

Open The Light

*For God, who commanded the light
to shine out of darkness,
hath shined in our hearts,
to give the light of the knowledge
of the glory of God
in the face of Jesus Christ.
2 Corinthians 4:6*

*Character Building
In A Relationship with God*

*He that believeth on me, as **the scripture hath said**, out
of his belly shall flow rivers of living water. John 7:38*

Study 2

Please carefully pace your way through the study, no need to rush, do as much as time allows each day.

Lord's Prayer - Prayer

Before opening the Word of God, Pray to our Heavenly Father for the Holy Spirit to guide your heart and mind that you may hear and understand His words and live in them, in the Name of our Blessed Lord and Saviour, Jesus Christ. Do what you can each day and pick up where you ended the day before. Pray for the blessing of remembrance of His Word in the time of need and that you may meditate upon them throughout your days.

To start this study on the Lord's Prayer I want to share some word from Mrs. E, G White. Following her words, some Bible verses that are connected to prayer or communication with God.

Through nature and revelation, through His providence, and by the influence of His Spirit, God speaks to us. But these are not enough; we need also to pour out our hearts to Him. In order to have spiritual life and energy, we must have actual intercourse - (of communication) with our heavenly Father. Our minds may be drawn out toward Him; we may meditate upon His works, His mercies, His blessings; but this is not, in the fullest sense, communing with Him. In order to commune with God, we must have something to say to Him concerning our actual life. {SC 93.1}

Prayer is the opening of the heart to God as to a friend. Not that it is necessary in order to make known to God what we are, but in order to enable us to receive Him. **Prayer does not bring God down to us, but brings us up to Him.** {SC 93.2}

When Jesus was upon the earth, He taught His disciples how to pray. He directed them to present their daily needs before God, and to cast all their

care upon Him. And the assurance He gave them that their petitions should be heard, is assurance also to us. {SC 93.3}

Jesus Himself, while He dwelt among men, was often in prayer. Our Saviour identified Himself with our needs and weakness, in that He became a suppliant, a petitioner, seeking from His Father fresh supplies of strength, that He might come forth braced for duty and trial. He is our example in all things. He is a brother in our infirmities, "in all points tempted like as we are;" but as the sinless one His (page 94) nature recoiled from evil; He endured struggles and torture of soul in a world of sin. His humanity made prayer a necessity and a privilege. He found comfort and joy in communion with His Father. And **if the Saviour of men, the Son of God, felt the need of prayer, how much more should feeble, sinful mortals feel the necessity of fervent, constant prayer.** {SC 93.4}

Our heavenly Father waits to bestow upon us the fullness of His blessing. It is our privilege to drink largely at the fountain of boundless love. What a wonder it is that we pray so little! God is ready and willing to hear the sincere prayer of the humblest of His children, and yet there is much manifest reluctance on our part to make known our wants to God. What can the angels of heaven think of poor helpless human beings, who are subject to temptation, when God's heart of infinite love yearns toward them, ready to give them more than they can ask or think, and yet they pray so little and have so little faith? The angels love to bow before God; they love to be near Him. They regard communion with God as their highest joy; and yet the children of earth, who need so much the help that God only can give, seem satisfied to walk without the light of His Spirit, the companionship of His presence. {SC 94.1} EGW

If we would but think of God as often as we have evidence of His care for us we should keep Him ever in our thoughts and should delight to talk of Him and to praise Him. We talk of temporal things because we have an interest in them. We talk of our friends because we love them; our joys and our sorrows are bound up with them. Yet we have infinitely greater reason to love God than to love our earthly friends; it should be the most natural thing in the world to make Him first in all our thoughts, to talk of His goodness and tell of His power. The rich gifts He has bestowed upon us

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were not intended to absorb our thoughts and love so much that we should have nothing to give to God; they are constantly to remind us of Him and to bind us in bonds of love and gratitude to our heavenly Benefactor. We dwell too near the lowlands of earth. Let us raise our eyes to the open door of the sanctuary above, where the light of the glory of God shines in the face of Christ, who "is able also to save them to the uttermost that come unto God by Him." Hebrews 7:25. {SC 102.1}

We need to praise God more "for His goodness, and for His wonderful works to the children of men." Psalm 107:8. Our devotional exercises should not (Page 103) consist wholly in asking and receiving. Let us not be always thinking of our wants and never of the benefits we receive. We do not pray any too much, but we are too sparing of giving thanks. We are the constant recipients of God's mercies, and yet how little gratitude we express, how little we praise Him for what He has done for us. {SC 102.2}
Author EGW

After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen. For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses. [Matthew 6:9-15](#)

Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered. And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God. And we know that all things work together for good to them that love God, to them who are the called according to his purpose. [Romans 8:26-28](#)

Take heed that ye do not your alms before men, to be seen of them: otherwise ye have no reward of your Father which is in heaven. Therefore when thou doest thine alms, do not sound a trumpet before thee, as the

hypocrites do in the synagogues and in the streets, that they may have glory of men. Verily I say unto you, They have their reward. But when thou doest alms, let not thy left hand know what thy right hand doeth: That thine alms may be in secret: and thy Father which seeth in secret himself shall reward thee openly. And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward. But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly. But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking. [Matthew 6:1-7](#)

Praying us with much entreaty that we would receive the gift, and take upon us the fellowship of the ministering to the saints. And this they did, not as we hoped, but first gave their own selves to the Lord, and unto us by the will of God. Insomuch that we desired Titus, that as he had begun, so he would also finish in you the same grace also. [2 Corinthians 8:4-6](#)

I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin. Selah. For this shall every one that is godly pray unto thee in a time when thou mayest be found: surely in the floods of great waters they shall not come nigh unto him. Thou art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance. Selah. I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye. [Psalms 32:5-8](#)

Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness. [Isaiah 41:10](#)

And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it, when ye turn to the right hand, and when ye turn to the left. [Isaiah 30:21](#)

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Thus saith the LORD, thy Redeemer, the Holy One of Israel; I am the LORD thy God which teacheth thee to profit, which leadeth thee by the way that thou shouldest go. O that thou hadst hearkened to my commandments! then had thy peace been as a river, and thy righteousness as the waves of the sea: [Isaiah 48:17-18](#)

At the end of each study remember to pray, asking for the guidance of the Holy Spirit to lead you throughout your day and to help you think on the things of God. Remember to pray for others and then your needs. Asking always in Jesus blessed name.

Remember at the start of your study time pray for the guidance of the Holy Spirit in Jesus blessed name. For the Holy Spirit is your teacher and guide in the Word of God. Remember to always pray in the Name of Jesus our Lord and Saviour.

In 1 Thessalonians 5:17 we are guided to “Pray without ceasing”. This is to be in an attitude of prayer, though not always praying on our knees. In Ephesians 6:18 we are guided to be “Praying always with all prayer and supplication in the Spirit” ... The word **Supplication** is a humble entreaty or petition; prayer a request, to seek humbly. This reminds me of James 4:10, “Humble yourselves in the sight of the Lord, and he shall lift you up.”

When we look at Jesus as our example, we can find out the ways of when to pray or for the times for the need of prayer. He spent time with His Father, our God, in prayer every day always staying connected to Him.

Read the following three examples of Jesus when He prayed to His Father. Take note of each example and prayerfully read each one asking God to help you with the Holy Spirit's leading to call you to prayer at the time of need and for daily prayer and worship.

Time of day to seek God alone

And in the morning, rising up a great while before day, he (Jesus) went out, and departed into a solitary place, and there prayed. [Mark 1:35](#).

Prayer before making important decisions

And it came to pass in those days, that he (Jesus) went out into a mountain to pray, and continued all night in prayer to God. And when it was day, he called unto him his disciples: and of them he chose twelve, whom also he named apostles; [Luke 6:12-13](#)

We all should set a time to talk to God about the plans we are making or just thinking about. Taking necessary time out of the busyness of life to talk to God is the best part of any plan, even when doing God's work.

But so much the more went there a fame abroad of him (Jesus): and great multitudes came together to hear, and to be healed by him of their infirmities. And he withdrew himself into the wilderness, and prayed. [Luke 5:15-16](#)

If Jesus, the Son of God, needed to pray, how much more so, do we? Write your answer below, thinking of times in your life you needed to pray, yet you did not pray. Also think of times when you did pray. Write down if you noticed any difference. Did you have peace in talking everything over with God?

“We, too, must have times set apart for meditation and prayer and for receiving spiritual refreshing. We do not value the power and efficacy of

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prayer as we should. **Prayer and faith will do what no power on earth can accomplish.**”—Ellen G. White, *The Ministry of Healing*, p. 509.

When we pray to God, we are freely acknowledging our total reliance upon God, giving Him the freedom to intervene in our life. The more we pray, the more we acknowledge His ability to help us and meet our needs; this is in the trusting of His will, for us. When we ask for the Holy Spirit's leading in Jesus' name, The Holy Spirit prepares our hearts to receive from God. The more we pray, the more we allow God through His Holy Spirit to put to death the sinful desires or habits. In the conflict of life where there is good and evil, prayer gives God permission to work His mighty power in our life. The only way this can come about, is with an active relationship with Jesus. Communication with the Father, in Jesus' name, will give us armour for the spiritual battles to come. This Armour is something we all need and none of us can stand without it.

In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by him; and without him was not any thing made that was made. In him was life; and the life was the light of men. [John 1:1-4](#)

But these are written, that ye might believe that Jesus is the Christ, the Son of God; and that believing ye might have life through his name. [John 20:31](#)

All prayer should be done in the name of our Lord Jesus Christ in whom we have life.

Giving thanks always for all things unto God and the Father **in the name of our Lord Jesus Christ**; [Ephesians 5:20](#)

Jesus said, And whatsoever ye shall ask **in my name**, that will I do, that the Father may be glorified in the Son. [John 14:13](#)

That at **the name of Jesus** every knee should bow, of things in heaven, and things in earth, and things under the earth; And that every tongue should confess **that Jesus Christ is Lord**, to the glory of God the Father. [Philippians 2:10-11](#)

And whatsoever ye do in word or deed, **do all in the name of the Lord Jesus**, giving thanks to God and the Father by him. [Colossians 3:17](#)

Wonderful things are done in the name of our Lord Jesus Christ. Answered prayer in a relationship with Him; whether you are coming to God for the very first time or have walked with Him for a long time. Prayer is a time of reaching out to God with sincerity. Being true with God and yourself in honesty and genuineness in your thought's, beliefs, desires, and feelings, which is having true sincerity. This means, anyone, if you are true with God and call upon Him, even if you are new in the faith and have no understanding of asking, "In Jesus name", God will hear you. Although when you learn how to pray and grow in faith, we should pray by asking in Jesus' name, along with asking in the Father's will, which we will cover, "in Thy will or Thy will be done" in this study.

God looks upon the heart. Read 1 Samuel 16:7. It is the heart where the desire to have a relationship with God comes from. When we obey God at His Word and keep His Commandments from the heart, we are walking in the "Name of Jesus". It is very important for us to ask of God in Jesus name, this is for our necessity, in remembrance that all things come through Jesus, which in turn, this acknowledgement brings on humility, knowing we have no power within ourselves to do what we are asking of God.

However, if the heart is not with sincerity, where a person is not being true with God and to themselves in honesty and genuineness in their thought's, beliefs, desires, and feelings, God and Jesus cannot and will not, force Their will upon the one asking. However, God knowing Althing's may answer the prayer for the other person that is being prayed for, that is of cause if they are praying for someone else. This again is in God's knowledge, not ours. We get this understanding from the lesson Jesus teaches us in [Matthew 7:21-23](#). Which reads, "Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven. Many will say to me in that day, Lord, Lord, have we not prophesied in thy name? and in thy name have cast out devils? and in thy name done many wonderful works? And then will I profess unto them, I never knew you: depart from me, ye that work iniquity." [Being untrue or fake, to be seen of men, or, because of lack of faith; whatever the reason](#)

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that stops you from having a loving faith relationship with the Father, in Jesus' name, is having iniquity within your heart. The reason why Jesus said, "I never knew you" is because there was no relationship from the heart with Him. Yet, we see that the prayers were answered for the ones being prayed for. We must trust God at His Word and in all His ways.

My son, forget not my law; but let thine heart keep my commandments: For length of days, and long life, and peace, shall they add to thee. Let not mercy and truth forsake thee: bind them about thy neck; write them upon the table of thine heart: So shalt thou find favour and good understanding in the sight of God and man. Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones. Proverbs 3:1-8

Read the following verses. These verses teach us about those in scripture, that had a relationship with God. Notice how they do not glorify themselves by the things that were done. They gave the glory to the Holy One, by asking in the name of Jesus.

Acts 2:36-38; 3:6; 4:10; 9:26-35; 16:13-18; 1 Corinthians 6:9-11.

If you read through the New Testament, you will read of Jesus giving Glory to God the Father. The New Testament writers also gave glory to God by declaring all the things they did for Him, was in the name of Jesus and by the Spirit of God. Over time you will also notice that in the scriptures God, Jesus, and the Holy Spirit are in this order. When we talk to God, we do it in Jesus Name. when we ask God to receive of His Holy Spirit, it is only given in Jesus' name. For some examples, see Matthew 28:19; John 14:11, 13-14; 15:16; 16:1-28 Luke 11:13; Acts 2:36-38.

At the end of each study, remember to pray. Ask for the guidance of the Holy Spirit to help you pray always in Jesus' name and to give any glory to God in Jesus name. Remember to pray for others and then your needs.

Now we will walk through "The Lord's Prayer" looking at each section within the prayer.

Remember at the start of your study time pray for the guidance of the Holy Spirit in Jesus blessed name. For the Holy Spirit is your teacher and guide in the Word of God.

We all should know of The LORD's Prayer in some way or another. Yet, more importantly we all need to know what the Prayer is teaching us. We are going to look at each section within the prayer, and some of the words used within the prayer. This way, we will have a greater understand of the fullness of the prayer our Lord was wanting us to learn.

Look up and read the LORD's Prayer from Matthew 6:9-13.

In Matthew 6:9 Jesus said, "After this manner therefore pray ye:"

It is important for us to know what the lessons are in this prayer. Jesus gave this prayer as an example on how to talk to God.

"After this manner therefore pray ye:" The word manner here is meaning "In this way", Strong's Concordance. Basically, Jesus gives us a step, by step, lesson on how to talk to God.

"Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven." Matthew 6:9-10

Jesus is teaching us to call upon God, our Heavenly Father, which is our "Holy Father" John 17:11 in acknowledgement of His sovereignty with love and fear toward Him. We should always remember, "God Is Holy", "let us have grace, whereby we may serve God acceptably with reverence and godly fear:" Hebrews 12:28

Give thanks unto the LORD, call upon his name ... Sing unto him, sing psalms unto him, talk ye of all his wondrous works. Glory ye in his holy name: let the heart of them rejoice that seek the LORD. Seek the LORD and his strength, seek his face continually. Remember his marvellous works that

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he hath done, his wonders, and the judgments of his mouth ... He is the LORD our God; [1 Chronicles 16:8-14](#)

God is greatly to be feared in the assembly of the saints, and to be had in reverence of all them that are about him. [Psalms 89:7](#)

Read [Psalms 89:1-18](#). This Psalm teaches of the power of our God, and it is full of praise. His mercies are sure. Make a note whenever you read the Scriptures from now on, throughout your life, remember to look for the Praises given to God, and remember His Power and His mercies toward us. Learn of the praises to God in the Scriptures, then in quiet times with God, speak to Him from your heart and praise ye Him.

Hallowed be thy name

“Our Father which art in heaven, **Hallowed** be thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven.” [Matthew 6:9-10](#)

[Hallowed](#)

to make holy, that is, (ceremonially) purify or consecrate; (mentally) to venerate: - hallow, be holy, sanctify.

set apart as sacred, consecrated, or holy

Synonyms

= sanctified, holy, blessed, sacred, honoured, dedicated, revered, consecrated,

(References from the Strong's Concordance, Collins online Dictionary)

As you can see God's name is Hallowed, Holy, and is set apart as Sacred. These words that make up the fullness of the meaning of the word Hallowed are very formal in the highest way. Which means we should take heed to the meanings of these words. God's name is more sacred than any other name and should be kept sacred upon our lips and within our hearts. God is sacred, above any highest court judge in our earthly court system on earth.

When in court we are to give the high court judge honor and respect. If we do not, we can be charged for contempt of court. The Kings or Queens of this world we must also honor. Yet, God is Hallowed, HOLY, SACRED. There is no one on earth that is Hallowed without going through Christ Jesus. God has called us to be like Him because He is Holy.

For I am the LORD your God: ye shall therefore sanctify yourselves, and ye shall be holy; for I am holy: [Leviticus 11:44-45](#)

Ye shall be holy: for I the LORD your God am holy. [Leviticus 19:2](#)

Sanctify yourselves therefore, and be ye holy: for I am the LORD your God. [Leviticus 20:7](#)

But as he which hath called you is holy, so be ye holy in all manner of conversation; Because it is written, Be ye holy; for I am holy. [1 Peter 1:15-16](#)

For our heart shall rejoice in him, because we have trusted in his holy name. [Psalms 33:21](#)

He sent redemption unto his people: he hath commanded his covenant for ever: holy and reverend is his name. The fear of the LORD is the beginning of wisdom: a good understanding have all they that do his commandments: his praise endureth for ever. [Psalms 111:9-10](#)

Thy kingdom come

“Our Father which art in heaven, Hallowed be thy name. **Thy kingdom come**. Thy will be done in earth, as it is in heaven.” [Matthew 6:9-10](#)

The following verses of scripture explains what it means by “Thy kingdom come “

And in the days of these kings shall the God of heaven set up a kingdom, which shall never be destroyed: and the kingdom shall not be left to other people, but it shall break in pieces and consume all these kingdoms, and it shall stand for ever. Forasmuch as thou sawest that the stone was cut out of

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the mountain without hands, and that it brake in pieces the iron, the brass, the clay, the silver, and the gold; the great God hath made known to the king what shall come to pass hereafter: and the dream is certain, and the interpretation thereof sure. [Daniel 2:44-45](#)

And I heard a loud voice saying in heaven, Now is come salvation, and strength, and the kingdom of our God, and the power of his Christ: for the accuser of our brethren is cast down, which accused them before our God day and night. And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death. [Revelation 12:10-11](#)

And the kingdom and dominion, and the greatness of the kingdom under the whole heaven, shall be given to the people of the saints of the most High, whose kingdom is an everlasting kingdom, and all dominions shall serve and obey him. [Daniel 7:27](#)

...Repent ye: for the kingdom of heaven is at hand. [Matthew 3:2](#)

At the end of each study remember to pray, asking for the guidance of the Holy Spirit in Jesus Holy name. Remember to pray for others and then your needs.

Remember to pray before you start study time asking for the guidance of the Holy Spirit to lead you through the Word of God, asking in Jesus' name.

“Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. **Thy will be done in earth, as it is in heaven.**” [Matthew 6:9-10](#)

God longs for us to follow His will, just as the heavenly beings do in Heaven. The earth would be a better place if all would walk in the blessed will of God our Heavenly Father. The “will” here is God’s will, not ours. Therefore, when we pray for God’s will, we must expect change in our life. Things cannot stay the same, we cannot keep walking the way we plan for

ourselves. To receive God’s will in us, is to deny self and take up our cross and follow God’s Son, Christ Jesus.

Read the following verses and take note what it truly means by, Thy will, God’s will, be done in earth, as it is in Heaven.

For whosoever shall do the will of my Father which is in heaven, the same is my brother, and sister, and mother. [Matthew 12:50](#)

Jesus saith unto them, My meat is to do the will of him that sent me, and to finish his work. [John 4:34](#)

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. [Romans 12:2](#)

... but as the servants of Christ, doing the will of God from the heart; [Ephesians 6:6](#)

Therefore shall ye keep my commandments, and do them: I am the LORD. [Leviticus 22:31](#)

O that there were such an heart in them, that they would fear me, and keep all my commandments always, that it might be well with them, and with their children for ever! [Deuteronomy 5:29](#)

If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you. Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples. As the Father hath loved me, so have I loved you: continue ye in my love. If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love. These things have I spoken unto you, that my joy might remain in you, and that your joy might be full. This is my commandment, That ye love one another, as I have loved you. Greater love hath no man than this, that a man lay down his life for his friends. Ye are my friends, if ye do whatsoever I command you. [John 15:7-14](#)

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Read 1 Thessalonians 4:1-18. For this is the will of God...

By reading the given verses above along with the reading of 1 Thessalonians 4, what, by the Holy Spirit of God, do you understand as the will of God is?

The examples given in this study are just some of what is in the scriptures. So, when you are reading and studying the Word of God, take note as the Holy Spirit will lead you to see many other examples

At the end of each study remember to pray, asking for the guidance of the Holy Spirit in Jesus blessed name. Remember to pray for others and then your needs.

“Give us this day our daily bread.” Matthew 6:11

Remember at the start of your study time pray for the guidance of the Holy Spirit in Jesus Holy name. For the Holy Spirit is your teacher and guide in the Word of God through Christ Jesus.

This daily bread is more than just our physical need of food.

My foot hath held his steps, his way have I kept, and not declined. Neither have I gone back from the commandment of his lips; I have esteemed the words of his mouth more than my necessary food. [Job 23:11-12](#)

In the mean while his disciples prayed him, saying, Master, eat. But he said unto them, I have meat to eat that ye know not of. Therefore said the disciples one to another, Hath any man brought him ought to eat? Jesus saith unto them, My meat is to do the will of him that sent me, and to finish his work. [John 4:31-34](#)

If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you. Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples. As the Father hath loved me, so have I loved you: continue ye in my love. If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love. These things have I spoken unto you, that my joy might remain in you, and that your joy might be full. This is my commandment, That ye love one another, as I have loved you. Greater love hath no man than this, that a man lay down his life for his friends. Ye are my friends, if ye do whatsoever I command you. [John 15:7-14](#)

Read through the following verses below, from Matthew 6:24-34; Luke 11:13 and see what examples Jesus gives of our daily bread. Underline each example.

No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon. Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? Which of you by taking thought can add one cubit unto his stature? And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. Wherefore, if God so clothe the grass of the field, which to day is, and to

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morrow is cast into the oven, shall he not much more clothe you, O ye of little faith? Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof. [Matthew 6:24-34](#).

If ye then, being evil, know how to give good gifts unto your children: how much more shall your heavenly Father give the Holy Spirit to them that ask him? [Luke 11:13](#)

Keep your wants, your joys, your sorrows, your cares, and your fears before God. You cannot burden Him; you cannot weary Him. He who numbers the hairs of your head is not indifferent to the wants of His children. "The Lord is very pitiful, and of tender mercy." James 5:11. His heart of love is touched by our sorrows and even by our utterances of them. Take to Him everything that perplexes the mind. Nothing is too great for Him to bear, for He holds up worlds, He rules over all the affairs of the universe. Nothing that in any way concerns our peace is too small for Him to notice. There is no chapter in our experience too dark for Him to read; there is no perplexity too difficult for Him to unravel. No calamity can befall the least of His children, no anxiety harass the soul, no joy cheer, no sincere prayer escape the lips, of which our heavenly Father is unobservant, or in which He takes no immediate interest. "He healeth the broken in heart, and bindeth up their wounds." Psalm 147:3. The relations between God and each soul are as distinct and full as though there were not another soul upon the earth to share His watchcare, not another soul for whom He gave His beloved Son. {SC 100.1}

Jesus said, "Ye shall ask in My name: and I say not unto you, that I will pray the Father for you: for the Father Himself loveth you." "I have chosen you: . . . that whatsoever ye shall ask of the Father in My name, He may give it you." John 16:26, 27; 15:16. But to pray in the name of Jesus is something more than a mere mention of that name at the beginning (page 101) and the ending of a prayer. It is to pray in the mind and spirit of Jesus,

while we believe His promises, rely upon His grace, and work His works. {SC 100.2} EGW

Our daily bread is everything we need for the day ahead. This also includes our daily Spiritual bread from His Word and physical health that we may have the ability to arise and eat of the spiritual, as well as the physical bread. As you walk in life with God, you will learn to see the blessings God gives His children. This even includes safety for the day or the ability to get through any difficulties that come our way. Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof. [Matthew 6:31-34](#).

"And forgive us our debts, as we forgive our debtors."

Forgiveness, with love toward others as we would have them forgive us in the context of "love thy neighbour as thyself"; is very important and we should not miss it. "Forgive us our debts, **as we forgive our debtors.**" Jesus is teaching us a vital lesson here. We are to treat others as we would be treated. "Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets." [Matthew 7:12](#). "And as ye would that men should do to you, do ye also to them likewise." [Luke 6:31](#). Love others as we love ourselves. "Thou shalt love thy neighbour as thyself." [Matthew 22:39](#). We are to forgive as we would be forgiven. Here, God is teaching us that we are forgiven as we forgive others. If we can't forgive someone because they did something to us or our loved ones, God can't forgive us. "For if ye forgive men their trespasses (fall, fault, sin), your heavenly Father will also forgive you: But if ye **forgive not** men their trespasses, **neither** will your Father forgive your trespasses." [Matthew 6:14-15](#).

Example: a loved one is murdered. The murderer asks for forgiveness, and we say in response, what you have done is unforgivable or we may say; I

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cannot because you took my loved one from me. Or someone has lied to us, and we respond, what you have done is unforgivable or we may say; I cannot forgive you because you really hurt me. This puts one in a very dangerous position. Think! Why did Jesus die for us? What put him on the cross? 1 Corinthians 15:3 tells us “that Christ died for our sins according to the scriptures;” Since Jesus died for our sins, we put Him on the cross, we are in the same place as the murderer that is asking for forgiveness when we are asking God for forgiveness of our sins. We have all sinned, as Romans 3:23 tells us “For all have sinned, and come short of the glory of God;” we have offended the whole law, and we are guilty. “For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all.” James 2:10. We are guilty of Jesus death, but “For he (God) hath made him (Jesus) to be sin for us, who knew no sin; that we (us) might be made the righteousness of God in him.” 2 Corinthians 5:21. “For Christ is the end of the law for righteousness to every one that believeth.” Romans 10:4. For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Ephesians 2:8.

When we come to ask mercy and blessing from God we should have a spirit of love and forgiveness in our own hearts. How can we pray, "Forgive us our debts, as we forgive our debtors," and yet indulge an unforgiving spirit? Matthew 6:12. If we expect our own prayers to be heard we must forgive others in the same manner and to the same extent as we hope to be forgiven. {SC 97.1} EGW

Sometimes one may find it hard to go to God in Prayer when we are hurting, or angry, annoyed, or irritated, because of what someone has done to us. Do not let that stop you. Take your feelings to God in prayer, He will help you to have a forgiving heart. When we go to God in prayer, due to the pain others have caused, our heart may have anger and bitterness towards that person because of what they have done; yet when we share our feelings and give God our cares from the heart, he opens His love towards us, He shows us how much He has done for us. This is humbling and beautiful, as His love then flows in us. Yet, with that said, we must have the right spirit in us. It is written, “Be ye angry, and sin not: let not the sun go down upon your wrath.” Ephesians 4:26. We can be angry without sinning. Do not let anger build up. Go to God and He will mould our hearts with the right

Spirit, in Jesus blessed name. If anyone struggles to forgive, tell God, He will help, because the heart cares enough in the realization to the situation one has found themselves in. If your heart was hardened, you would not care about the situation of your struggling to forgive.

Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering; Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye. Colossians 3:12-13

This is my commandment, That ye love one another, as I have loved you. John 15:12

Thou shalt **not** hate thy brother in thine heart: thou shalt in any wise rebuke thy neighbour, and **not** suffer sin upon him. Thou shalt **not** avenge, **nor** bear any grudge against the children of thy people, but thou shalt love thy neighbour as thyself: I am the LORD. Leviticus 19:17-18

Whosoever hateth his brother is a murderer: and ye know that no murderer hath eternal life abiding in him. 1 John 3:15. This is from the heart.

Those that do not give forgiveness to those that wrong them, or not forgiving, along with those that will not turn back to God and do not ask for forgiveness, shall surely die. Yet, those that do turn back to God in the full sense of turning, and ask for forgiveness, and are forgiving toward others and walk away from sin, will walk in the Light of God in Christ Jesus, having the same Spirit. God said. But if the wicked will turn from all his sins that he hath committed, and keep all my statutes, and do that which is lawful and right, he shall surely live, he shall not die. All his transgressions that he hath committed, they shall not be mentioned unto him: in his righteousness that he hath done he shall live. Ezekiel 18:21, 22. Read Ezekiel 18:20-32. Or read all of Chapter 18.

If thou, LORD, shouldest mark iniquities, O Lord, who shall stand? But there is forgiveness with thee, that thou mayest be feared. I wait for the LORD, my soul doth wait, and in his word do I hope. Psalms 130:3-5

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God truly is a loving, caring, forgiving, God.

Do you believe that God is a loving and forgiving God who cares for you?

Do you want to have the same loving, caring, and forgiving spirit that is in God? To be filled with the same Spirit that gives the same fruit, ask of God, in Christ Jesus Holy Name, that you can be holy as God is Holy. Jesus said in John 14:14, "If ye shall ask any thing in my name, I will do it". Look up and read Luke 11:13; Leviticus 19:2; Galatians 5:22-26 before you write down your answer.

We need to always remember how much God has forgiven us through His only begotten Son. If we ask of God to forgive us, he will, because God sent His Son to this world, that through Him we might be saved. But do not ask amiss, have an attitude of true faith. Believe you are forgiven and have the readiness to forgive others. Jesus words on the cross was, "Father, forgive them; for they know not what they do." We should have this same heart of love, towards one another.

Look up and carefully read John 3:16, 17. Note the word "believe", this word is an action word that requires acting faith. The words "might be saved" tells us there is more. The word "believe" requires an action of turning to God with all our heart though His Son, where we receive the same spirit that was in Christ Jesus.

We cannot have an unforgiving heart; we must choose to be forgiving.

And this is his commandment, That we should believe on the name of his Son Jesus Christ, and love one another, as he gave us commandment. And he that keepeth his commandments dwelleth in him, and he in him. And

hereby we know that he abideth in us, by the Spirit which he hath given us. 1 John 3:23-24, Also read Romans 8:11.

If a man say, I love God, and hateth his brother, he is a liar: for he that loveth not his brother whom he hath seen, how can he love God whom he hath not seen? 1 John 4:20

Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets. Matthew 22:37-40

He hath showed thee, O man, what is good; and what doth the LORD require of thee, but to do justly, and to love mercy, and to walk humbly with thy God? Micah 6:8

If thou, LORD, shouldest mark iniquities, O Lord, who shall stand? But there is forgiveness with thee, that thou mayest be feared. I wait for the LORD, my soul doth wait, and in his word do I hope. Psalms 130:3-5

Remember to pray at the end of each study, asking for the guidance of the Holy Spirit to help you think on the things studied from the Word of God, asking in Jesus blessed name. Pray also for others, your needs and safety.

And lead us not into temptation, but deliver us from evil:

Pray for the guidance of the Holy Spirit in Jesus blessed name, asking for the leading of the Holy Spirit in the Word of God.

Perseverance in prayer has been made a condition of receiving. We must pray always if we would grow in faith and experience. We are to be "instant in prayer," to "continue in prayer, and watch in the same with thanksgiving." Romans 12:12; Colossians 4:2. Peter exhorts believers to be "sober, and watch unto prayer." 1 Peter 4:7. Paul directs, "In everything by prayer and supplication with thanksgiving let your requests be made known

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unto God." Philippians 4:6. "But ye, beloved," says Jude, "praying in the Holy Ghost, keep yourselves in the love of God." Jude 20, 21.

Unceasing prayer is the unbroken union of the soul with God, so that life from God flows into our life; and from our life, purity and holiness flow back to God. {SC 97.2}

There is necessity for diligence in prayer; let nothing hinder you. Make every effort to keep open the communion between Jesus and your own soul. EGW

Read Daniel 2:1-23

Daniel found Himself, to no fault of his own, in a bad situation. Who did Daniel, and his friends turn to for help? Note verse 17 and 18

It is important to know who we can turn to and need to turn to in any situation. There are many examples in scripture that teach us to turn to God for help. Read what King Hezekiah did in a situation he could not fix. This account in 2 Kings 19, note verses 14-19, read of this same account in Isaiah 37:14-20, and of another time in Isaiah 38:1-6. Ezra also turned to God for help in the same way, read Ezra 9, note verses 5-15.

Just as important as taking everything to the LORD in prayer; is knowing the Word of God. By knowing the Holy Scriptures and having them deep within our heart we can say in times of temptation "It Is Written" ... just as Jesus did when He was tempted. Read Matthew 4:1-11. From this reading we learn that both Jesus and Satan knew the scriptures. Satan was quoting the scriptures; he was using them out of precept to deceive. Yet, Jesus quoted the scriptures upon precept to stand in the truth.

Christ said to the Sadducees who came tempting Him with questions in Matthew 21:42, "Ye do err, not knowing the scriptures, nor the power of

God." Read also Mark 12:24. When we don't spend time in the Word of God daily, we won't know the things of God that He is longing to teach us. In Acts 17:11 the people search to scriptures daily to know whether the things they were being told were true.

When we pray, "And lead us not into temptation, but deliver us from evil:" we are asking God for the power He gives to help us; this power is in the scriptures, and through prayer. It's in knowing The One that has the power through His Son and being filled with His Holy Spirit. It's having an open communication with Him.

We cannot fully rid of the enemy as Jesus did, without the Word of God, which is Christ. If we have the Word of God in our hearts with loving obedience and in submission, we have Christ in us. Then the Holy Spirit can do His work in us, through Christ Jesus. Roman 8:11 tells us that it is by the same spirit that was in Christ Jesus we are risen. It reads, "But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you." With the same Spirit of Christ in our heart we will love and obey Him, we will have remembrance of the Holy Scriptures in time of need. But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you. John 14:26. The key to "And lead us not into temptation, but deliver us from evil:" is the Word which builds our faith in God. If you do not have or hear the Word of God, we will not have the faith we need to stand, we will not be able to overcome, as the Word says, "So then faith cometh by hearing, and hearing by the word of God." Romans 10:17.

In having the Word do not think you will stand, we can do nothing of ourselves, read John 15:5. Wherefore let him that thinketh he standeth take heed lest he fall. There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it. 1 Corinthians 10:12-13

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Thou openest thine hand, and satisfiest the desire of every living thing. The LORD is righteous in all his ways, and holy in all his works. **The LORD is nigh unto all them that call upon him**, to all that call upon him in truth. He will fulfil the desire **of them that fear him**: he also will hear their cry, and will save them. [Psalms 145:16-19](#)

... for I am with thee to save thee and to deliver thee, saith the LORD. And I will deliver thee out of the hand of the wicked, and I will redeem thee out of the hand of the terrible. [Jeremiah 15:20-21](#)

Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak. [Matthew 26:41](#)

At my first answer no man stood with me, but all men forsook me: I pray God that it may not be laid to their charge. Notwithstanding the Lord stood with me, and strengthened me; that by me the preaching might be fully known, and that all the Gentiles might hear: and I was delivered out of the mouth of the lion. And the Lord shall deliver me from every evil work, and will preserve me unto his heavenly kingdom: to whom be glory for ever and ever. Amen. [2 Timothy 4:16-18](#)

Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you. Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: [1 Peter 5:6-8](#)

The Lord knoweth how to deliver the godly out of temptations ... [2 Peter 2:9](#)

Because thou hast kept the word of my patience, I also will keep thee from the hour of temptation, which shall come upon all the world, to try them that dwell upon the earth. [Revelation 3:10](#)

[Read Luke 8:1-15 and Ephesians 6:1-24](#)

[How do the above two readings help against Temptation?](#)

There is no time or place in which it is inappropriate to offer up a petition to God. There is nothing that can prevent us from lifting up our hearts in the spirit of earnest prayer. In the crowds of the street, in the midst of a business engagement, we may send up a petition to God and plead for divine guidance, as did Nehemiah when he made his request before King Artaxerxes. A closet of communion may be found wherever we are. We should have the door of the heart open continually and our invitation going up that Jesus may come and abide as a heavenly guest in the soul. {SC 99.1}

Although there may be a tainted, corrupted atmosphere around us, we need not breathe its miasma, but may live in the pure air of heaven. We may close every door to impure imaginings and unholy thoughts by lifting the soul into the presence of God through sincere prayer. Those whose hearts are open to receive the support and blessing of God will walk in a holier atmosphere than that of earth and will have constant communion with heaven. {SC 99.2}

We need to have more distinct views of Jesus and a fuller comprehension of the value of eternal realities. The beauty of holiness is to fill the hearts of God's children; and that this may be accomplished, we should seek for divine disclosures of heavenly things. {SC 99.3}

Let the soul be drawn out and upward, that God may grant us a breath of the heavenly atmosphere. We may keep so near to God that in every unexpected (page 100) trial our thoughts will turn to Him as naturally as the flower turns to the sun. {SC 99.4} EGW

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The darkness of the evil one encloses those who neglect to pray. The whispered temptations of the enemy entice them to sin; and it is all because they do not make use of the privileges that God has given them in the divine appointment of prayer. Why should the sons and daughters of God be reluctant to pray, when prayer is the key in the hand of faith to unlock heaven's storehouse, where are treasured (P95) the boundless resources of Omnipotence? Without unceasing prayer and diligent watching we are in danger of growing careless and of deviating from the right path. The adversary seeks continually to obstruct the way to the mercy seat, that we may not by earnest supplication and faith obtain grace and power to resist temptation. {SC 94.2}

There are certain conditions upon which we may expect that God will hear and answer our prayers. One of the first of these is that we feel our need of help from Him. He has promised, "I will pour water upon him that is thirsty, and floods upon the dry ground." Isaiah 44:3. Those who hunger and thirst after righteousness, who long after God, may be sure that they will be filled. The heart must be open to the Spirit's influence, or God's blessing cannot be received. {SC 95.1}

Our great need is itself an argument and pleads most eloquently in our behalf. But the Lord is to be sought unto to do these things for us. He says, "Ask, and it shall be given you." And "He that spared not His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?" Matthew 7:7; Romans 8:32. {SC 95.2}

If we regard iniquity in our hearts, if we cling to any known sin, the Lord will not hear us; but the prayer of the penitent, contrite soul is always accepted. When all known wrongs are righted, we may believe that God will answer our petitions. Our own merit will never commend us to the favor of God; it is the worthiness of Jesus that will save us, His blood that will cleanse us; yet we have a work to do in complying with the conditions of acceptance. (Page 96) {SC 95.3}

Another element of prevailing prayer is faith. "He that cometh to God must believe that He is, and that He is a rewarder of them that diligently seek Him." Hebrews 11:6. Jesus said to His disciples, "What things soever

ye desire, when ye pray, believe that ye receive them, and ye shall have them." Mark 11:24. Do we take Him at His word? {SC 96.1}

The assurance is broad and unlimited, and He is faithful who has promised. When we do not receive the very things we asked for, at the time we ask, we are still to believe that the Lord hears and that He will answer our prayers. We are so erring and short-sighted that we sometimes ask for things that would not be a blessing to us, and our heavenly Father in love answers our prayers by giving us that which will be for our highest good--that which we ourselves would desire if with vision divinely enlightened we could see all things as they really are. When our prayers seem not to be answered, we are to cling to the promise; for the time of answering will surely come, and we shall receive the blessing we need most. But to claim that prayer will always be answered in the very way and for the particular thing that we desire, is presumption. God is too wise to err, and too good to withhold any good thing from them that walk uprightly. Then do not fear to trust Him, even though you do not see the immediate answer to your prayers. Rely upon His sure promise, "Ask, and it shall be given you." {SC 96.2}

If we take counsel with our doubts and fears, or try to solve everything that we cannot see clearly, before we have faith, perplexities will only increase (page 97) and deepen. But if we come to God, feeling helpless and dependent, as we really are, and in humble, trusting faith make known our wants to Him whose knowledge is infinite, who sees everything in creation, and who governs everything by His will and word, He can and will attend to our cry, and will let light shine into our hearts. Through sincere prayer we are brought into connection with the mind of the Infinite. We may have no remarkable evidence at the time that the face of our Redeemer is bending over us in compassion and love, but this is even so. We may not feel His visible touch, but His hand is upon us in love and pitying tenderness. {SC 96.3} EGW

At the end of each study remember to pray, asking for the guidance of the Holy Spirit in Jesus blessed name. Remember to pray for others and then your needs.

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Remember at the start of your study time pray for the guidance of the Holy Spirit in Jesus blessed name. For the Holy Spirit is your teacher and guide in the Word of God.

For thine is the kingdom, and the power, and the glory, for ever. Amen. Praise in acknowledgement in His Sovereignty.

Thine, O LORD, is the greatness, and the power, and the glory, and the victory, and the majesty: for all that is in the heaven and in the earth is thine; thine is the kingdom, O LORD, and thou art exalted as head above all. Both riches and honour come of thee, and thou reignest over all; and in thine hand is power and might; and in thine hand it is to make great, and to give strength unto all. Now therefore, our God, we thank thee, and praise thy glorious name. [1 Chronicles 29:11-13](#)

Remember the story in [Daniel 2:1-19](#) where Daniel and his friends turned to God for Help.

Now read [Daniel 2:17-23, 26-30](#).

Who did Daniel give recognition to and praise to? See verses 17-23

Did Daniel take any credit for the wisdom revealed to him when he went before the King? See 26-30

Read [Psalms 47:1-9; 145:1-21](#)

Now unto the King eternal, immortal, invisible, the only wise God, be honour and glory for ever and ever. Amen. [1 Timothy 1:17](#)

We also have been given instructions to pray in the name of Jesus. [1 Timothy 2:5](#). Says, “For there is one God, and one mediator between God and men, the man Christ Jesus;” and in [Philippians 3:17](#) “And whatsoever ye do in word or deed, do all **in the name of the Lord Jesus, giving thanks to God and the Father by him.**”

A Mediator is, a go between, that is, (simply) an *internunciator*, or (by implication) a *reconciler (intercessor)*: - mediator. (References from the Strong's Concordance)

Jesus is our Mediator. The One who is between God and man. Jesus is the One we need, in order, for us to get to the Father. The Sanctuary in the Old Testament gives us the understanding that **without** the Lamb and His Blood, which represents Jesus Christ and His Blood and the Washing at the Laver, which is the Holy Spirit, where the Blood and water come together, we cannot enter The Holy Place which is Heaven itself. A full study on this is written in a small book called “Thy way, O God, is in the Sanctuary:”, which you will be able to find it on the same web site you found these Studies on.

Jesus Said, “Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father. **And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son.** If ye shall ask any thing in my name, I will do it. **If ye love me, keep my commandments.** [John 14:12-15](#)

O give thanks unto the LORD, for he is good: for his mercy endureth for ever. [Psalms 107:1](#)

Oh that men would praise the LORD for his goodness, and for his wonderful works to the children of men! [Psalms 107:8, 15, 21, 31](#)

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We must gather about the cross. Christ and Him (page 104) crucified should be the theme of contemplation, of conversation, and of our most joyful emotion. We should keep in our thoughts every blessing we receive from God, and when we realize His great love we should be willing to trust everything to the hand that was nailed to the cross for us. {SC 103.3}

The soul may ascend nearer heaven on the wings of praise. God is worshiped with song and music in the courts above, and as we express our gratitude we are approximating to the worship of the heavenly hosts. "Whoso offereth praise glorifieth" God. Psalm 50:23. Let us with reverent joy come before our Creator, with "thanksgiving, and the voice of melody." Isaiah 51:3. {SC 104.1} EGW

At the end of each study remember to pray, asking for the guidance of the Holy Spirit in Jesus blessed name. Remember to pray for others and then your needs.

Remember at the start of your study time pray for the guidance of the Holy Spirit in Jesus blessed name. For the Holy Spirit is your teacher and guide in the Word of God.

The Lord's Prayer is very much the same as The Great Commandment in Matthew 22:37-40. "Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets.

Can you see the links to them Both? Beautiful, isn't it? The Word is always linked with God, His Son Jesus and His Commandments.

"After this manner therefore pray ye:"

Start your prayer with the acknowledgement of God and who He is; The Holy One, Creator God, The I Am, who is ever lasting without end.

Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven.

Then pray for the needs of others along with your needs.

The word "Us" includes ourselves and others, in the manner of "love thy neighbour as thyself" Read Leviticus 19:17-18

"Give **us** this day our daily bread," Is asking God for spiritual and physical needs for ourselves and others.

"And forgive **us** our debts, as we forgive our debtors." Is asking for forgiveness of our sins, in the understanding of why we need to forgive others that have wronged us, "For if ye forgive men their trespasses, your heavenly Father will also forgive you: **But** if ye forgive not men their trespasses, neither will your Father forgive your trespasses." Matthew 6:14-15

"And lead **us not** into temptation, **but deliver us from** evil:" Is asking for God's help, guidance and deliverance for ourselves and others "that ye may be able to stand against the wiles of the devil" Ephesians 6:11 and that we can keep our hearts connected with God at all times.

End your prayer with Praise in acknowledgement in His Sovereignty. "For thine is the kingdom, and the power, and the glory, for ever. Amen." Matthew 6:9-13

Now unto the King eternal, immortal, invisible, the only wise God, be honour and glory for ever and ever. Amen. 1Timothy 1:17

We need to praise God more "for His goodness, and for His wonderful works to the children of men." Psalm 107:8. Our devotional exercises should not (Page 103) consist wholly in asking and receiving. Let us not be always thinking of our wants and never of the benefits we receive. We do not pray any too much, but we are too sparing of giving thanks. We are the constant recipients of God's

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mercies, and yet how little gratitude we express, how little we praise Him for what He has done for us. {SC 102.2}EGW

Secret prayer is to be heard only by the prayer-hearing God. No curious ear is to receive the burden of such petitions. In secret prayer the soul is free from surrounding influences, free from excitement. Calmly, yet fervently, will it reach out after God. Sweet and abiding will be the influence emanating from Him who seeth in secret, whose ear is open to hear the prayer arising from the heart. By calm, simple faith the soul holds communion with God and gathers to itself rays of divine light to strengthen and sustain it in the conflict with Satan. God is our tower of strength. {SC 98.2}

Pray in your closet, and as you go about your daily labor let your heart be often uplifted to God. (Page 99) It was thus that Enoch walked with God. These silent prayers rise like precious incense before the throne of grace. Satan cannot overcome him whose heart is thus stayed upon God. {SC 98.3} EGW

Be careful - (anxious about) for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. [Philippians 4:6](#)

(Reference from the Strong's Concordance)

In closing your study time with God today, Pray; I delight to do thy will, O my God: yea, thy law is within my heart. [Psalm 40:8](#). And ask God to guide you always to seek His will in all that you plain to do, and to walk in His will throughout your life in Christ Jesus. Remember to pray for others and then your need, as we should let our “requests be made known unto God.” [Philippians 4:6](#). “In all thy ways acknowledge him, and he shall direct thy paths.” [Proverbs 3:6](#). Now unto the King eternal, immortal, invisible, the only wise God, be honour and glory for ever and ever. Amen. [1Timothy 1:17](#). Always praying in The Name Of Jesus.