My Heavenly Father, thank You that I can praise You, pray for Your work in the world, pray for my daily needs and pray for help in my daily struggles.

My Father, who is in heaven, hallowed (kept holy in my thoughts, words, deeds, marriage, relationship, work ethics, morals and value system) be Your name (Matthew 6:9). God You are majestic and holy, personally involved in my life and loving. I commit myself to praising and hallowing Your Holy Name in all of my life.

I bless Your Name, Elohim, the Creator of heaven and earth. You are the Beginning and the End. You made me but a little lower than God¹ [of heavenly beings], and You have crowned me with glory and honour (Psalm 8:5b). You are the God of power, might and strength and to be honoured is Your Holy Name.

I bless Your Name, El-Shaddai, the God Almighty of blessings. You are the One who nourishes, and supplies all my needs. You are all bountiful and all-sufficient. You are my Shield, my abundant compensation, and my reward shall be exceedingly great (Genesis 15:1). My bow shall remain strong and steady and rested in the Strength that does not fail me, for the arms of my hands will be made strong and active by the hands of the Mighty God whose Name is Shepherd, the Rock of Israel. My God who will help me, who is the Almighty, who will bless me with blessings of the heavens above, blessings lying in the deep

beneath, blessings of the breasts and of the womb (Genesis 49:24-25).

I bless Your Name, Jehovah-Jireh, the One who sees my needs and provides in every one of them (Genesis 22:14). Thank You that You will liberally supply (fill to the full) my every need according to Your riches in glory in Christ Jesus (Philippians 4:19).

I bless Your Name, Jehovah-Rapha, my Healer and the One who makes bitter experiences sweet (Exodus 15:23-26). You sent Your Word and healed me and rescued me from the pit and destruction (Psalm 107:20). You forgave all my iniquities and healed all my diseases (Psalm 103:3). You healed me when I was broken-hearted. You bind up my wounds [curing my pains and sorrows] (Psalm 147:3).

I bless Your Name, Jehovah-M'Kaddesh, the Lord who sanctifies me. You have set me apart for Yourself. I consecrate myself and am holy Lord, for You are the Lord my God and You are holy. I shall keep Your statutes and do them, for You are the Lord who sanctifies me and have set me apart for Yourself. (Leviticus 20:7-8).

I bless Your Name, Jehovah-Nissi, my Victory, my Banner and my Standard (Exodus 17:15). Your banner over me is love. (Songs of Solomon 2:4). When the enemy shall come in like a flood, the Spirit of the Lord will lift up a standard against him and put him to flight [for He will come like a rushing stream which the breath of the Lord drives] (Isaiah 59:19).

I bless Your Name, Jehovah-Shalom, my Peace. Your peace [shall be mine, that tranquil state of my soul assured of its salvation through Christ, and so fearing nothing from You and being content with my earthly lot of whatever sort that is, that peace] which transcends all understanding, which garrisons and mounts guard over my heart and mind in Christ Jesus (Philippians 4:7).

I bless Your Name, Jehovah-Tsidkenu, my Righteousness. Thank You for becoming sin for me, that in and through You I may become [endued with, viewed as being in, and examples of] the righteousness of God [what I ought to be, approved and acceptable and in right relationship with You], by Your goodness in Christ Jesus (2 Corinthians 5:21).

I bless Your Name, Jehovah-Roi, my Shepherd and I shall not lack for any good nor beneficial thing, for every good gift and every perfect (free, large, full) gift is from You (Psalm 23:1; 34:10; James 1:17).

I bless Your Name, Jehovah-Shammah, the One who will never leave nor forsake me. You are always there and will not in any way fail me, give me up nor leave me without support. You will not in any degree leave me helpless nor forsake me, nor let me down nor relax Your hold on me (Hebrews 13:5). I take comfort and am encouraged and can confidently and boldly say: The Lord is my Helper, I will not be seized with alarm – I will not fear, dread nor be terrified. What can man do to me?" (Hebrews 13:6).

¹ As according to the Hebrew text, 'mê-'ĕlōhîm', refers to God (Elohim) and only occurs 4 times in the Old Testament [editor's note].

I bless Your Name, I worship and adore You, El-Eloyon, the Most High God who is the First Cause of everything, the Possessor of the heavens and earth. You are the Everlasting God, the Great God, the Living God, the Merciful God, the Faithful God, the Mighty God. You are Truth, Justice, Righteousness and Perfection. You are El-Elyon, the Highest Sovereign of the heavens and the earth.

Abba Father, I will worship towards Your holy Temple and praise Your Name for Your loving-kindness and for Truth and Faithfulness; for You have exalted above all else Your Name and Your Word, and You have magnified Your Word above all Your Name! (Psalm 138:2). Your Word was made flesh and dwelt among us, and His Name is Jesus Christ (John 1:14).

Your kingdom (Your spiritual reign of righteousness, peace and joy in the Holy Spirit) comes into my life. Your Will will be done on earth as it is in heaven. Accomplish Your perfect purpose and Will in my life (Matthew 6:10; Romans 14:17).

Give me this day my daily bread (Matthew 6:11). Lord I acknowledge that You are my Sustainer and Provider. I trust You for my daily provision in that which You know I need. Thank You for food, clothing and shelter, all things needful for my soul and body, not just the perishable but also the eternal.

And forgive me my debts, as I also have forgiven (left, remitted, and let go of the debts, and have given up resentment against) my debtors (Matthew 6:12). Thank You for great peace in every situation where I have forgiven and I refuse to take offense towards the people that has hurt me. I am blessed and happy with life, joy and

satisfaction in Your favour and salvation apart from my outward condition and to be envied, because I take no offense in You nor anyone else and refuse to be hurt, resentful, annoyed, repelled or made to stumble, [whatever may occur] (Luke 17:23).

And lead (bring) me not into temptation, but deliver me from the evil one who brings temptation my way. I pray that You will deliver me from these trying times and for deliverance from Satan and his deceit. Thank You for the promises that You will not allow me to be tempted beyond what my abilities, strength of resistance and power can endure. Thank You that You are faithful in Your Word and compassionate in nature to always provide the way out (the means of escape to a landing place), that I may be capable, strong and powerful to bear up under it patiently (1 Corinthians 10:13). Thank You that whatever the trials and various temptations are that I encounter, that the proving of my faith in them brings out endurance and steadfastness and patience in my life and in my character (James 1:2-3).

For Yours is the kingdom which You have prepared from all eternity. You founded Your kingdom on a sure foundation namely Jesus Christ. In nature, in providence, in grace You are sovereign. Yours is the power. You are able to do all things which pleases You. By You are all things created and upheld. Your power is manifested through Jesus Christ Your Son. Your power is established also in my life. And Yours is the glory. The honour, worship and praise belongs to You. Forever and ever. Amen (Matthew 6:13).



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OUR SPIRITUAL SWORD, VOL 4 THE LORD'S PRAYER

HOW TO START - Begin your prayer time with praise and worship as the Holy Spirit leads you. You can even worship with a CD or DVD. This prepares your heart to hear the voice of God.

PRAY IN THE SPIRIT - Spend at least 10 minutes to pray in the spirit. You utter secret truths to God, you are praying the wisdom of God and you are being edified in your spirit man. (1 Cor 14:2, 4, 14) When praying the Word of God also pray in the spirit that God can reveal His Word and work through that Scripture to you.

HOW LONG TO PRAY - Pray until you know that the answer in the Word of God is confirmed and unshakable in your heart. You sometimes need to repeat certain prayers when circumstances and hindrances come in that keeps the answer from manifesting or when doubt want to enter.

PRAY OUT LOUD – By praying out loud and hearing what you pray, your faith is being build. Faith comes by hearing the Word of the Lord (Rom 10:17). God spoke this world into existence (Gen 1:3). When praying the Word of the Lord out loud you will speak into the atmosphere of your life and God will move on your behalf. Death and life is in the power of the tongue, so let us eat the fruit of life that we speak forth through our prayers. (Prov 18:21)

STAY ACTIVE - When your thoughts begin to wonder or you become tired, get up and walk up and down to remain focussed and to get energy to continue.