [a piece of the armor of God] and believe that I am literally ‘in Christ’ or ‘clothed with the person of Christ.’”**

Spend some time now doing these two things:

1. Confess your dependence and need for the Father’s protection from the evil one.
2. Put on the armor of God (*see Putting On the Armor of God on page 37*)

¹ Darrell W. Johnson; *Fifty-seven Words that Change the World*

THE FATHER HEART OF GOD

The Bible is filled with descriptions of the character and characteristics of our Father, God. This section highlights some of those scriptures along with a summary of each verse's significance. Meditate on these passages to gain a clearer picture of God the Father and his heart toward you. Scriptures are from the English Standard Version, except where noted.

- **He is our Abba Father. We have the privilege of calling him the same name Jesus called him. Abba means papa or daddy.**

“For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, ‘Abba, Father.’ The Spirit himself bears witness with our spirit that we are children of God.” – *Romans 8:15-16*

- **He is the God of our Lord Jesus Christ, the Father of Glory.**

“I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.” – *Ephesians 1:17 (NIV)*

- **He is “good looking!”**

“I watched till thrones were put in place, and the Ancient of Days was seated; his garment was white as snow, and the hair of his head was like pure wool. His throne was a fiery flame, its wheels a burning fire; A fiery stream issued and came forth from before Him. A thousand thousands ministered to him; ten thousand times ten thousand stood before him. The court was seated, and the books were opened.” – *Daniel 7:9-10*

- **He is a good Father and gives good gifts to his children.**

“Every good gift and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change.”

– *James 1:17*

(continues)

“If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!” – *Luke 11:13*

- **He is the Father of the fatherless.**

“When my father and my mother forsake me, then the LORD will take care of me.” – *Psalms 27:10*

“A father of the fatherless, a defender of widows, is God in His holy habitation.” – *Psalms 68:5*

- **He is the Father who never abandons us.**

“Never will I leave you; never will I forsake you.” – *Hebrews 13:5 (NIV)*

- **We have the Father’s approval: he loves us with the same love he has for his Son the Lord Jesus.**

“And suddenly a voice came from heaven, saying, “This is My beloved Son, in whom I am well pleased.” – *Matthew 3:17*

“I in them and you in me, that they may become perfectly one, so that the world may know that you sent me and loved them even as you loved me.”
– *John 17:23*

- **He is the Father who names us, and gives us our identity. Spend some time in listening prayer, asking the Father to give you a new name.**

“For this reason I bow my knees to the Father of our Lord Jesus Christ, from whom the whole family in heaven and earth is named.” – *Ephesians 3:14-15*

- **He is a Father who challenges us, helps us take risks, and tells us we have what it takes through his grace.**

“Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father.” – *John 14:12 (New King James Version)*

- **He is an embracing Father, who sees us, feels compassion for us, runs to us, embraces us, kisses us, puts a robe on us (his very own), puts a ring on our finger (access to all his estate), puts sandals on our feet (only for sons and daughters, slaves were barefoot), kills the fattened calf for us (Lord Jesus), and throws a party for us!**

“And he arose and came to his father. But when he was still a great way off, his father saw him and had compassion, and ran and fell on his neck and

kissed him. And the son said to him, “Father, I have sinned against heaven and in your sight, and am no longer worthy to be called your son.” “But the father said to his servants, “Bring out the best robe and put it on him, and put a ring on his hand and sandals on his feet. And bring the fatted calf here and kill it, and let us eat and be merry; for this my son was dead and is alive again; he was lost and is found.’ And they began to be merry.” – *Luke 15:20-24*

“The LORD your God in your midst, the Mighty One, will save; He will rejoice over you with gladness, He will quiet you with His love, He will rejoice over you with singing.” – *Zephaniah 3:17*

- **He is the generous Father who gives us everything he has. He wants to spoil us!**

“My son,’ the father said, ‘you are always with me, and everything I have is yours.” – *Luke 15:31 (NIV)*

“Then the King will say to those on His right hand, “Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world:” – *Matthew 25:34 (New King James Version)*

“Do not fear, little flock, for it is your Father’s good pleasure to give you the kingdom.” – *Luke 12:32*

- **Our Father is greater than all! It is settled!**

“My Father, who has given them to Me, is greater than all; and no one is able to snatch them out of My Father’s hand.” – *John 10:29 (NKJV)*

- **He is the Father who protects us. Remember, if Jesus has access to this protection, then so do we.**

“For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.” – *Romans 8:38-39*

“But Jesus said to him, ‘Put your sword in its place, for all who take the sword will perish by the sword. Or do you think that I cannot now pray to My Father, and He will provide Me with more than twelve legions of angels?’” – *Matthew 26:52-53 (NKJV)*

(continues)

- **He is our Holy Father — totally set apart from all else. There is no one like him. There is nothing impure in him. He is the Father you always dreamed of having and infinitely more. He is awesome beyond your wildest dreams, unimaginable, indescribable, unfathomable in all that he is and all that he does!**

“I will remain in the world no longer, but they are still in the world, and I am coming to you. Holy Father, protect them by the power of your name — the name you gave me — so that they may be one as we are one.

– *John 17:11 (NIV)*

- **He is our Righteous Father. Everything he does is right, he knows the right way to live, the right things to do, and he never has a bad day!**

“Righteous Father, though the world does not know you, I know you, and they know that you have sent me. I have made you known to them, and will continue to make you known in order that the love you have for me may be in them and that I myself may be in them.” – *John 17:25-26 (NIV)*

DECREERING SCRIPTURAL TRUTHS

God's Word is personal. It's meant to be enjoyed, savored and relished with long and loving meditation on a daily basis. Though many of us read the Bible, few actually meditate on it in a personal way.

If we posture our cold hearts before the furnace of God's love, he begins to unlock our hearts to the depth of who he is. This allows us to receive the love of God, respond to the love of God and then display that love to the world around us. This daily exchange—God speaking words that soften and tenderize our hearts, and our responding back to him—begins to bring us into the reality of the truth of God's Word.

I encourage you to declare the truths of scripture out loud—to yourself and to God. Many of us wonder: “How do I hear God's voice today?” One of the most practical ways is by personalizing the text of Scripture. For example, I can personalize the truth of 2 Corinthians 5:17 and say, “Jason, you are a new creation.” Then I can respond, “God, thank you that your Word says I am a new creation.” In doing this, we speak from God's heart to our own heart in a very personal way.

The practice of declaring out loud what God declares about us from his Word ignites faith in our hearts. It properly aligns us before him — loving what he loves and hating what he hates.

When we experience doubt, we can declare the words of Mark 9:24: “I do believe; help me overcome my unbelief.” There is power in declaring truth even when we don't feel it or sense God's presence. The key is praying God's Word—the Bible—out loud to him every day.

God bless you as you decree the following scriptural truths over your life.

When scripture says God delights in you, that means God likes you.

The words joy and rejoicing mean that God enjoys you!

All scriptures from the New King James Version, except where noted.

- **I am loved by Jesus with the same love that the Father has for Jesus.**

As the Father loved Me, I also have loved you; abide in My love. – *John 15:9*

- **I am loved by God the Father with the same love that Jesus has for his Father.**

I in them, and You in Me; that they may be made perfect in one, and that the world may know that You have sent Me, and have loved them as You have loved Me. – *John 17:23*

- **I am redeemed—I am bought with a price, with his precious blood.**

In Him we have redemption through His blood, the forgiveness of sins, in accordance with the riches of God's grace. – *Ephesians 1:7*

- **God delights in me!**

For the LORD takes pleasure in His people;
He will beautify the humble with salvation. – *Psalms 149:4*

- **God rejoices over me with singing!**

The LORD your God in your midst, the Mighty One, will save; He will rejoice over you with gladness, He will quiet you with His love, He will rejoice over you with singing. - *Zephaniah 3:17*

You shall no longer be termed forsaken, nor shall your land any more be termed desolate; But you shall be called Hephzibah, and your land Beulah; for the LORD delights in you, and your land shall be married. For as a young man marries a virgin, so shall your sons marry you; and as the bridegroom rejoices over the bride, so shall your God rejoice over you. – *Isaiah 62:4-5*

- **I am the excellent one in whom is all God's delight.** (*From a Messianic psalm — meaning David prophesied Jesus' heart toward His people*)

As for the saints who are on the earth,
they are the excellent ones,
in whom is all my delight. – *Psalms 16:3*

- **He is enthralled with my beauty.**

The king is enthralled by your beauty;
honor him, for he is your lord. – *Psalm 45:11 (NIV)*

- **I am God's treasure and one in whom God has an inheritance.**

Again, the kingdom of heaven is like treasure hidden in a field, which a man found and hid; and for joy over it he goes and sells all that he has and buys that field. Again, the kingdom of heaven is like a merchant seeking beautiful pearls, who, when he had found one pearl of great price, went and sold all that he had and bought it. – *Matthew 13:44-46*

...looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. – *Hebrews 12:2-3*

Ask of Me, and I will give you the nations for your inheritance, and the ends of the earth for your possession. – *Psalm 2:8*

- **The Lord goes before me and fights for me.**

The LORD your God, who goes before you, He will fight for you, according to all He did for you in Egypt before your eyes. – *Deuteronomy 1:30*

- **I am a new creation, the old has gone the new has come.**

Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! – *2 Corinthians 5:17*

- **I am forgiven, made clean and reconciled to God.**

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. – *1 John 1:9*

Now all things are of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation. – *2 Corinthians 5:18*

- **I am free from the control of men and from the law of sin and death.**

There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death. – *Romans 8:1-2*

(continues)

- **Christ has set me free from the curse of the law.**

Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: “Cursed is everyone who is hung on a tree.” – *Galatians 3:13*

- **Yes, I am free indeed.**

Therefore if the Son makes you free, you shall be free indeed. – *John 8:36*

- **God has called me according to his purpose.**

In Him also we have obtained an inheritance, being predestined according to the purpose of Him who works all things according to the counsel of His will I am called into fellowship, into relationship, with Jesus. – *Ephesians 1:11*

- **Peace, liberty and God’s glory are my inheritance now.**

And the glory which You gave Me I have given them, that they may be one just as We are one. – *John 17:22-23*

Now may the Lord of peace Himself give you peace always in every way. The Lord be with you all. – *2 Thessalonians 3:16*

- **I am God’s field — he is cultivating my life.**

For we are God’s fellow workers; you are God’s field, you are God’s building.
– *1 Corinthians 3:9*

PRAYING THE NAMES OF GOD

“My name will be great among the nations, from the rising to the setting of the sun. In every place incense and pure offerings will be brought to my name, because my name will be great among the nations,” says the LORD Almighty.”

– *Malachi 1:11*

“Yes, LORD, walking in the way of your laws, we wait for you; your name and renown are the desire of our hearts.”

– *Isaiah 26:8*

Biblical Names of God

(Scriptures are from the New International Version, except where noted.)

- **Holy, Holy, Holy**

“Holy, holy, holy is the LORD God Almighty, who was, and is, and is to come.” – *Revelation 4:8*

“And they were calling to one another: “Holy, holy, holy is the LORD Almighty; the whole earth is full of his glory.” – *Isaiah 6:3*

- **Worthy**

“In a loud voice they sang: “Worthy is the Lamb, who was slain, to receive power and wealth and wisdom and strength and honor and glory and praise!” Then I heard every creature in heaven and on earth and under the earth and on the sea, and all that is in them, singing: “To him who sits on the throne and to the Lamb be praise and honor and glory and power, for ever and ever!” The four living creatures said, “Amen,” and the elders fell down and worshiped.” – *Revelation 5:12-14*

- **I Am Who I Am (Yahweh/Jehovah)**

God said to Moses, “I AM WHO I AM. This is what you are to say to the Israelites: ‘I AM has sent me to you.’” God also said to Moses, “Say to the Israelites, “The LORD, the God of your fathers—the God of Abraham, the God of Isaac and the

God of Jacob — has sent me to you.’ This is my name forever, the name by which I am to be remembered from generation to generation.” – *Exodus 3:14-15*

- **Gracious and Compassionate**

“Then the LORD came down in the cloud and stood there with him and proclaimed his name, the LORD. And he passed in front of Moses, proclaiming, “The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet he does not leave the guilty unpunished...” – *Exodus 34:5-8*

- **Unfathomable**

Oh, the depth of the riches of the wisdom and knowledge of God! How unsearchable his judgments, and his paths beyond tracing out!”

“Who has known the mind of the Lord? Or who has been his counselor?”

“Who has ever given to God, that God should repay him?”

For from him and through him and to him are all things.

To him be the glory forever! Amen. – *Romans 11:33-36*

- **Triune God of Grace**

“The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.” – *2 Corinthians 13:14 (ESV)*

- **Lord of Hosts (Captain of the Army of Hosts)**

“The LORD is my strength and my song, and he has become my salvation; this is my God, and I will praise him, my father’s God, and I will exalt him. The LORD is a man of war; the LORD is his name.” – *Exodus 15:2-3 (ESV)*

- **Great and Marvelous**

“Great and marvelous are your deeds, Lord God Almighty. Just and true are your ways, King of the ages.” – *Revelation 15:3*

- **God is Love**

“And so we know and rely on the love God has for us. God is love.”

– *1 John 4:16*

- **Consuming Fire, Jealous God**

“For the LORD your God is a consuming fire, a jealous God.”

– *Deuteronomy 4:24*

- **King of kings and Lord of lords**

“I saw heaven standing open and there before me was a white horse, whose rider is called Faithful and True. With justice he judges and makes war. His eyes are like blazing fire, and on his head are many crowns. He has a name written on him that no one knows but he himself. He is dressed in a robe dipped in blood, and his name is the Word of God. The armies of heaven were following him, riding on white horses and dressed in fine linen, white and clean. Out of his mouth comes a sharp sword with which to strike down the nations. “He will rule them with an iron scepter.” He treads the winepress of the fury of the wrath of God Almighty. On his robe and on his thigh he has this name written: KING OF KINGS AND LORD OF LORDS.”

– *Revelation 19:11-16*

“...God, the blessed and only Ruler, the King of kings and Lord of lords, who alone is immortal and who lives in unapproachable light, whom no one has seen or can see. To him be honor and might forever. Amen.”

– *1 Timothy 6:15-16*

“And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Of the increase of his government and peace there will be no end. He will reign on David’s throne and over his kingdom, establishing and upholding it with justice and righteousness from that time on and forever.” – *Isaiah 9:6-7*

- **Lord, Adonai (Master)**

“O LORD, our Lord, how majestic is your name in all the earth! You have set your glory above the heavens.” – *Psalms 8:1-2*

- **God Most High (El Elyon)**

“Blessed be Abram by God Most High, Creator of heaven and earth. And blessed be God Most High, who delivered your enemies into your hand.”

– *Genesis 14:19-20*

- **God Who Heals (Jehovah Rapha)**

“If you listen carefully to the voice of the LORD your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the LORD, who heals you.” – *Exodus 15:26*

(continues)

- **Lord, My Shepherd**

“The LORD is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name’s sake.” – *Psalms 23:1-3 (ESV)*

- **Lord, Our Peace**

“May the God of peace be with you all. Amen.” – *Romans 15:33 (ESV)*

- **Lord, Our Righteousness**

“And this is the name by which he will be called:

“The LORD is our righteousness.” – *Jeremiah 23:6 (ESV)*

FOCUS ON THE CROSS

In this section I want to give you some scriptures and words to focus your thoughts on what Jesus endured and accomplished for you on the cross.

The Prophet Isaiah foretold specific details of the suffering Jesus would endure on the cross. Spend some time meditating on these verses from the book of Isaiah.

“He was despised and rejected by men; a man of sorrows, and acquainted with grief; and as one from whom men hide their faces he was despised, and we esteemed him not. Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted. But he was wounded for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his stripes we are healed. All we like sheep have gone astray; we have turned every one to his own way; and the LORD has laid on him the iniquity of us all. He was oppressed, and he was afflicted, yet he opened not his mouth; like a lamb that is led to the slaughter, and like a sheep that before its shearers is silent, so he opened not his mouth. – *Isaiah 53:3-7*

Yet it was the will of the LORD to crush him; he has put him to grief; when his soul makes an offering for sin. – *Isaiah 53:10*

Therefore I will divide him a portion with the many, and he shall divide the spoil with the strong, because he poured out his soul to death and was numbered with the transgressors; yet he bore the sin of many, and makes intercession for the transgressors. – *Isaiah 53:12*

“I gave my back to those who strike, and my cheeks to those who pull out the beard; I hid not my face from disgrace and spitting.” – *Isaiah 50:6*

(continues)

King David also foretold what Jesus would endure on the cross. Here are some verses that point to the cross from the Psalms.

“My God, my God, why have you forsaken me? Why are you so far from saving me, from the words of my groaning? – *Psalm 22:1*

But I am a worm and not a man, scorned by mankind and despised by the people. All who see me mock me; they make mouths at me; they wag their heads; “He trusts in the LORD; let him deliver him; let him rescue him, for he delights in him! – *Psalm 22:6-8*

I am poured out like water, and all my bones are out of joint; my heart is like wax; it is melted within my breast; my strength is dried up like a potsherd, and my tongue sticks to my jaws; you lay me in the dust of death. For dogs encompass me; a company of evildoers encircles me; they have pierced my hands and feet— I can count all my bones— they stare and gloat over me; they divide my garments among them, and for my clothing they cast lots.”

– *Psalm 22:14-17*

Jesus suffered in many ways on our behalf. Spend some time meditating on these descriptions of what he went through.

- Roman scourging – 39 stripes
- Crown of thorns and purple robe ripped from his flesh
- Beard was ripped out
- Nakedness, shame, mocking, beating, spitting
- Carrying His cruel cross through the smells, dust, heat
- Physical exhaustion, thirst and dehydration
- Demonic attack and temptation
- Loneliness; everyone left him including his Father (in his final 3 hours)
- Pierced hands and feet
- He took on sin on our behalf

“For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.” – 2 Corinthians 5:21

- He took on our grief, sorrows, pain and abuse
Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted. – Isaiah 53:4
- He took our wrath, death, and eternal flames of hell in our place. God’s wrath was averted and placed on Jesus Christ as our substitute, and the Father is now satisfied.

“But God shows his love for us in that while we were still sinners, Christ died

for us. Since, therefore, we have now been justified by his blood, much more shall we be saved by him from the wrath of God. – Romans 5:8-9

- His side was pierced; blood and water (Spirit) flowed out.
But when they came to Jesus and saw that he was already dead, they did not break his legs. But one of the soldiers pierced his side with a spear, and at once there came out blood and water. He who saw it has borne witness — his testimony is true, and he knows that he is telling the truth — that you also may believe. For these things took place that the Scripture might be fulfilled: “Not one of his bones will be broken.” And again another Scripture says, “They will look on him whom they have pierced.” – John 19:33-37

Meditate on Jesus’ seven cries as he hung on the cross:

1. A Cry of Pardon

And Jesus said, “Father, forgive them, for they know not what they do.” And they cast lots to divide his garments. – *Luke 23:34*

2. A Cry of Assurance

And he said to him, “Truly, I say to you, today you will be with me in Paradise.”
– *Luke 23:43*

3. A Cry of Compassion

When Jesus saw his mother and the disciple whom he loved standing nearby, he said to his mother, “Woman, behold, your son!” Then he said to the disciple, “Behold, your mother!” And from that hour the disciple took her to his own home. – *John 19:26-27*

4. A Cry of Anguish

And about the ninth hour Jesus cried out with a loud voice, saying, “*Eli, Eli, lema sabachthani?*” that is, “My God, my God, why have you forsaken me?”
– *Matthew 27:46*

5. A Cry of Suffering

After this, Jesus, knowing that all was now finished, said (to fulfill the Scripture), “I thirst.” – *John 19:28*

6. A Cry of Victory

When Jesus had received the sour wine, he said, “It is finished,” and he bowed his head and gave up his spirit. – *John 19:30*

7. A Cry of Submission

Then Jesus, calling out with a loud voice, said, “Father, into your hands I commit my spirit!” And having said this he breathed his last. – *Luke 23:46*

Jesus' blood on the cross brought total deliverance for us. Consider the ways he bled for you and the freedom his blood accomplishes.

- He sweated drops of blood
- He bled from beatings to his face
- He bled from having his beard ripped out
- He bled from the scourging
- He bled from a crown of thorns crushed into his head
- He bled from nails driven through his hands and feet
- He bled from a Roman spear piercing his side

We have total deliverance through his blood!

- There is protection under the covering of the blood (*Exodus 12:13*)
- There is salvation and forgiveness in the blood (*Mark 14:24, Heb. 9:22*)
- There is life and healing in the blood (*Isaiah 53:5, Psalm 105:37*)
- There is provision in the blood (*Psalm 105:37*)
- There is cleansing in the blood (*1 John 1:7*)
- There is redemption in the blood (*Ephesians 1:7*)
- There is justification in the blood (*Romans 5:9*)
- There is sanctification in the blood (*Hebrews 13:12*)
- There is peace under the covering of the blood (*Colossians 1:19-20*)
- There is washing in the blood (*Revelation 1:5*)
- There is overcoming in the power of the blood of the Lamb (*Rev. 12:11*)
- There is accessibility in the blood, allowing us into the presence of God (*Hebrews 10:19*)

Spend some time now focusing the Lamb of God exalted, at the right hand of the Father.

“Then I looked, and I heard around the throne and the living creatures and the elders the voice of many angels, numbering myriads of myriads and thousands of thousands, saying with a loud voice, “Worthy is the Lamb who was slain, to receive power and wealth and wisdom and might and honor and glory and blessing!” – *Revelation 5:11-12*

Jesus went from wearing a cruel crown of thorns to wearing a golden crown of glory; from robes dipped in blood to a kingly robe of splendor; from a mock scepter in his hand to a scepter of authority; from the insults of men to the worship of angels; from the filth of sin to the beauty of holiness!

See his head and hair—once soaked in blood—
now dazzling white as snow...

See his eyes — once stinging, dripping blood and tears of sorrow—
now blazing like fire, like flames of torches...

See the face—once swollen and raw from patches of his beard torn out—
now shining brighter than the sun in all its brilliance...

See his body—once stripped naked—
now clothed in eternal majesty...

See his hands—once pierced—
now bleeding infinite splendor;

His feet—once spiked to a stake of timber—
now gleaming like burnished bronze;

His side—once pierced,
but now hear him say, “This wound in my heart is for you!”

Every wound bleeds glory! Glory that flows from him and through him and back to him! From victim to victor; from worm to warrior; from humiliation to glorification; from tortured to triumphant; from degraded to exalted; from a lowly bleeding lamb to a glorified Lion-Lamb!

He’s the one from whom glory flows; He’s the central sun in the universe; He’s the dazzling one, the outstanding one, He’s the chandelier of heaven; He’s the wellspring of eternity, the fountainhead of glory,
God’s exalted Lamb of Glory!

PUTTING ON THE ARMOR OF GOD

Many of us have heard Ephesians 6:10-17 which tells us to put on the full armor of God. But most of us don't know what that means, or how to do it practically. In this section I want to help you understand what each piece of armor represents.

Ultimately, we are putting on the Lord Jesus, like you would put on clothing. Jesus is our breastplate of righteousness. Jesus is our helmet of salvation. Jesus is our belt of truth. As I finish the Lord's Prayer, I will say out loud: **"Father, I put on [a piece of the armor of God] and believe that I am literally 'in Christ' or 'clothed with the person of Christ.'"**

The Belt of Truth around our loins

I believe truth is the most basic and precious commodity that has been entrusted to us as humans. And it's not just to *have* truth but to *have a love* for the truth (2 Thessalonians 2:10). Jesus is the way, the truth and the life (John 14:6). We need to be wrapped up and girded with truth.

Jesus prayed to His Father in His high priestly prayer in John 17:17, "Sanctify them by the truth. Your Word is truth." Our loins speak of our reproductive organs. Truth protects us against sexual temptation. The devil's best work in this area of sexual immorality is through deceit and darkness.

Truth also helps us "reproduce." One of the first commands of the Lord was to be fruitful and multiply. Words are compared to seeds in scripture. They will spring up and bear fruit. The key question is, what kind of seeds are we sowing? Proverbs 18:21 says, "Death and life are in the power of the tongue, and those who love it will eat its fruit." Are we spreading life or death with our words? We must love truth, cling to it as our great treasure. We must honor the truth by speaking only truth.

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Breastplate of Righteousness

The breastplate protects our hearts and our lungs – organs which represent the source of our life and our ability to interchange with the spiritual realm. Righteousness is simply right living. Walking righteously is doing what is right in the sight of God.

God regards our own righteousness as filthy rags. I Corinthians 1:30 tells us that God bestowed his own righteousness on us through Jesus Christ; we must put on the “righteousness of Christ.” “Blessed are those who hunger and thirst for righteousness for they shall be filled” (Matthew 5:6). Not only do we appropriate his righteousness by admitting we have nothing apart from him, we also must wholeheartedly desire and hunger to live in obedience, walking in righteousness. We must love the things that God loves and hate the things he hates. Psalm 45 tells us that Jesus loved righteousness and hated wickedness. We are to seek first the kingdom and his righteousness (Matthew 6:33).

The kingdom of God is not merely eating and drinking, but righteousness, joy, and peace in the Holy Spirit (Romans 14:7). The first step in living in the kingdom is walking in righteousness. The Word of God is given to us for training in righteousness (2 Timothy 3:16). We are to pursue righteousness; we are to bear the fruit of righteousness. This is what protects our hearts and our lungs! Life and Breath! A life in union with the King! It should be our heart’s desire to walk closer to God today than yesterday. The fervent prayer of a righteous man is powerful and effective!

Shod your Feet with the Preparation of the Gospel of Peace

Life in the kingdom requires “good shoes.” It is a life of “walking.” The Christian life is not static. Shoes protect our feet from the rough ground we are walking on. They are protection from the rough and hard things that life presents to us.

We need the best shoes for the best walk. The best shoes are the “preparation of the gospel of peace.” A key part of the gospel is your own life message. Our shoes must fit us individually. We must walk the basic gospel, the plain and simple scripture. This keeps us from getting off track into things that are not important. The gospel must be first. And then “the God of peace will crush Satan under our feet” (Romans 16:20). Peace guards our hearts and minds in Christ Jesus. And his peace stills and calms the storms of life!

Helmet of Salvation

The helmet of salvation protects our minds. The devil continually attacks our minds with words of accusation, condemnation and deception. We need to allow the cross to determine how we live, what we watch on TV, how we spend our time, how we spend our money. What are we planting our minds? Colossians tells us to set our minds on things above. Philippians 4:8 says, “Finally brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things.” Commit to the Lord to plant good things into your mind each day. The best thing is to plant the good seed of the Word of God.

Shield of Faith

The shield of faith, with which you will be able to extinguish all the flaming missiles of the evil one, is a very critical piece of armor. Faith is paramount in warfare. We enter into salvation by faith. Faith releases power. It is only by faith that we can please God.

Faith is seeing Jesus and knowing where he sits, above all authority and power. It is a posture that says, “It is impossible for the enemy to get a shot in while Jesus is looking.” We need big shields that will not only protect us, but also protect others. We need to exercise our faith as soldiers of the cross, even in the trials. We turn every trial into an opportunity. The devil cannot win this war. Faith grows... ask God for more!

Sword of the Spirit

Oh, I love the sword! It is God’s Word. It is used for our protection, and it’s our only offensive weapon coupled with prayer. I don’t think any of us have a clue how powerful the Word of God really is. As a defensive weapon, it blocks the sword of the devil, which is the words of the devil.

2 Corinthians 10:4-5 says, “For the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ.” The primary strategy in spiritual warfare is tearing down strongholds in relationship to the knowledge of God. Words are the most powerful force in the world. The devil uses words to bind people in fear. He uses negative words to keep people

in bondage and deception. In the opposite spirit of the enemy, we come with words of life! We pray for those who persecute us; we bless those who curse us; we love those who hate us. We need to learn to speak, declare, decree, sing, and pray the Word of God as our primary weapon in warfare. The one who learns to wield the Word of God can arm and entire army.

Prayer in the Spirit

Our last piece of armor is prayer and petition. Praying at *all times*, in the Spirit, *watching* (being alert) and with all *perseverance*, praying for *all* the saints. Jesus also tells us to pray for the gospel to go forth from the servants of the Lord. The privilege ruling with Jesus here on earth through prayer is a massive undertaking. We need to learn to stand in the council of the Holy One, praying and decreeing his will be done in our church, our city, and our nation.

The government of heaven resides in the prayer rooms (both individual closets and corporate prayer meetings). Once we really figure this out, we will fight first on our knees. An unknown author once said, “Prayer moves the arm that moves the world, to bring deliverance down.” Our goal should be to be so close to God that we are always praying according to his will. The best way to do this, in my opinion, is to pray the Bible out loud every day to God. He always answers his own God-breathed prayers!

THE LORD'S PRAYER

*Our Father in heaven,
hallowed be your name.*

Your kingdom come.

Your will be done

On earth as it is in heaven.

Give us this day our daily bread.

And forgive us our debts,

As we forgive our debtors.

And do not lead us into temptation,

but deliver us from the evil one.

MATTHEW 6:9-13

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