PRAYER FROM YOUR HEART:

If you pray this aloud, it will have even more power and impact on you, as you speak to God!

My Heavenly Father, I thank you that you know me and love me and that you knew me and loved me before I was even born!

I recognize that I have not yet had the fullness of the heart and life connection you intended me to have with you. Thank you for bringing this to my attention and impressing on my heart how amazing this can be. I am blown away by the fact that you could love me just as I am right now. You even know the things I will do in the future—perfect or imperfect—and will still love me even then.

You have won me with your great love for me, and I would like to step into this place with you and experience it for myself. You love me in ways only you know, including how I so long to be deeply loved. Your unconditional and infinite love and grace can even heal my heart wounds and the scars from life that I have suffered along the way. I love that!

Because of your love, I turn away from the selfish ways I have tried to live, struggling to find my way and trying to figure out life and why I am here. I realize that the love you have for me is enough. I now see that our relationship is not based on my performance or good works, but only on faith and trust in your love and work for me through your son Jesus.

I ask you to come into my being, into this heart of mine, the seat of my will and emotions and desires in life. I ask you to take your place on the throne of my heart. Show me your way, the way you intend me to live the best life on earth from here on out, fulfilling everything you have for me to do and be, and receiving all the blessings you have wrapped up as gifts for me to open, as I walk hand in hand with you through life.

I am excited to be learning all about you and your ways! I know your thoughts are higher than my thoughts, and your ways are greater and more amazing and mind-boggling than even the largest thoughts I could think about life. I want to know, to learn, to be, do and have everything you planned and designed for me in this life, Father God.

Thank you for giving me your Son and God-Man Jesus the Christ as a human example for us to follow. Even as he demonstrated how he listened to your voice and did what you showed him to do, including signs, wonders, and miracles on earth, he taught us how to live, just going about doing good and spreading your love.

Lord, thank you that, as I now receive all of you, you've downloaded to me that Spirit of Jesus in my life through your Holy Spirit. He will now be teaching me

and speaking to me in ways I can hear and feel and understand. Through him, I can learn to let your love language with your whispers and signs in life speak into my spirit, as I continue to receive your love gifts to me.

I thank you that as I do that, your love in me will not just fill me up completely, meeting every need of my heart, but will also overflow in love to others, changing their lives as well as mine with the sweet touch of your love on us all.

Father, I look forward to reading the Bible, your love letter to me. There I can see demonstrations of your love and faithfulness through your chosen people, the Jewish nation, along with the power of your Word.

Jesus, I'm excited to study the Gospels that talk about your life among us. There you showed us how to live abundantly, with peace, joy, love, and so many more good things automatically flowing in us and to us.

And the "wow" I know I will also see there is that because of your perfect earthly life, your willing and foretold death, and overcoming death, you rose again to connect me with that same resurrection power. The big wow is that I, too, as a believer and Christ follower walking in your ways and your love, am also given the same power and authority and wisdom to do what you did on earth—and even greater things. What an amazing life we now have together!

I thank you for this opening of my heart and pouring in your love, joy, peace, and the power that comes from knowing you, not just knowing about you.

Through this divine exchange of your love for all my selfish and sinful ways through the power of the cross of Jesus and his blood shed in payment for my release from judgment and condemnation, I rejoice. You have washed me clean!

I am free inside, released from guilt and bondage to things that held me back in the past. My life will never be the same because of what you have done for me and in me today.

You are the lover of my soul. All I can do is stand amazed in your presence. I open my heart to you fully, trusting in you to finish the work you have started in me and bring it to completion in being the person you have uniquely designed me to be from the foundations of the earth.

Amen! Let it be so!

Scripture References for Concepts in the Prayer Above

Note: These verses are all from the New International Version (NIV) unless otherwise noted. You can enter go to <u>www.BibleGateway.com</u> and enter the Scripture reference to see the passage and compare it to other versions or expand the passage to see it in context.

1. God knows you and loves you and always will! He knew you in your mother's womb, and even before the foundations of the earth!

Psalm 139:1-18

For the director of music. Of David. A psalm.

- 1 You have searched me, Lord, and you know me.
- 2 You know when I sit and when I rise; you perceive my thoughts from afar.
- 3 You discern my going out and my lying down; you are familiar with all my ways.
- 4 Before a word is on my tongue you, Lord, know it completely.
- 5 You hem me in behind and before, and you lay your hand upon me.
- 6 Such knowledge is too wonderful for me, too lofty for me to attain.
- 7 Where can I go from your Spirit? Where can I flee from your presence?
- 8 If I go up to the heavens, you are there; if I make my bed in the depths, you are there.
- 9 If I rise on the wings of the dawn, if I settle on the far side of the sea.
- 10 even there your hand will guide me, your right hand will hold me fast.
- 11 If I say, "Surely the darkness will hide me and the light become night around me,"
- 12 even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.
- 13 For you created my inmost being; you knit me together in my mother's womb.
- 14 I praise you because I am fearfully and wonderfully made; your works are wonderful,

I know that full well.

15 My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth.
16 Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.
17 How precious to me are your thoughts, God! How vast is the sum of them!
18 Were I to count them, they would outnumber the grains of sand when I awake, I am still with you.

2. Jesus is God and was with him from the beginning, creating all things in this physical realm. Then Jesus came to earth as fully God and fully man – to both show us how to live the way God intended for us to live abundantly and filled with the Father's love and to provide the only redemption for our salvation as the last and final sacrifice as he gave his life for us on the cross.

John 1:1-18

The Word Became Flesh

In the beginning was the Word, and the Word was with God, and the Word was God. **2** He was with God in the beginning. **3** Through him all things were made; without him nothing was made that has been made. **4** In him was life, and that life was the light of all mankind. **5** The light shines in the darkness, and the darkness has not overcome it.

6 There was a man sent from God whose name was John. **7** He came as a witness to testify concerning that light, so that through him all might believe. **8** He himself was not the light; he came only as a witness to the light.

9 The true light that gives light to everyone was coming into the world. **10** He was in the world, and though the world was made through him, the world did not recognize him. **11** He came to that which was his own, but his own did not receive him. **12** Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God— **13** children born not of natural descent, nor of human decision or a husband's will, but born of God.

14 The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.

15 (John testified concerning him. He cried out, saying, "This is the one I spoke about when I said, 'He who comes after me has surpassed me because he was before me.'") **16** Out of his fullness we have all received grace in place of grace already given. **17** For the law was given through Moses; grace and truth came through Jesus Christ. **18** No one has ever seen God, but the one and only Son, who is himself God and is in closest relationship with the Father, has made him known.

Philippians 2:5-11

5 In your relationships with one another, have the same mindset as Christ Jesus:

6 Who, being in very nature God,

did not consider equality with God something to be used to his own advantage;

7 rather, he made himself nothing by taking the very nature of a servant,

being made in human likeness.

8 And being found in appearance as a man,

he humbled himself

by becoming obedient to death—

even death on a cross!

9 Therefore God exalted him to the highest place and gave him the name that is above every name,

- **10** that at the name of Jesus every knee should bow, in heaven and on earth and under the earth,
- **11** and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.

3. God is LOVE and can do nothing outside of his BEING of Love – unconditional and divine. Therefore, his plans concerning you are for your good and to show you his love for you no matter what happens in this fallen world where the prince of darkness plays havoc with its inhabitants, trying to deceive us – even the children of light whose names are written in the Lamb's Book of Life.

1 John 3:1-5

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him. **2** Dear friends, now we are children of God, and what we will be has not yet been made known. But we know that when Christ appears, we shall be like him, for we shall see him as he is. **3** All who have this hope in him purify themselves, just as he is pure. **4** Everyone who sins breaks the law; in fact, sin is lawlessness. **5** But you know that he appeared so that he might take away our sins. And in him is no sin.

4. God is faithful and just, always true to his character. Even in the Old Testament God used the enemies of the Israelites to turn their hearts back to God again when they went astray. God's message of love prevails throughout the Bible, his ultimate love story demonstrated through the Jewish nation and then through them and Jesus throughout the world.

Deuteronomy 32:3-4

3 I will proclaim the name of the Lord. Oh, praise the greatness of our God!

4 He is the Rock, his works are perfect, and all his ways are just.

A faithful God who does no wrong, upright and just is he.

5. The role of Faith & Works and the Grace of God

John 1:17

For the law was given through Moses; **grace and truth** came through Jesus Christ.

Galatians 2:15-16

"We who are Jews by birth and not sinful Gentiles **16** know that a person is not justified by the works of the law, but by faith in Jesus Christ. So we, too, have put our faith in Christ Jesus that we may be justified by faith in Christ and not by the works of the law, because by the works of the law no one will be justified.

6. None are righteous – all are sinners under the law, as no one can keep the law perfectly. But God gave us Jesus to be the righteousness of God. When we accept him by faith, his righteousness covers all our sin, and we become the "righteousness of God" in God's eyes – now holy and able to come before God without blemish. That is Christ's sacrifice and covering for us.

Romans 3:9-26

No One Is Righteous

9 What shall we conclude then? Do we have any advantage? Not at all! For we have already made the charge that Jews and Gentiles alike are all under the power of sin. **10** As it is written:

"There is no one righteous, not even one;

- **11** there is no one who understands; there is no one who seeks God.
- **12** All have turned away,

they have together become worthless;

there is no one who does good,

not even one."

13 "Their throats are open graves;

their tongues practice deceit."

"The poison of vipers is on their lips."

- 14 "Their mouths are full of cursing and bitterness."
- 15 "Their feet are swift to shed blood;
- 16 ruin and misery mark their ways,

17 and the way of peace they do not know."

18 "There is no fear of God before their eyes."

19 Now we know that whatever the law says, it says to those who are under the law, so that every mouth may be silenced and the whole world held accountable to God. **20** Therefore no one will be declared righteous in God's sight by the works of the law; rather, through the law we become conscious of our sin.

Righteousness Through Faith

21 But now apart from the law the righteousness of God has been made known, to which the Law and the Prophets testify. **22** This righteousness is given through faith in Jesus Christ to all who believe. There is no difference between Jew and Gentile, **23** for all have sinned and fall short of the glory of God, **24** and all are justified freely by his grace through the redemption that came by Christ Jesus. **25** God

presented Christ as a sacrifice of atonement, through the shedding of his blood—to be received by faith. He did this to demonstrate his righteousness, because in his forbearance he had left the sins committed beforehand unpunished— **26** he did it to demonstrate his righteousness at the present time, so as to be just and the one who justifies those who have faith in Jesus.

7. God wants to make your life easier, not harder. He wants to give you rest from your heavy burdens and asks you to take up partnership with him by yoking together with God's purposes for the world and your life.

Matthew 11:28-30

28 "Come to me, all you who are weary and burdened, and I will give you rest. **29** Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. **30** For my yoke is easy and my burden is light."

8. God's thoughts of you are higher than your thoughts and beyond our understanding and imagination for what he has planned and including why he does what he does on earth and in heaven.

Isaiah 55:9

"As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.

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9. Your heart condition is important to God. Not only does he draw you closer to his heart, but he heals the wounds and scars and broken hearts along the way. Sometimes it involves opening up the raw tender places of your heart, cutting through the hardened exterior, and removing stony places or built-up scar tissue, noted here as "circumcising your heart."

Deuteronomy 30:6

The Lord your God will circumcise your hearts and the hearts of your descendants, so that you may love him with all your heart and with all your soul, and live.

Psalm 147:3

He heals the brokenhearted and binds up their wounds.

10. God will always walk with you and do what he promises. His faithfulness is a sure thing you can count on for generations to come!

Deuteronomy 7:9

Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments.

11. You have been chosen by God. He has been drawing you to himself, and your name is written in the Lamb's Book of Life! Here is a glimpse of what Heaven looks like where the Book of Life is housed and your deeds are written for you to accomplish in your lifetime as you choose to step into them to bring them forth.

Revelation 21

A New Heaven and a New Earth

21 Then I saw "a new heaven and a new earth," for the first heaven and the first earth had passed away, and there was no longer any sea. **2** I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband. **3** And I heard a loud voice from the throne saying, "Look! God's dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God. **4** 'He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away."

5 He who was seated on the throne said, "I am making everything new!" Then he said, "Write this down, for these words are trustworthy and true."

6 He said to me: "It is done. I am the Alpha and the Omega, the Beginning and the End. To the thirsty I will give water without cost from the spring of the water of life. **7** Those who are victorious will inherit all this, and I will be their God and they will be my children. **8** But the cowardly, the unbelieving, the vile, the murderers, the sexually immoral, those who practice magic arts, the idolaters and all liars—they will be consigned to the fiery lake of burning sulfur. This is the second death."

The New Jerusalem, the Bride of the Lamb

9 One of the seven angels who had the seven bowls full of the seven last plagues came and said to me, "Come, I will show you the bride, the wife of the Lamb." **10** And he carried me away in the Spirit to a mountain great and high, and showed me the Holy City, Jerusalem, coming down out of heaven from God. **11** It shone with the glory of God, and its brilliance was like that of a very precious jewel, like a jasper, clear as crystal. **12** It had a great, high wall with twelve gates, and with twelve angels at the gates. On the gates were written the names of the twelve tribes of Israel. **13** There were three gates on the east, three on the north, three on the south and three on the west. **14** The wall of the city had twelve foundations, and on them were the names of the twelve apostles of the Lamb.

15 The angel who talked with me had a measuring rod of gold to measure the city, its gates and its walls. **16** The city was laid out like a square, as long as it was wide. He measured the city with the rod and found it to be 12,000 stadia in length, and as wide and high as it is long. **17** The angel measured the wall using human measurement, and it was 144 cubits thick. **18** The wall was made of jasper, and the city of pure gold, as pure as glass. **19** The foundations of the city walls were decorated with every kind of precious stone. The first foundation was jasper, the second sapphire, the third agate, the fourth emerald, **20** the fifth onyx, the sixth ruby, the seventh chrysolite, the eighth beryl, the ninth topaz, the tenth turquoise, the eleventh jacinth, and the twelfth amethyst. **21** The twelve gates were twelve pearls, each gate made of a single pearl. The great street of the city was of gold, as pure as transparent glass.

22 I did not see a temple in the city, because the Lord God Almighty and the Lamb are its temple. 23 The city does not need the sun or the moon to shine on it, for the glory of God gives it light, and the Lamb is its lamp. 24 The nations will walk by its light, and the kings of the earth will bring their splendor into it. 25 On no day will its gates ever be shut, for there will be no night there. 26 The glory and honor of the nations will be brought into it. 27 Nothing impure will ever enter it, nor will anyone who does what is shameful or deceitful, but only those whose names are written in the Lamb's book of life.

12. Jesus speaks about the Second Birth, being born again – first by natural birth into this world, then by a spiritual birth where your eyes

are now opening to see things in the spiritual realm – and now able to discern truth and light out of the darkness of the world.

John 3:1-21

Now there was a Pharisee, a man named Nicodemus who was a member of the Jewish ruling council. **2** He came to Jesus at night and said, "Rabbi, we know that you are a teacher who has come from God. For no one could perform the signs you are doing if God were not with him."

3 Jesus replied, "Very truly I tell you, no one can see the kingdom of God unless they are born again."

4 "How can someone be born when they are old?" Nicodemus asked. "Surely they cannot enter a second time into their mother's womb to be born!"

5 Jesus answered, "Very truly I tell you, no one can enter the kingdom of God unless they are born of water and the Spirit. **6** Flesh gives birth to flesh, but the Spirit gives birth to spirit. **7** You should not be surprised at my saying, 'You must be born again.' **8** The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit."

9 "How can this be?" Nicodemus asked.

10 "You are Israel's teacher," said Jesus, "and do you not understand these things? 11 Very truly I tell you, we speak of what we know, and we testify to what we have seen, but still you people do not accept our testimony. 12 I have spoken to you of earthly things and you do not believe; how then will you believe if I speak of heavenly things? 13 No one has ever gone into heaven except the one who came from heaven—the Son of Man. 14 Just as Moses lifted up the snake in the wilderness, so the Son of Man must be lifted up, 15 that everyone who believes may have eternal life in him."

16 For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. 17 For God did not send his Son into the world to condemn the world, but to save the world through him. 18 Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God's one and only Son. 19 This is the verdict: Light has come into the world, but people loved darkness instead of light because their deeds were evil. 20 Everyone who does evil hates the light, and will not come into the light for fear that their deeds will be exposed. 21 But whoever lives by the truth comes into the light, so that it

may be seen plainly that what they have done has been done in the sight of God.

13. Jesus entrusts us to continue living on earth as he did and do the works the Father has for each of us. God has not left us alone on earth but has sent his Holy Spirit to comfort, guide, and teach us as we go, as well as to empower us with the breath of God to do even greater things than Jesus did on earth. Amazing!

John 14:12-14

Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father. **13** And I will do whatever you ask in my name, so that the Father may be glorified in the Son. **14** You may ask me for anything in my name, and I will do it.

Acts 1:4-8

On one occasion, while he was eating with them, he gave them this command: "Do not leave Jerusalem, but wait for the gift my Father promised, which you have heard me speak about. **5** For John baptized with water, but in a few days you will be baptized with the Holy Spirit."

6 Then they gathered around him and asked him, "Lord, are you at this time going to restore the kingdom to Israel?"

7 He said to them: "It is not for you to know the times or dates the Father has set by his own authority. **8** But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."

This last verse refers to what is called the Great Commission. Jesus knew they would not be able to spread the good news of the Gospel without the power of the Holy Spirit. You can read more about this in the book of Acts, especially the first two chapters that talk about the coming of the Holy Spirit on the believers.

John 14:25-27

"All this I have spoken while still with you. **26** But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. **27** Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

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14. This is the year of the Lord's Favor on you! Enjoy the poetry and symbolism of this great chapter with prophetic words from the prophet Isaiah. Take the symbolic meaning that was spoken about God's chosen nation Israel and apply it to yourself, since the blessings and favor of God now extend to you as a child of his family. Turn this into a prayer of thanksgiving with your name in each verse, as you thank God for his abundant love, mercy, grace, and blessings he has poured out on you for all time, now that you have said "Yes!" and received Christ's finished work on the cross for you, connecting you forever with God's heart and work in you.

Isaiah 61

The Year of the Lord's Favor

The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim **good news** to the poor. He has sent me to **bind up the brokenhearted**, to proclaim freedom for the captives and release from darkness for the prisoners, 2 to proclaim the year of the Lord's favor and the day of vengeance of our God, to **comfort** all who mourn, and provide for those who grieve in Zion-3 to bestow on them a **crown of beauty** instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the Lord for the display of his splendor. 4 They will rebuild the ancient ruins and **restore** the places long devastated; they will **renew** the ruined cities that have been devastated for generations. 5 Strangers will shepherd your flocks; foreigners will work your fields and vineyards. 6 And you will be called priests of the Lord,

you will be named ministers of our God. You will feed on the wealth of nations, and in their riches you will boast. 7 Instead of your shame you will receive a **double portion**, and instead of disgrace you will **rejoice** in your inheritance. And so you will inherit a double portion in your land, and everlasting joy will be yours. 8 "For I, the Lord, love justice; I hate robbery and wrongdoing. In my faithfulness I will **reward** my people and make an everlasting covenant with them. **9** Their descendants will be known among the nations and their offspring among the peoples. All who see them will acknowledge that they are a people the Lord has blessed." **10** I delight greatly in the Lord; my soul rejoices in my God. For he has clothed me with garments of salvation and arrayed me in a robe of his righteousness, as a bridegroom adorns his head like a priest, and as a bride adorns herself with her jewels. **11** For as the soil makes the sprout come up and a garden causes seeds to grow, so the Sovereign Lord will make righteousness and praise spring up before all nations. ~~~~~~~~~~~~

15. NOW: **Rejoice** in the new life in you as a seed God has planted in your heart that is growing and finding nourishment from spending time with God, being fed on his love and the insights he is downloading to you through reading his Word, the Holy Bible – his love letter to you in the story of his love for a chosen nation he wanted to demonstrate his ways to the world.

Walk in faith and love, following the heart and example of Jesus. Keep your mind intentionally set and focused on all the blessings and goodness around you – and more will come flowing in to you! The more love you allow to pour into you, the more you let him in to the dark areas

to heal those hurting places, the more you will be filled with his light and love and it will overflow to others around you.

That is his intent for your life! One **filled with his love and favor and blessings**, no matter what is going on around you in the world! He is your Rock and your Fortress, a solid foundation for absolute Truth personified for your life.

The more you read his Word, the more of his promises you will uncover. Then you can ask and speak them out in thanks and praise before you even receive them, believing they are already on the way to you, as God knows what you need before you even ask him! He is a loving Father and only has good gifts to give his children. They are already heaped up in heaven waiting to be sent to you on earth as you connect with him throughout each day.

Philippians 4:4-9

Final Exhortations

Rejoice in the Lord always. I will say it again: Rejoice! **5** Let your gentleness be evident to all. The Lord is near. **6** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

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>>> I leave you with this, my prayer for you... <<<

# Ephesians 3:14-21

For this reason I kneel before the Father, **15** from whom every family in heaven and on earth derives its name. **16** I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, **17** so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, **18** may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, **19** and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

**20** Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, **21** to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

# Amen and amen!

Walk in your blessings today and every day!

Lois