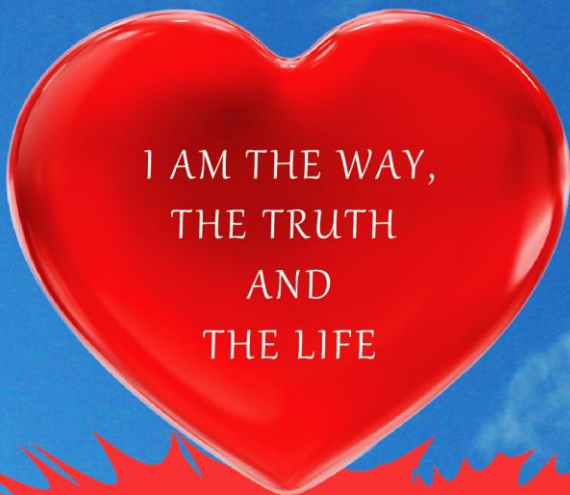




GOD LOVES YOU

REACHING OUR FATHER'S HEART
THROUGH JESUS CHRIST



I AM THE WAY,
THE TRUTH
AND
THE LIFE

DO YOU LOVE GOD?

*God whispered in a gentle still voice,
“Tell everyone about My Love.”*

INTRODUCTION

Many a times, we struggle while trying to find answers to our simple questions. This book will help you with answers to your simple questions about God, Jesus, Holy Spirit and your relationship with God.

This book also has wonderful testimonies of God's Glory in the lives of His children who have witnessed their joy in Jesus Christ.

There are powerful prayers in this book based on God's Promises and the Word of God. You can refer to these prayers during your daily walk with God and rejoice in Him.

I am confident that you will enjoy reading this book as much as I enjoyed reading this book. Both the authors are known to me and they have consciously kept the language very simple such that it touches the heart of the common man. When you read this book, you will be filled with God's Love, Peace and Joy.

Be blessed, stay blessed and be a blessing to others.

God bless you,
Alphonsa

SECTION I – God Questions

Questions people frequently ask

Before we begin, let us ask ourselves these questions....

Who is God for me?

What is my relationship with God?

Does God punish?

According to me, is God a loving God or an angry God?

How do I know if what I know is the Truth?

Who is God?

God is Almighty. He is our Creator. We are His creations. He allows us to call Him as our Father through His Son, Lord Jesus Christ.

Who is Jesus?

Jesus is the Son of God. God is the Creator of the heavens and the earth. He created everything and is the owner of all creation.

God sent His only begotten Son, Jesus Christ to earth to die for us on the cross as a sacrifice so that we human beings are saved from sin and are united to God as His children. Jesus bore all our sins on the cross in order to save us. Through Jesus Christ, we have the right to call God, our Creator as our Father (Abba).

Who is the Holy Spirit?

When Jesus left this earth, He gave us His Spirit to dwell in us and guide us. This is the Holy Spirit.

Is Jesus God? Is the Holy Spirit God?

Yes. We have a triune God. The Father, the Son and the Holy Spirit are One. God created the heavens, the earth, everything on earth and human beings. He sent His Son,

Jesus to come and dwell on earth. Jesus came to teach us Godly way of living and He came to die for us on the cross. He washed away our sins in His precious blood by dying for us on the cross so that we are united to God. And He has given us His Holy Spirit to dwell in our hearts and be with us forever.

The Holy Spirit will reside in us if we invite Him to our hearts.

Who is God for me?

God is our Loving Heavenly Father. We often look up to God as our Creator and we as His creations. But there is more to this truth. He is our Father and we are His children through our Lord Jesus Christ. When we believe in Jesus as His begotten Son, we are united to God as His children. Through Jesus, we are entitled to call our Creator as Abba Father.

What does God want from us?

God wants us to know that He loves us. And He looks forward to us loving Him as our Father. He wants us to know that He has great plans for each one of us. He wants us to love Him, come closer to Him and strengthen

our relationship with Him. He wants us to spend time with Him – talking to Him, seeking His guidance, in prayer, in solitude. He wants us to know Him more closely.

What is the purpose of our lives?

The purpose of our lives is to do God's Will. And God's Will for us is to love Him, to know Him better and to know that He loves us beyond what we can imagine or what we can describe in words. In order to know how we can love Him, serve Him, serve others and be successful in our lives, we need to spend more time with God, in His Holy Presence.

How can we come closer to God?

We can come closer to God by regularly spending time in His Holy Presence, by reading and meditating on the Word of God (the Bible), by praying to Him and by giving Him the first place in our lives. Making time for Him and spending time in His Presence every day should be our top priority.

What is solitude? What is 'silent time'?

Solitude is spending time with God, in His Holy Presence, at His Feet. God loves us and desires that we spend time with Him and know His love for us. Often, we reach out to God and pray to Him only in times of our needs. God desires more from us. He desires that we spend time with Him not only when we need favors from Him but also when everything is going good in our lives. He wants to be the most important person in our lives. He wants us to share with Him not just our sorrows, but our joy and happiness too. He wants us to discuss with Him our problems, challenges, our joy, our success and everything that is part of our lives. He wants us to surrender our lives and our complete being to Him so that He can direct us with all the goodness and riches that He has in store for us.

And for that, we are to seek Him, spend time with Him, know Him and be obedient to Him.

What is God's plan for us? What is salvation?

It is God's desire for everyone to have eternal life with Him. Human beings rebelled against God and fell into sin. But God is so loving that He did not leave us without hope or without solution. God sent His Son, Jesus to this world to die for us on the cross as a sacrifice for our sins.

When we believe in Jesus and repent, He forgives us and we are united to Him.

When we receive Jesus Christ as our Savior by personal faith, by trusting in the person of Jesus Christ, His sacrificial death on the cross for our sins and His resurrection, we fulfil God's desire for us to be saved from eternal judgment and consequences of sin. And we can be assured about our future with God, in His Holy Presence forever. And that is salvation.

Does God really invite us to His Presence?

It is God's desire that we dwell in His Holy Presence. When the first disciples of Jesus approached Jesus and asked Him where He lived, He answered, "Come and see." And since then, the disciples followed Jesus and lived with Him. God's love is the same – yesterday, today and forever. Even now, if we are curious to know Him more, it is His invitation that we spend time with Him, know Him and experience His love. We only need to have a willing heart and a willing mind.

Jesus invites us and says, *"Come to Me, all who are tired from carrying heavy loads, and I will give you rest."*

Another wonderful promise of God for us, as mentioned in the Bible is, *"Cast all your anxiety on Him because He cares for you."*

Truly, God is a Loving God and He invites us to His Presence, to be with Him.

Why is Jesus worshipped?

We worship Jesus because He is the Son of God. He came to earth to die for us. He came to earth to be with us and to teach us Godly way of living. He came to save us from the wrath of sin and sickness. He died for us on the cross and united us to God, our Loving Heavenly Father. Through Him, we can call Almighty God as our Father.

Are there any specific prayer timings for praying to Jesus?

No, there are no specific prayer timings or specific days of the week for praying to Jesus. God wants us to spend time with Him every single day. We can pray to Him at any time of the day.

It is a good practice to pray to Jesus in the morning before we begin our day and also at night before we go to bed. We can pray for His blessings when we begin our day. At night, we can end our day in prayer thanking Him for His grace and blessings. The end of the day is also a good time to reflect upon the whole day, to thank Him for His blessings, to ask Him for forgiveness for the mistakes that we would have done during the day and to seek His guidance and blessings for the next day.

We are also to pray for our dear ones, our friends, our neighbors and others. God loves it when we pray for others. Therefore, we should also spend some time praying and interceding for other people.

Can someone go to church even during periods?

Yes, one can go to church even during periods. There is no rule or restriction regarding this. Jesus is equally accessible to the sick and to the healthy, the rich and the poor, the children and the adults. Jesus came to earth to dwell amongst us. He, being the Son of God had a choice where He wanted to be born. Instead of the comfort of a rich house, He chose the manger as His place of birth. He allowed the shepherds to visit Him first before other rich people could visit Him.

How should we pray?

There are no specific rules and regulations for praying. We can pray with our hands folded or our hands open. We can pray while kneeling down, or sitting, or standing. What matters is our hearts. Jesus looks at our hearts.

When we pray, we should thank and praise Him for all that He does for us and our dear ones. We can use specific prayers as part of our daily prayer life. Prayer is also a time to openly talk to God, our Father. When we talk to our earthly father, we do not prepare beforehand on how we will talk and what words we will use. It is

spontaneous. Likewise, when we reach out to our Loving Heavenly Father, our prayers can also be spontaneous in nature. We need not prepare our words and sentences beforehand.

It is also a good practice to claim the promises of God (from the Bible) when we pray to God. When we pray, it is good to pray and intercede for others also. It warms God's heart when we pray for others.

Are there any specific days in a week for prayer?

No, there are no specific days for prayers. Every day is special. And we are to pray every day to God. Churches have special service every Sunday which we should attend for worshipping God as a community.

You can decide on specific days in a week for special prayers and for fasting. You can decide a specific day for a prayer group to get together and pray for each other's prayer needs.

Are there any specific verses that we need to recite while praying? And when?

You may or may not use specific verses while praying. Our Loving Jesus knows and understands what is in our hearts and minds. However, it is a good practice to use Bible promises and claim those promises when we pray to Him.

The Bible is The Truth. The promises in the Bible are all available for us, for us to believe in and claim as ours.

There is no specific timing for prayers. We can reach out to God whenever we want to. He is accessible and available for us any time. He loves us more than we can ever imagine or describe.

What are the different kinds of prayers?

There are different kinds of prayers for our every need. We can pray to God using the prayers that are readily available to us. These are 'structured prayers' (please refer to Section III of this book for prayers that you can use while praying). We can also pray to God in our own words and our own sentences. God understands even when we do not have words to express our thoughts and feelings. He is our Loving God.

God wants us to pray and intercede for other people. When we pray to God, we should also pray for others who might be in similar situations as us (even when we might not know them). That way, we become a blessing in other people's lives. And God is delighted.

At times I am anxious and unable to concentrate in prayers. What should I do?

During moments of anxiety and depression, remember the moments in the past when God has blessed you.

Thank Him for all the blessings that He has showered upon your life. Praise Him for who He is – our God and our Loving Father. Bring to mind how He blesses His people. Remember the stories from the Bible of how He blessed His people (for example: bringing them out of Egypt, making a way in the Red Sea, being with them as they travelled through the desert, guiding them from a pillar of fire and a pillar of cloud, providing them with food and water in the desert, etc.). Thank and praise God all the more. And as you praise and thank Him, you will notice a change in your state of mind and emotions. And you will be able to pray to God more effectively.

Why is fasting important?

Fasting brings us closer to God. By fasting regularly, we are able to come closer to God and are able to know His Will for us more clearly. Fasting takes our relationship with God to the next level.

How to fast?

There are different kinds of fasting and different durations for different kinds of fasting. Fasting can vary in duration and nature. It can be for half a day once a week to a stretch of forty continuous days or more.

For beginners, one can plan to fast once a week for half a day (for example, by giving up breakfast and lunch). Fasting does not mean that one should avoid drinking

water. In fact, our water intake should be higher during the day of fasting. The day of fasting is to be spent with additional time in prayer. And one can break fast late afternoon or evening. Many people break their fast at 3:00 PM, which is the time when our Lord Jesus died for us on the cross, saved us from the wrath of sin and conquered death.

Fasting as a group is very powerful. People can get together to fast and pray and intercede for each other's needs.

You can refer to the internet to find out more about different kinds of fasting.

What is the 3 O'clock Prayer?

3 O'clock in the afternoon is called the hour of great mercy. It is the time when our Lord Jesus Christ died for us on the cross and redeemed the world. It is this moment when God changed the world forever. The 3 O'clock prayer reminds us of the Passion of our Lord Jesus Christ and His sacrifice on the cross in order to save you, me and all of us. The Passion of Jesus Christ is the proof of His love for us.

Please refer to the section on prayers for the 3 O'clock Prayer.

What is the Bible?

The Bible is God's Love Story. It is His love story of how He loves us, His children. We all are God's children. As you read through the Bible, you will learn about God's wonderful plans for us. The Bible describes how God created everything, how He loves us, what He desires from us, how and why He sent Jesus to die for us, what instructions and advice He has for us for our day to day lives, and many more interesting and inspiring truths.

The Bible is a compilation of many books written by multiple authors who were inspired by the leading of the Holy Spirit. Therefore, the Bible is God's Word.

The Bible contains:

- God's Love Story
- Our identity in Christ
- A wonderful collection of true historical stories
- The life of Jesus
- God's encouraging promises for us
- Instructions and advice for day to day life (life's instruction book)
- God's unwavering love for us, especially in times of despair, pain and trouble

What is God's Love Story in the Bible all about?

The Bible is God's Love Story. It is His love story of how He loves us, His children. The Bible tells us how God

created the heavens and earth, how He created man, His love for us, how and why He sent Jesus to die for us and His wonderful promises and plans for us.

If you read through the Old Testament of the Bible, you will learn how God brought His beloved people out of Egypt and liberated them from slavery, how He parted the waters of the sea and made a road in the sea so that His people could cross the sea unharmed, how God protected and guided His people from a pillar of cloud during the day and a pillar of fire at night.

You will also read stories of how God provided bread from heaven and water from a rock when His dear people were in the desert. There are stories in the Bible of how people disobeyed God and hurt Him. But God always forgave them and blessed them in His love for them. The Israelites were in the desert for forty years but their clothes did not wear out and their feet did not swell even after walking so much in the desert.

These are just some of the stories from the Bible. You will find many more amazing stories of God's love when you read the Bible.

Is the Bible really true?

Yes, the Bible is true. The Bible is God's Word. Many people debate about the accuracy of what is mentioned

in the Bible. Many of the questions raised by people have already been answered over a period of time. For example, many questions got answered when archaeological evidence, historical records, etc. were found. Many questions pertaining to science got answered as new scientific evidences surfaced and people were able to connect them to what is written in the Bible. Likewise, many other questions which people have got (about the accuracy of the truths mentioned in the Bible) will get answered in future as people get access to newer scientific information, historical evidences, etc.

What is important for us is to believe in God's love for us and God's Word, the Holy Bible. All questions will be answered in His time. We are to believe in God and have faith in God.

How am I to read the Bible?

The Bible is a collection of different kinds of books. Some books contain stories, some contains words of wisdom, some are poetic books, some are books giving us specific instructions, some books tell us about Jesus and His ministry on earth, some are books which encourage us and some books give us a glimpse of what is to come in future.

If you try to read the Bible from the beginning to the end considering it to be one thick novel, then you will definitely lose interest in a few days. Therefore, it is good

to know how and what to read in the Bible depending on what you want to know and what you are seeking.

The Bible has two sections: The Old Testament (time before Jesus) and the New Testament (time of and after Jesus). If you want to read stories about God's creation and about His people during the historical days, you can read books which contain those stories in the Old Testament (e.g., Genesis, Exodus, Joshua, etc.). If you want to read about the story of Jesus and the Church that He established, you can read the first five books of the New Testament (Matthew, Mark, Luke, John and Acts of the Apostles). If you want to read and sing praises to God, you can read and meditate through the book of Psalms.

How to meditate on Bible verses?

The Bible is full of God's promises for us. As we read through the Bible, specific verses might catch our attention. We are to pray that the Holy Spirit may guide us and teach us His Word. And God will reveal His plan, His promises and His Will for us. We need to read His Word, the Bible with faith in our hearts.

What are some of the powerful promises of God (in the Bible)?

The Bible is full of God's promises for us. You will find some examples in Section III of this book (section for prayers). These prayers contain God's promises for us and

specific scripture verses are also mentioned at the end of the prayers. You can refer to them and meditate upon these verses for God's blessings to touch you in a mighty way.

Jesus died a painful death. How can He be God?

God, the Creator of heaven and earth is our Loving Heavenly Father. And Jesus is the Son of God. It is God's love for us that made God send His Son Jesus to earth, to be the sacrificial Lamb and to die on the cross so that we are saved from sin and eternal death. Who can save us from sin and eternal death except for God? Who can love us more than Jesus so as to die for me, you and every one of us, when many people do not even know who Jesus is?

Jesus died to save each one of us, and many of us do not even know it. Who can love us more than Him?

God is all powerful. God can forgive our sins by His power. Why did Jesus have to die for us?

God, our Father is a Loving God. Words cannot describe how much He loves each one of us. However, God is true to His principles as well. God's justice and righteousness requires that sinners should be punished. But at the same time, He loves us tremendously as well. And His love and mercy requires that we sinners be set free. God took care of both these requirements by sending Jesus, our Savior to this world to take our place and face the consequences

of our sins. Such is the love of our God for us! Who can match this love?

How did Jesus overcome death? What is resurrection?

Lord Jesus Christ allowed himself to be crucified on the cross as our substitute so that our sins are forgiven and washed away. He died in our place and was buried. He overcame death and came back to life on the third day. This is called resurrection.

After His resurrection, He was with His disciples for forty days and then He ascended to Heaven. He will come back to earth again in His Glory.

Jesus is our Savior. Whoever will call upon His Holy Name will be saved.

What is special about Jesus Christ? What is unique about Jesus Christ?

Jesus Christ is the Son of God. There are many things unique about Jesus. Jesus came to earth to live amongst us and show us how to live a Godly life. He was born to Mary, a virgin and He took birth in a manger. As He is God, He could have chosen all the riches of the world for His luxury when He was on earth. Instead, He chose the humble living style of common men. He wanted to dwell among us.

The angels sang and celebrated when He was born. A special star shone in His honor and wise men from far came to pay Him respect.

He showed us how to avoid sin and temptation and live Godly lives. He died for us on the cross to redeem us forever from sin and death. Where else have you ever heard of God dying for us in order to save us and bring us close to Him so that we are with Him forever?

Passion of Jesus and His death on the cross is the demonstration of God, our Heavenly Father's love for us.

Jesus resurrected on the third day proving victory over death. He is our Answer for everything. In fact, He is our only Answer. He is our Healer, our Provider, our Protector, our Master, our God, our Friend, our Guide, our Brother, our King, our Lord, and the list goes on.

People tend to bring their best offerings in the presence of their gods. Jesus, the Son of God does not desire these kind of offerings. He desires that we bring to Him our brokenness, our problems, our sickness, our miseries so that He can take those away from us and fill us with His grace, His mercy and His love.

What is special about the Blood of Christ? Why do people keep talking about the Blood of Christ?

The Blood of Christ has a very special significance. When one believes in Jesus, the Son of God and accepts Jesus as his/her Savior, the Blood of Christ washes away his/her sins and saves him/her from eternal death.

During the times of Mosaic Law (during the ancient Old Testament days), once a year, the priest had to make an offering of the blood of animals on the altar of the temple to seek forgiveness for the sins of the people. This blood offering of animals was done every year. As per the law, without the shedding of blood there is no forgiveness.

The Passion, Sacrifice and Blood of Jesus on the cross has redeemed us from sins once and for all. When we believe in Him, confess our sins to Him and repent, He forgives us, washes away our sins in His Precious Blood and we are saved forever.

The phrase “Blood of Christ” is the expression of the sacrificial death of Jesus on the cross and the complete atoning work of Jesus on our behalf. Jesus bled and died for you, for me and for all of us. We were sinners and now redeemed when we have accepted Jesus as our Savior. The Blood of Christ protects us from danger.

If someone prays to other gods along with Jesus, what will Jesus think? How will Jesus feel?

How will you feel if the person whom you love does not love you as much as you deserve and desire? You will feel sad. But you will still continue to love that person and wait in hope.

Likewise, Jesus feels pain when we do not give Him the first place in our lives. However, Jesus understands our hearts and minds. When someone does not love God as our Loving Father and does not give Him the first place in his/her life, Jesus waits patiently that one day, every one of us will know the Truth and the Truth will set us free.

Jesus waits patiently that one day we all will be united to God, in His Love.

How can people worship Jesus nailed on the Cross and in pain? It feels so heartless and painful.

The Cross reminds us of God's love for us, how God sent His only begotten Son, our Lord Jesus Christ to die for us on the Cross in order to redeem us from sin, sickness and death. The Cross signifies the Good News that God loves us and we can be with Him forever when we accept Jesus as our personal Savior. The Cross signifies hope and love. When we look at the Cross from that perspective, we

understand the true meaning of the importance of Jesus on the Cross.

We should also keep in mind that our Lord Jesus Christ has resurrected and conquered death. He is our Living God!

Christians have adopted Western culture. Do I also have to be like them if I believe in Jesus Christ?

Transformation happens in the heart and in the mind.

Believing in Jesus does not require external changes.

When one believes in Jesus and spends time in solitude and prayer, the Holy Spirit guides him/her on how to come closer to God.

Some people may adopt new things in their culture and community but that is not mandatory. Our hearts and minds are more important to God than worldly things.

I believe in Jesus. Is there something that has to change in my lifestyle?

Yes. But you need not force yourself to change anything in your lifestyle. Once you believe in Jesus as your personal Savior, commit your heart, mind, spirit and time

to Him. Spend time in His Presence in solitude, in silence and spend time in prayer. Once you develop this discipline, the Holy Spirit will guide you in developing a deeper and more personal relationship with God.

Do Christians drink wine in the church?

No. This is a wrong impression about Christians. How about attending a church service? That way, you can listen to the sermon, see the rituals and understand the meaning of the rituals.

Church is a place for worshipping God. How can someone enter a place of worship wearing shoes?

When we accept Christ as our Savior, we ourselves are the temple of God and the Holy Spirit resides in us. Important for us is to question ourselves if our hearts and our minds are clean and pure before we consider outward cleanliness. It is all about the attitude of heart and mind when we follow Jesus.

Generally, one need not take off shoes when entering a church. However, there are many churches in small towns and villages where people prefer to take off their shoes when entering churches in order to keep the churches clean.

What do I have to do to follow Christ? What do I have to give up if I believe in Christ?

Believe that Jesus Christ is the Son of God and bring all your prayer petitions to Him in confidence that He has great plans for you. Know in your heart that He is our God, our Healer, our Redeemer, our Friend and our Deliverer.

Bring discipline in your daily life to spend time in God's Presence every day and spend time in prayer. And pray to Jesus that He may guide you in each and every step of your life. Ask Him in prayer about what you need to give up and pray to Him that He may guide you and enable you in the power of the Holy Spirit to transform your life for good.

You do not need to give up your lifestyle of food, clothing, shelter, culture or anything like that. Focus on inner transformation of your heart and mind and allow Jesus to show you the way.

What are the rituals that I need to follow if I believe in Jesus Christ?

What is important is our intimate relationship with God. Rituals are secondary. God knows our needs. Bring discipline in your daily life to spend time in God's Presence every day and spend time in prayer. There is no specific format that needs to be followed for praying. As

you start spending time in God's Presence, He will guide you and you will start enjoying your journey with Him.

You can also discuss with other followers of Jesus if you want to know more or have specific questions in mind.

Is it necessary to go to church?

God loves you. Do you love God? Are you happy and satisfied with the progress that you have made in your spiritual journey in knowing God? Or do you want to know Him and love Him more? Do you want to come closer to Him and experience His grace and blessings in your life?

Do not go to the church for the sake of a ritual. Go to the church for the love of God, for the sake of your personal relationship with God. And once you experience God's love more, let God lead you and guide you in your walk with Him.

What is idol worship?

When someone adores or worships anything or anyone more than the true God, it is called idol worship. Someone may adore or worship a statue thinking that it is God or someone may adore or admire a famous celebrity more than anyone else. Someone may love money more than anything or anyone else. These are examples of idol worship.

We are created to love and worship our God, who is the Creator of heavens and earth. He is our Loving Father and we are His children. He should have the first place in our lives above everything and everyone.

Why do people pray to idols? Should people not pray to idols?

People generally follow what they see others do or what they have learnt from their elders. Most often, people do not question rituals and do not try to understand the intent behind certain rituals and actions. There are many people who have a false belief that statues and idols are God. And that is how many people end up praying to idols.

Once we start getting curious about what we do and why we do, we get in the mode of seeking the truth. The ultimate truth is with God. When we seek God's Truth with our hearts, God starts revealing Himself and His love more and more and His Truth sets us free.

Is there any need to pray to idols when we can pray to our Father God?

Many people worship sun, moon, stars, planets and nature. Is it wrong to worship nature?

God created heaven and earth. God created everything that is in heaven and on earth. Nature, sun, moon, stars

and planets are His creation. Should people worship creation or the Creator?

Some people think that sun, moon, stars and planets are gods or they think that God resides in these things. Why not put our focus on the Creator God who is also our Loving Heavenly Father? Why not worship our Loving Heavenly Father who created us and loves us and longs for our love?

Some Christians always talk about sin. They are sadistic people. Why does anyone have to discuss about sin?

God created us in His image but sin separated us from God. In order to draw us back to Himself, God sent His Son, Lord Jesus Christ to die for us on the cross as a sacrifice for all the sins that we have committed. And through the sacrificial death of Lord Jesus and His Resurrection, we are saved from eternal sin and death – if we accept Jesus, the Son of God as our Savior and Lord.

People who understand this truth can be very excited to share this truth with others in order that others also may get saved. And that is why many people talk about sin, consequences of sin and way of getting saved from sin.

Not everyone is a sinner. How can someone say that everyone is born as a sinner?

Adam and Eve, the first human beings whom God created in His own image disobeyed God and sin came to earth through them.

We are taught during our childhood that we should always share and care for others. And keeping something only for ourselves and not sharing with others is being selfish, greedy and is wrong.

Did you observe small babies? When you give a baby a toy, the baby holds it in his/her hands tightly. And when you try to take it away, the baby resists, pulls back and cries. Isn't the baby being selfish? Who taught this habit to this baby? No one. Then how did the baby learn this habit? This is an example of how sin has penetrated in our lives even before birth.

Many of us have trouble with the concept of sin. At times, it is difficult to accept that even when we are trying to be good, there are areas of our lives and situations when we end up having bad thoughts, anger, jealousy, lust, tell lies or hurt others with our comments.

And then we realize the need to be liberated from all sins forever. And this is only possible through the forgiveness that we get from God through Jesus Christ.

How can we stay away from sin?

As we walk more and more closely with God, we become more and more aware of what is right and what is wrong. And God's Holiness helps us stay away from sin.

It is important for us to develop a close relationship with God.

How can we be forgiven for our sins?

Jesus died for our sins. When we believe in Him, that He is the Son of God and accept Him as our Savior, we can confess our sins to Him, repent and seek His forgiveness. Then He washes away our sins and forgives us. We become a new creation in Him. All our past sins are forgiven and forgotten by God.

I always help others and care for them. I do not have any sins in me. Why talk about sin?

Doing good and helping others need not necessarily mean that one does not have sins. Sin is not just about stealing, murder, robbery or such crimes. When we are angry, arrogant, jealous, proud, rude, tell lies, lust, etc., then also we sin.

Sometimes it is hard to accept our own shortcomings and failures. It is even harder to confess and talk about it.

God desires that we become free from sins. He desires us to acknowledge our mistakes and sins to Him and repent so that He can wash us in the blood of Christ and cleanse us.

What is confession of sins? Why should I confess?

Confession of sins is the process of becoming aware of the sins that we have committed in our lives and the act of acknowledging to God that we have made those mistakes in our lives. Once we confess our sins, we also need to repent and ask Him for His forgiveness.

The Word of God promises us - *"If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness"*

What is repentance? How should one repent?

In addition to confession of sins, God desires that we also repent for those sins and our past wrong actions. He desires for us to turn away from our old sinful activities and instead follow Him.

Repentance is about feeling sorry or contrite for having committed mistakes and sins. True repentance brings in a desire in us not to repeat those mistakes again.

When we reach out to God asking for His forgiveness, we also pray to Him to give us His strength to become better.

Repentance does not mean that we become perfect. God, our Loving Heavenly Father understands that we may backslide at times. However, every time we reach out to Him with a contrite heart asking for His forgiveness, we will receive it. In this process, God slowly molds us to become better and better. And our relationship with God deepens.

The Bible says that when we repent and seek God, Jesus Himself will help us.

"My dear children, I write this to you so that you will not sin. But if anybody does sin, we have one who speaks to the Father in our defense - Jesus Christ, the Righteous One. He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world."

We are to learn from God's nature and follow Him closely. We sin and we ask for God's forgiveness. And every time, God forgives us. Similarly, we are to forgive others. The Bible instructs us,

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

What is meant by the Armor of God?

The Armor of God refers to the spiritual armor that we can rely upon for our day to day battles against the power of negativities. The Armor of God comprises of the helmet of salvation, the belt of truth, the breastplate of righteousness, the shoes of the Gospel of peace, the shield of faith and the sword of the Spirit, which is the Word of God.

Please refer to Section III of this book (the section on prayers) to find out how to pray and daily put on the Armor of God for God's protection in our lives. Make this prayer a part of your daily morning routine and put on the Armor of God every morning. This prayer will prepare you to face each day's spiritual challenges in God's strength and power. Putting on the spiritual Armor of God protects our minds and hearts from negative thoughts and negative emotions and enables us to stand firm against spiritual attacks.

What does it mean to be set free in Christ? What is freedom in Christ?

The first question that one might ask is, set free from what? Take a few moments to reflect upon your life. Are you aware of the presence of any similar attitudes and actions in your life like fear, jealousy, bitterness, anger, unforgiveness, past hurts, addiction, lust, poor self-image, etc.? It is a natural tendency to initially deny the presence of such attitudes.

However, when we genuinely examine our hearts, we might find areas in our lives where we want to improve and become better but we fail repeatedly when we try to change in our own strength. And we ask, can we ever be set free from these negative thoughts, actions and attitudes?

Jesus is the only one who can set us free. Jesus says,

“And you shall know the truth, and the truth shall make you free.”

Accepting Jesus as our personal Savior, confessing and repenting for the sins that we have committed, asking for His forgiveness and His strength to become better, believing in our hearts that the death of Jesus on the cross and His resurrection has made it possible for us to live a life free from sin, spending time in God’s presence, spending time reading the Bible and spending time in prayer will lead us away from sin and towards God.

SECTION II – God Stories

Inspiring Testimonies of God's Love for us

Imelda's story – Childlike Prayers

Imelda did not have a job and desperately needed a job. She had to take care of her family and getting a job and having money to care of the family was urgent. One night, she walked out of her house, looked up at the starlit sky and prayed, "Father, I need a job. Help me."

She had not applied to any companies for jobs yet. However, the next day, she got two job offers – job offers that she received from her network of friends. She praised and thanked God, our Loving Heavenly Father for hearing and answering her prayers.

Indeed, our Loving Heavenly Father knows our hearts and our minds. We can always approach Him like little children. He listens to our childlike prayers.

Matthew 18: 2-4

Then Jesus called a little child to Him, set him in the midst of them, and said, "Assuredly, I say to you, unless you are converted and become as little children, you will by no means enter the kingdom of heaven. Therefore whoever humbles himself as this little child is the greatest in the kingdom of heaven."

Prity's story – Ask and you shall receive

I got into a crowded bus with my cousin. There was no place to sit. Suddenly, I had a muscle cramp on my leg. I was in pain and desperately wanted to sit down. But there were no empty seats. I prayed to Jesus to help me. Even before I could finish my prayer, I saw one girl getting up from her seat and going towards to the door to get down. I sat down on that seat and thanked Jesus.

This is just one story. I can share many more stories. Every time I pray to Jesus, He answers my prayers. I thank God.

Matthew 7: 7-11

“Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. Or what man is there among you who, if his son asks for bread, will give him a stone? Or if he asks for a fish, will he give him a serpent? If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him!”

Purnima's story – Nothing is impossible for God

I had many health problems. I had to take medication for multiple ailments. I used to be very tensed about my

health. I surrendered my life to Jesus and started praying to Him regularly and sincerely. Jesus has healed me of all problems and I have stopped taking medicines. Now I only take one medicine for blood pressure. That's all. I thank and praise Jesus for His miracles in my life.

Earlier, I used to feel very impatient and anxious during evenings. I could not even imagine being alone during the evenings and during the nights. I was scared of darkness. The Lord has blessed me with His strength. I can now stay alone even late in the night. If there is a power cut, I am at peace in the candle light.

There is so much that God has blessed me with, in every aspect of my life. He has blessed me with fame and success in my career. All glory and honor belongs to Him.

Every morning, I start my day praying to Jesus, surrendering myself completely to Him. I thank Him for His blessings every night before I go to bed. Whenever I get free time during the day, I remember Him, praise Him and thank Him for His blessings and His grace upon me and my dear ones.

Jeremiah 32:27

"Behold, I am the Lord, the God of all flesh. Is there anything too hard for Me?"

Philippians 4: 13

I can do all things through Christ who strengthens me.

Alphonsa's story – The Lord is our Provider, we do not need anything more

I was offered an assignment to work in France for a year. I prayed and said yes to that offer. My colleagues had warned me that it is extremely difficult to stay in France as most people do not understand English and it is a big challenge that one has to face every day if one does not speak French. They told me that the client workplace was not very friendly. They also told me that it is a very different culture and there are not many Indians in that city of France. Hence, life would be depressing and difficult there.

I offered all these comments to Jesus in prayer. The Lord put the desire in my heart to pray for the place where I was going and also to pray for the people whom I would meet there. So during the next few months while the paperwork for my assignment was getting ready, I started praying for the place regularly. I also prayed for my future colleagues and my future workplace.

Our Lord is so faithful to His promises. He took care of the smallest of my needs. On the flight to Marseille (in France), I met a French lady who was very fluent in English. She gave me tips and advice which was very

helpful for me. I got out of the airport and got into the taxi. To my pleasant surprise, the taxi driver could speak English! It was so easy for me to reach the hotel. In many different ways and in many situations, the Lord guided me. He blessed me with good friends during my stay in France. I did not face any challenges in my workplace or while working with my clients. In fact, I made some very good friends at the client place. I found a church where there was English service every Sunday. I found a small apartment which was the perfect place for me to stay.

Rather than having a challenging assignment in France, my stay was so blessed in God's grace that I can hardly describe in words. I miss my wonderful days in France and I hope to visit the place again. I have made wonderful friends there. My additional bonus was that God used me as His instrument to share His love with many people. I praise Jesus!

Philippians 4: 19-20

And my God shall supply all your need according to His riches in glory by Christ Jesus. Now to our God and Father be glory forever and ever. Amen.

Herawati's story – Lord Jesus is our Healer

I go for walks every morning with my husband. One Sunday morning, as I was walking, I felt very weak. I could not walk. My husband helped me to slowly get back home. And I lay down on the bed. I had never felt like this earlier. I did not know what was happening. As I was lying on the bed, I thought about Jesus. I suddenly realized that my daughter must be in church. I took my cellphone and sent her a text message asking her to say "Hello" to Jesus on my behalf and to tell Him that I am feeling weak.

My daughter called me up and we both prayed to Jesus for my healing. Jesus died for us on the cross and took away our sins and sickness. So when we prayed to Jesus, we claimed His promise that I am healed by the Stripes of Jesus. I imagined in my mind that I am healed. After a few minutes, I realized that I was feeling strong and normal.

I praise God for all His promises are true! Thank You, Jesus! You have healed me.

Psalm 103: 1-5

Praise the Lord, my soul;

all my inmost being, praise His Holy Name.

Praise the Lord, my soul,

*and forget not all His benefits—
who forgives all your sins
and heals all your diseases,
who redeems your life from the pit
and crowns you with love and compassion,
who satisfies your desires with good things
so that your youth is renewed like the eagle's.*

Isaiah 53: 5

*But He was pierced for our transgressions,
He was crushed for our iniquities;
the punishment that brought us peace was on Him,
and by His wounds we are healed.*

Amelia's story of healing – Perseverance in prayer

Amelia had frequent ear infections as a young child. As a result, the ear specialist had to put three sets of tubes in her ears. The last set of tubes left a hole in one eardrum. Although the ear specialist suggested closing it surgically, Amelia's parents prayed to God in faith that God would heal her ear. Few years after the ear infections stopped, Amelia noticed a funny noise in that ear. Amelia's parents prayed to God and He indicated that He was healing Amelia's ear.

At her next pediatrician's appointment, Amelia's parents expected the doctor to declare that her ear was healed. But to their surprise, the doctor mentioned that the perforation had not changed.

What was going on? The parents persisted in praying and declaring healing over that ear, despite the pediatrician's repeat diagnosis every year during annual checkup.

Four years later, they had to visit the ear specialist for a different concern. He checked Amelia's ear and announced that the perforation is healed!

We often see that God's promises manifest immediately. However, there are times when God requires our perseverance in prayer. And it is our duty to hold on to God's promises with complete faith that our God is faithful and keeps all His promises.

1 Thessalonians 5: 16-18

Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.

Psalm 30:2

*O Lord my God, I cried out to You,
And You healed me.*

Luke 17: 19

And Jesus said to him, "Arise, go your way. Your faith has made you well."

**Saraswati's story – Our God knows our needs even
when we do not know**

Psalm 42:1

*As the deer pants for the water brooks,
So pants my soul for You, O God.*

I had a personal experience with Lord Jesus when He healed me from a major illness. Since then, I was spiritually thirsty and hungry to know more about God's love and His ways. I had a deep desire in my heart to have a mentor who would guide me and teach me more about God and spiritual matters. I prayed to the Lord. I looked up to some elders for guidance but most often they all were busy. I kept praying for a mentor with whom I can talk, discuss, worship God together and glorify His Name at all times. Meanwhile, I started spending time in Bible

studies, praying and spending time in God's presence. God started blessing me in multiple ways. And over a period of time, I stopped praying for a mentor. Other priorities got my attention and I started praying for other intentions.

Two years passed by. I was attending a Christian Leadership Conference. I met a faculty member and felt a strong anointing from the Holy Spirit to talk to her. I felt a very strong connection with her but I could not understand what that was. I felt led by the Holy Spirit to go and talk to her but I did not. I kept silent.

Her sessions began and I attentively listened to all that she taught in our class. She taught us how to wait upon the Lord, how to come closer to Him and seek His Will. After a few days, her classes got over and she was about to leave the venue. I had a strong prompting from the Holy Spirit to talk to her but I still hesitated. I escorted her to the van and she left. I thought this feeling will go away after a few days. But it did not.

I prayed to God. And after two days, I sent her an e-mail and she responded back. I wondered, will she be my mentor? But how could I ask her to be my mentor? She hardly knows me. Will she have time for me? Why will

she invest her time in me? I prayed and finally asked her if she will be my mentor. And she agreed.

I praise God! He truly is a Loving God! He answered my prayer! Over a period of time, I had forgotten to pray for this intention but the Lord remembered my prayer request and answered my prayer. He is so faithful!

I wanted a mentor but instead God has blessed me with additional bonus. He has blessed me with a mentor, a coach, a loving elder sister (I have one elder brother and did not have any sister) who takes care of me in all possible ways. God ensured that the person whom He has assigned for me understands my background, my work and understands me as a person and can guide me in all aspects of my life in His grace and His blessings. I thank God for blessing me with such a wonderful and loving elder sister.

God works in amazing ways. I would discuss certain topics with my mentor (elder sister) and learn new things. And in the next few days, God would lead others to me who would benefit from all that I have learnt. The Lord started using me as His instrument in helping others through me.

Thank You, Lord. Great is Your love and faithfulness! I am enjoying the journey of faith that I have begun with our Faithful Lord and my elder sister (my Didi).

Matthew 7: 7-11

“Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. Or what man is there among you who, if his son asks for bread, will give him a stone? Or if he asks for a fish, will he give him a serpent? If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him!

Proverbs 3: 5-6

*Trust in the Lord with all your heart,
And lean not on your own understanding;
In all your ways acknowledge Him,
And He shall direct your paths.*

Paramita's story – Our Lord is our Protector (Power of Psalm 91)

I was in a meeting when I get a frantic message on the chat window of my laptop from my sister asking me to pick up her phone call as mom had an accident and was being rushed to the hospital. I stepped out of the meeting room, went to the balcony and called her. My uncle had called my sister to inform that a coconut had fallen on my mom's head and she was being taken to the hospital. My mom was in our home town in another part of the country whereas my sister, brother and I stay in Bangalore which is quite far away from our home town. For a few moments, I was tensed. I tried to call my uncle but could not reach him. I called my aunt and spoke to her. She did not have any additional information for me. She was getting ready to go to our house. She said she will reach there and call me. I was restless. Who could tell me the latest? Where was my mom and how was she at that very moment? I tried to call another uncle of mine. And then I paused. What was I doing? Why was I not reaching out to the person who has all answers and all promises for us? I prayed to Jesus.

Every morning when I wake up and every night before I go to bed, I pray Psalm 91. I claim God's promises of His

protection for my dear ones and for me. Standing on the office balcony, I prayed Psalm 91 and claimed His promises for my mom. I surrendered my mom to the Lord and told Him that I believe in His promises. There was a sense of peace in me. This was the peace of Christ. I was surprised with that peace. My mom was being taken to the hospital. How could I have such peace? No wonder, the peace of Christ surpasses all human understanding. I called up my sister and reassured her that our mom will be safe. I told her that Jesus is in charge. I went back to the meeting.

After the meeting got over, I called up my uncle who had taken my mom to the hospital. I spoke to him and then spoke to my mom. My mom sounded confident that she was fine and was just a little shaky. The doctor had advised a scan and the report was expected later in the evening.

I called later in the evening to find out about the report from the scan. Praise God! Praise Jesus! Not a single sign of injury. A coconut had hit my mom's head but no injury at all! My mom had to take only one pain killer that night as there was a slight bump on one side. And no other medicines at all!

Later, my mom shared that as she was being taken to the hospital, she kept on calling out to Jesus to take care of her.

Mom noticed that after the coconut fall incident, the spondylitis problem that she had earlier had vanished. Maybe the impact of the coconut! Another blessing in disguise! Praise God!

Psalm 91 is a very powerful promise of our Lord's protection for us. I pray Psalm 91 every morning and every night. There are many people who can give testimony of God's protection through praying Psalm 91. And I pray that the power and promise of Psalm 91 will reach nations and peoples in every part of the world.

Psalm 91: 9-13

*Because you have made the Lord, who is my refuge,
Even the Most High, your dwelling place,
No evil shall befall you,
Nor shall any plague come near your dwelling;
For He shall give His angels charge over you,
To keep you in all your ways.
In their hands they shall bear you up,
Lest you dash your foot against a stone.
You shall tread upon the lion and the cobra,*

The young lion and the serpent you shall trample underfoot.

Psalm 91: 15-16

He shall call upon Me, and I will answer him;

I will be with him in trouble;

I will deliver him and honor him.

With long life I will satisfy him,

And show him My salvation.”

Amitesh’s story – Trusting God’s Wisdom

I finished my MBA and decided to search for a job in Bangalore. I reached Bangalore and started my job hunt. I applied in multiple companies. For weeks, I tried my best but did not get any job offer. I was feeling frustrated and upset. I was missing home badly. I spoke to my mom and she too was missing me. She asked me to take a break from job hunting and come home for a few days. I booked my flight ticket. I packed my things and got ready to go home. During those days, I was staying in my friend’s house in Bangalore. As I was just about to step out of my friend’s house, I got a phone call from one company. They wanted me to meet them the next day for an interview. I explained to them that I was going home for a few days. I requested them if I could meet them once I am back. I was told that they were having

interviews the next day and I have to join work immediately upon selection. They told me that if I did not meet them the next day, I would lose this opportunity. So I had to make a decision whether to go home or cancel my trip home and attend this job interview.

This job interview was for a call center job which required working during night shifts. I had been trying for a job for weeks now and I badly wanted to start working and earning. If I cancelled my trip home, I would not be able to meet my parents. And I knew that my mom was missing me badly. I did not know what to do. On one hand was my career and on the other hand was meeting my parents after such a long time. I knew that they were eager to meet me and they were equally keen that I get a good job and settle down. I did not know what to do.

I called up my elder sister and explained my situation to her. She asked me where I was. I told her that I was at my friend's door and was just about to leave for my hometown. I had one shoe on one foot, another shoe in one hand, my phone in the other hand and I was talking to her. I did not know whether to step inside or to wear my other shoe and step outside.

My sister gave me some promises from the Bible and taught me how to pray to Jesus:

Proverbs 3: 5-6

*Trust in the Lord with all your heart,
And lean not on your own understanding;
In all your ways acknowledge Him,
And He shall direct your paths.*

She asked me to find a quiet place and pray to Lord Jesus using the scriptures (Proverbs 3: 5-6). She asked me to surrender my situation to Jesus and ask Him to guide me. I sat down, closed my eyes and prayed to Lord Jesus using the Bible verses that she gave me. I told Lord Jesus that I trust in His Wisdom. I surrendered the situation to Jesus and asked Him to guide me. A soft gentle voice spoke to me, "Go home." Suddenly, I felt a sense of peace.

I decided to go home. I know many people would have thought that I was taking a wrong decision as getting a job should be my first priority. But I was at peace because I knew that I was obeying God's instruction. I went home and spent good time with my parents and friends. Very soon, I got job offers from three different companies. I did not know which one to choose as now I had multiple options to choose from. I was very happy. I did not know that something even better than all these job offers was on the way.

I got another job offer for a managerial position in a good government organization and with a very good salary. I was pleasantly surprised that they would offer me such a good salary as this was going to be my first job. The salary

offered to me was almost four times higher than what I would have earned in a call center job in Bangalore working night shifts.

And here I was! Lord Jesus had blessed me with a good job, a good position in the company, a wonderful salary and my posting is in a beautiful scenic place. I really cannot thank Him enough.

Psalm 66: 19-20

*but God has surely listened
and has heard my prayer.
Praise be to God,
who has not rejected my prayer
or withheld his love from me!*

Subrata's story - Jesus is my refuge and my fortress

*I will say of the Lord, "He is my refuge and my fortress;
My God, in Him I will trust." (Psalm 91:2)*

I had recently finished construction of my house and wanted to give the ground floor on rent. I was in need of the money that would come from the rent. My son was not keeping well and had to be taken to Bangalore for treatment two times a year. And the money that we would get from the rent of the ground floor would come

in handy. But I could not find a tenant who was willing to take the place on rent. And I was worried.

My wife had recently returned from a five days spiritual retreat and shared her experiences from the retreat, how Lord Jesus had touched her and all other attendees. She shared with me how people pray to Jesus, how they praise Jesus and worship Jesus. I felt encouraged and decided to pray to Jesus to help us get a tenant for the property.

My sister in law had shared with me about the power of God's promises as mentioned in the Bible and how we are to pray to Jesus in faith. I started praying sincerely to Jesus. I prayed Psalm 91 daily. In a few days, I got a tenant who was willing to pay a rent which matched my requirements. I was still hesitant wondering whether the tenant will be good or not and whether I should wait for another one. And then I decided to surrender the whole situation to Jesus. Jesus is our Provider and when we surrender ourselves and our situations to Him, He takes care of everything. And Jesus took care of everything! He is so faithful! I got a nice tenant. The rent is good. With the extra income, I could take care of my son's medical expenses with ease. And my financial problem was sorted out. My son is also recovering from the illness. I praise God! He is so loving! Indeed, we are all His children through His Son, Jesus Christ.

Psalm 91: 14-15

“Because he has set his love upon Me, therefore I will deliver him;

I will set him on high, because he has known My name.

He shall call upon Me, and I will answer him;

I will be with him in trouble;

I will deliver him and honor him.

SECTION III – God Time

Time in God's Holy Presence in Worship and Prayer

Putting on the Armor of God

<<< Make this prayer a part of your daily morning routine. This prayer will prepare you to face each day's spiritual challenges in God's strength and power. >>>

Dear Lord, as I get out of bed today, I know I am stepping on to a battlefield. But I also know that You have given me everything I need to stand firm. So in the power of Your Holy Spirit, I put on the armor of God:

First, I place the helmet of salvation on my head. Please protect my mind and my thoughts. Please guard my eyes, allowing no sin to creep in. Please focus my thoughts on the things of God. Let the breastplate of righteousness keep my heart and my emotions safe. I pray that I won't be governed by my feelings, but by truth. I wrap Your Word around me like a belt. Please safeguard me from error. I put on the sandals of peace to guide my steps. Please plant my feet in Your truth. Empower me to stand firm against attacks.

Next, I take up the shield of faith. Lord, please protect me from Satan's fiery arrows. Place me shoulder to shoulder with Your army to oppose the Devil's schemes. Finally, I take up the sword of the Spirit, Your Holy Word. Lord, please help me to read the Bible in fresh, exciting ways so that I will always be ready to deflect attacks and share Your Truth with others.

I know I'll face assaults today, Lord. But You have empowered me to stand firm. Lord, please give me strength for the battle today. The Joy of the Lord is my strength. In Jesus Name, I pray. Amen.

Scripture Reference (Ephesians 6:13-18)

The Lord's Prayer

Our Father in heaven,
Hallowed be Your name.
Your Kingdom come,
Your will be done,
On earth as in heaven,
Give us today our daily bread.
Forgive us our sins,
As we forgive those who sin against us.
Lead us not into temptation,
But deliver us from evil.
For the kingdom,
The power and the glory are Yours.
Now and forever.
Amen.

Scripture Reference (Matthew 6: 9-13)

Prayer for Lord's Protection

We, who dwell in the secret place of the Most High,
Shall abide under the shadow of the Almighty.
I will say of the Lord, "You are my refuge and my fortress;
My God, in You I will trust."

Surely You shall deliver us from the snare of the fowler
And from the perilous pestilence.
You shall cover us with Your feathers,
And under Your wings we shall take refuge;
Your truth shall be our shield and buckler.
We shall not be afraid of the terror by night,
Nor of the arrow that flies by day,
Nor of the pestilence that walks in darkness,
Nor of the destruction that lays waste at noonday.
A thousand may fall at our side,
And ten thousand at our right hand;
But it shall not come near us.
Only with our eyes shall we look,
And see the reward of the wicked.

Because we have made You Lord, who is our refuge,
Even the Most High, our dwelling place,
No evil shall befall us,
Nor shall any plague come near our dwelling;
For You shall give Your angels charge over us,
To keep us in all your ways.
In their hands they shall bear us up,
Lest we dash our foot against a stone.

We shall tread upon the lion and the cobra,
The young lion and the serpent we shall trample
underfoot.

“Because we have set our love upon You, therefore You
will deliver us;

You will set us on high, because we have known Your
name.

We shall call upon You, and You will answer us;

You will be with us in trouble;

You will deliver us and honor us.

With long life You will satisfy us,

And show us Your salvation.”

Scripture Reference (Psalm 91)

The Lord is our Provider (He takes care of all our needs)

Lord, You are my Shepherd, I lack nothing. I have all that I
need.

You make me lie down in green pastures,

You lead me beside quiet waters,

You refresh my soul. You renew my strength.

You guide me along the right paths bringing honor to

Your Name.

Even when I walk through the darkest valley, I will not be
afraid,

For You, my Lord, are with me;

Your rod and Your staff protect and comfort me.

You prepare a feast for me in the presence of my enemies.

You anoint my head with oil;

My cup overflows with blessings.

Surely Your goodness and unfailing love will follow me all the days of my life,

And Lord, I will dwell in Your house forever.

Scripture Reference (Psalm 23)

3 O'Clock Prayer

You expired, Jesus, but the source of life gushed forth for souls

And the ocean of mercy opened up for the whole world.

O Fount of Life, unfathomable Divine Mercy,

Envelop the whole world and empty Yourself out upon us.

O Blood and Water,

Which gushed forth from the Heart of Jesus

As a fountain of mercy for us,

We trust in You.

Holy God, Holy Mighty One, Holy Immortal One,

Have mercy on us and on the whole world. (3 times)

Lord Jesus, King of Mercy, we trust in You!

Amen.

Seeking God's Guidance

Lord, I seek Your guidance for the decisions that I need to take. I seek Your Will for my life. Lord, I trust in You with all my heart. I do not depend on my own understanding. I seek Your Will in all that I do. And Lord, I know that You will show me which path to take.

Lord, please teach me to be still in Your Holy Presence. Teach me to be able to hear Your gentle voice. Bless me that I may be obedient to You and follow Your instructions. Lord, let it be to me according to Your Word and Your Will.

Father, in Jesus Name, I pray. Amen.

Scripture Reference (Proverbs 3: 5-6)

Prayer for overcoming anxiety, tension and worry

Almighty God, I come to You in prayer. You know what I am going through. I am worried and tensed. Lord, I know that it does not help if I am worried or if I am anxious. And I know that You are Almighty, Powerful and Loving. I come to You seeking Your blessings and Your peace. Lord, I know You invite all Your children to come to Your presence, including the ones like me, who are weary and burdened. And I know that You have promised me rest in You. Lord, I give all my worries and anxieties to You

because You care for me. Thank You, Lord. You are so gentle and humble at heart. I will find rest in You.

I also lift up in prayer all Your beloved children in this world who are facing situations like mine. Bless us with Your peace.

Father, I ask this prayer in the Mighty Name of Jesus. Amen.

Scripture Reference (Matthew 11: 28-30, 1 Peter 5:7)

Prayer for Healing

Almighty God, You are Holy and Righteous. You are Powerful and Merciful. All authority on heaven and on earth are Yours.

Loving God, You are God of Grace. You gave life to us all. You are our Savior. In Your hands and in Your authority, there is healing power over disease and worry.

How Loving and Merciful You are. You gave us Your Beloved Son, Lord Jesus Christ as our Savior. All our sins and diseases are washed away on the Cross by the Healing Stripes of Jesus and His Holy Blood. We are healed!

I confess all my weaknesses and sins to You, Lord. Forgive me, Lord. I am nothing without You and only by Your grace, I am healed. You are God of all miracles. I trust in Your mighty, loving and merciful power. You have forgiven me and healed me. Lord, I thank You for giving me a clean and new heart. Lord, I thank You for giving me Your peace. Please be with me forever. You are Emmanuel (God is with us).

You are the Way, the Truth and the Life. You are the Light of my life. I am saved by Your love for me. Cover me with Your Precious and Holy Blood, O Lord.

Draw me closer to You, Lord Jesus. I trust in Your mighty power. You are my Savior, Healer, Protector and Refuge. You are my God.

Lord Jesus, You Know everything about me, my needs and my desires. Into Your mighty holy hands, I commit myself. Be it unto me according to Your Will. I am Yours. I am saved and healed.

Father, I also pray for all my brothers and sisters who are in need of Your grace and blessings. I ask all my prayers in the mighty name of Jesus. Amen.

Scripture Reference (Isaiah 53:5, Psalm 103: 1-5, John 14:6)

Casting out bad thoughts and habits in God's Power and Authority

Dear Lord, I know Your blessings and Your grace is upon me. I am struggling with bad thoughts and habits which are not worthy in Your eyes. I want to cast out all these bad thoughts and habits. I thank You for giving me power and authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt me. Therefore, in the Mighty Name of Jesus, I command these bad thoughts and habits to leave me right now. Lord, please wash me with Your Precious Blood and cleanse me of all sins. Fill me with Your grace and mercy. May I live to magnify and glorify Your Holy Name. I pray in the Mighty Name of Jesus. Amen.

Scripture Reference (Luke 10: 19)

Prayer for peace

Lord, my heart is troubled. I do not have peace. I try to distract my mind but disturbing thoughts keep coming. Lord Jesus, You have promised Your peace to all Your children. You said, "Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid."

Lord Jesus, I believe in Your promise. I believe in You. Thank You, Lord, for being there with me. I praise Your Holy Name. I surrender all my worries to You as You care for me. And I believe that Your peace is upon me. Your peace is working in me. Your peace surpasses all human understanding. Thank You, Lord.

Lord, I know that You will keep in perfect peace all who trust in You and all whose thoughts are fixed on You. I trust in You, Lord. You are the eternal Rock and our everlasting strength. I will lie down in peace and sleep, for You alone, O Lord, will keep me safe.

I also pray for all Your children who do not have peace in their hearts. May Your peace touch their hearts and comfort them too. Father, I ask this prayer in the Mighty Name of Jesus. Amen.

Scripture Reference (John 14: 27, Psalm 4:8, Isaiah 26: 3-4, 1 Peter 5:7, Phil 4: 6-7)

Prayer for seeking God's forgiveness for one's own mistakes and sins

Loving Heavenly Father, allow me to come to Your Holy Presence and sit at Your feet. I seek Your forgiveness for all the sins that I have committed in my thoughts, in my words and in my deeds.

[[[Ask forgiveness for all the sins and mistakes that you have done:

- during your childhood*
- as a young adult*
- in your workplace/school/office*
- in your relationships with your family members*
- in your relationships with your relatives and friends*
- in your relationships with others*

Bring to the Lord all the mistakes that you have ever done and ask for His forgiveness]]]

Lord, how can I know all the sins that are lurking in my heart? Who can discern their own errors? Please forgive my hidden faults. Cleanse me from these hidden faults. Keep me away from deliberate sins. Don't let them control me. Then I will be free of guilt and innocent of great sin.

I have sinned and only by Your grace, my sins are washed away because I admit that Jesus Christ is my Savior. He came to this world to take away my sins and my sickness. By His grace and His death on the cross for us, I am able to call You as my Father.

Lord, You are so powerful and so loving. You saved the city of Nineveh and delivered all the people there when they repented for their sins. Lord, You are gracious and

merciful God, slow to anger and abundant in lovingkindness.

Please sanctify me and purify my heart and my mind. Forgive me of the sins that I have committed. Wash me in the precious blood of Jesus and sanctify me. I give You thanks and I praise Your Holy and Mighty Name.

Let the words of my mouth and the meditation of my heart be acceptable in Your sight. O Lord, You are my strength, You are my Redeemer. Please forgive me and bless me with Your Peace, Love and Joy. Please bless my family too.

Father, I pray in the Mighty and Holy Name of Jesus.
Amen.

Scripture Reference (Psalm 19: 12-14)

Prayer to be able to forgive others

Loving Heavenly Father, I am hurt. I feel that I will not be able to forgive *[[[mention the name of the person whom you find difficult to forgive]]]*. I am finding it difficult to forget this incident. But Lord, I know that You do not want me to carry unforgiveness in my heart. There is so much that I can learn from You. You sent Your only begotten Son, our Lord Jesus Christ to this world to die

for me on the Cross and to take away my sins and my sickness. In His precious blood, my sins are forgiven and my sins are washed away forever. And Father, You have said that You will not remember my past sins anymore.

Lord, teach me to be kind and compassionate to others. Teach me to forgive others, just as You forgave me through our Lord Jesus Christ. Father, I pray in the mighty Name of Jesus. Amen.

Scripture Reference (Ephesians 4:32, Hebrews 10: 17)

Prayer for overcoming fear

Loving Heavenly Father, You Holy Name is a strong tower. I run to You and I am safe. You are my Lord and my God. You are Emmanuel, God with us. The one Who is in me is greater than the one who is in the world. I am not afraid.

Lord, I am Your child and I am led by the Holy Spirit. I have nothing to fear. The Holy Spirit joins with my spirit to affirm that I am Your child.

Lord, You are in charge and in control of everything. I have nothing to fear as You are my Abba, Father.

Thank You, Father Lord. Please continue to bless me with Your peace. And Father, I pray for others who are also in

need of Your mercy and grace in overcoming fears.
Father, I pray in the mighty Name of Jesus. Amen.

*Scripture Reference (Proverbs 18:10, 1 John 4:4, Romans
8: 14-16)*

Prayer for faith and hope in God

Lord, I come to You with my prayer intentions. I know that You hear my prayers. Lord, there are times when I am weak and I have doubts in my mind. There are times when my faith is weak. Please forgive me of the moments when my faith is weak. Please forgive my unbelief.

Faith comes by hearing the Word of God. Please bless me that I may spend more time reading the Bible, which is Your Holy Word. Please increase my faith. Faith is the confidence that what we hope for will actually happen. It gives us assurance about things we cannot see. Please bless me that my faith in You will increase.

I know that You are our Loving God who answers our prayers. In case what I pray for is not good for me, please bless me with what is best for me. Holy Lord, You have promised that You have great plans for me and my life, plans of peace, to give me a bright future and hope. I believe that the plan that You have for me is the best plan ever possible. Teach me to be obedient to You.

You are the God of hope. I pray that You will fill me completely with joy and peace because I trust in You. Then I will overflow with confident hope by the power of the Holy Spirit.

I also pray for other people who might be struggling with their faith and need to experience the Light of Hope, which is in You, Lord.

Father, in Jesus Name, I pray. Amen.

*Scripture Reference (Romans 10:17, Jeremiah 29:11,
Romans 15:13, Hebrews 11:1)*

Prayer for love – overcome evil with Love of Jesus

Loving Heavenly Father, we bring to You in prayer the people who have tried to do evil to our families and have tried to harm us knowingly and unknowingly. Father, You have instructed us to forgive others. Therefore, we forgive each and every one of these people and we pray for peace and prosperity of these people. Bless them with Your Grace, Peace and Mercy.

Lord Jesus, You have said - But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you, that you may be sons of your Father

in heaven; for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust.

Lord, we are obedient to You. And we pray for all these people that You may bless them with Your Love, Peace and Joy. May they know You and experience You in a very personal way. Father, I pray in the mighty Name of Jesus. Amen.

Scripture Reference (in Matthew 5: 44-45)

Prayer for surrender - allowing God to take charge of my life

Lord, You have said, “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.” Here I am, Lord. I ask You to come into my life. I seek Your Will, Lord. I surrender my life to You. Lord, I give You the first place in my life. Please take charge and control of my life for I know that Your plan for me is the best plan ever possible.

I know that You are our Loving God who answers our prayers. In case what I pray for is not good for me, please bless me with what is best for me. Holy Lord, You have promised that You have great plans for me and my life, plans of peace, to give me a bright future and hope. I believe that the plan that You have for me is the best

plan ever possible. As heavens are higher than the earth, so are Your thoughts and Your plans higher than my thoughts and my plans. Teach me to be obedient to You. Let it be to me according to your Word.

Teach me Your ways, O Lord, that I may live according to Your truth! Grant me purity of heart, so that I may honor You.

Father, I pray in the Mighty Name of Jesus. Amen.

Scripture Reference (Matthew 7:7, Psalm 86:11, Jeremiah 29:11, Luke 1:38, Isaiah 55:9)

APPENDIX A

What comes to our minds when we think about God?

Let us focus on the Nature and Attributes of God:

Our Loving Father	God is Love
Our Strength	Our Healer
Our Comforter	Our Redeemer
King of kings, Lord of lords	Our Rock
Ruler and Creator of the universe	Our Redeemer
Our Counselor	Almighty
Omnipotent (All-powerful)	Our Refuge
Omnipresent (Always-present)	Ever Faithful
Omniscient (All-knowing)	Our Fortress
Our Tower	Our Protector
Our Deliverer	Our Guide
Our Friend	Our Comforter
Author of our salvation	Our Holy Lord
Our Shepherd	

These are just a few of the names and attributes of Our Loving God. There are many more.

APPENDIX B

Scripture verses: Where to find help when you are...

Afraid: John 14:27; 2 Timothy 1:7; Hebrews 13:6

Angry: Matthew 5:22-24; Romans 12:14; Romans 12:17-18; Romans 12: 21; Ephesians 4:26; Ephesians 4: 31-32; James 1:19-20

Anxious/Worried: Matthew 6:25-34; Philippians 4:6-7; Luke 12:22-28; Luke 12: 29-31; 1 Peter 5:7

Bereaved: John 11: 25; 1 Corinthians 15:51-57; 2 Corinthians 5:1; 1 Thess 4:13-18; 1 Peter 1: 3-5

Bitter/Resentful: Matthew 6:14-15; Romans 12:14; Ephesians 4:31-32; 1 Peter 2:23

Depressed: Matthew 11:28-30; Romans 8:28; Philippians 4:13; Philippians 4:6-7

Discouraged/Disappointed: Matthew 11: 28-30; Romans 8: 28; Galatians 6: 9-10; Philippians 1: 6; Philippians 4:6-7; Philippians 4:19; Hebrews 10:35-36; 1 Peter 1:6-9

Doubting God: Matthew 8: 26-27; John 6: 35-40;
Philippians 1:6, Hebrews 11:6; James 1: 5-6

Question God's Love: Luke 15: 11-24; John 17: 20-26

Hopeless: Romans 15: 13; 2 Thess 2:16-17

Jealous/Envious: Hebrews 13:5; James 3: 13-18

Impatient: Romans 5: 3-5; James 5: 7-8

Lonely: John 14: 15-21; Acts 2: 25-26; Hebrews 13: 5-6

Sad: 2 Corinthians 1: 3-4; 2 Thess 2: 16-17; Hebrews 4:
14-16

Sick: Isaiah 53: 4-5; Psalm 103: 1-5; Psalm 147: 3;
Matthew 9: 35; James 5: 16; 1 Peter 2: 24

Suffering: Romans 8:35-39; 2 Corinthians 12: 9-10; 1
Peter 4:12-14; James 1:12; Matthew 11:28-30; Romans
8:28; Romans 5: 3-5

Tempted: Matthew 4:1-4, 11; Matthew 26:41; 1
Corinthians 10:12-13; Hebrews 4:15-16; James 1:2-4;
James 1:12; James 4:7

Troubled by wrong thoughts: Philippians 4:8; James 4:7
Colossians 3:2

Weak: Romans 5:6; 2 Corinthians 12:9-10; Ephesians
3:14-17; Philippians 4:13

Withholding forgiveness: Matthew 6:14-15; Matthew
18:21-22; Mark 11:25; Luke 6:37-38; Luke 11:4; Luke
23:34; Ephesians 4:32

“I do not pray for these alone, but also for those who will believe in Me through their word; that they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me. And the glory which You gave Me I have given them, that they may be one just as We are one: I in them, and You in Me; that they may be made perfect in one, and that the world may know that You have sent Me, and have loved them as You have loved Me.

“Father, I desire that they also whom You gave Me may be with Me where I am, that they may behold My glory which You have given Me; for You loved Me before the foundation of the world. O righteous Father! The world has not known You, but I have known You; and these have known that You sent Me. And I have declared to them Your name, and will declare it, that the love with which You loved Me may be in them, and I in them.”

(John 17: 20-26)

If you want to share something or have questions,
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*God asks you, "I AM your Father.
Will you be my child?"*

What is your response?