

Mid-Week Meditation
July 8, 2020
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From Chaplain Lee Alphen:

Jesus taught His disciples to pray the Lord's Prayer (Matthew 6:9-13). Below are some thoughts I've had while praying this beautiful prayer. When you pray it, pause, and let your mind wander, thinking about the meaning of the words.

Our Father: God, the One who made us created this entire incredible universe and everything in it. After putting the physical space, we call the world in place, God made all the animals and plants. Then God formed Adam and breathed life into him. With the breath of God, men and women came alive. You may want to think about the beautiful trees and flowers God created. Or see horses running in a clover filled field with squirrels and chipmunks running up and down the apple trees.

Who art in heaven: God's throne is in heaven (Isaiah 66:1; Revelation 4:1-2).

John explains in part of his vision, *"Then the angel showed me a river with the water of life, clear as crystal, flowing from the throne of God and of the Lamb. It flowed down the center of the main street. On each side of the river grew a tree of life, bearing twelve crops of fruit, with a fresh crop each month. The leaves were used for medicine to heal the nations. No longer will there be a curse upon anything. For the throne of God and of the Lamb will be there, and his servants will worship him"* (Revelation 22:1-3). Heaven sure sounds like a place I want to go!

Hallowed be thy name: God's name is holy. The second commandment says, *'You shall not misuse the name of the Lord your God* (Exodus 20:7). We keep God's name holy by using it to address God and to tell others about God, not in idle chatter. It is best to think of something else to say when you hit your finger while hammering nails in the garage.

Your kingdom come: God's kingdom and will are perfect. Heaven is a beautiful place. God is there and when we join God, *"There will be no more death, sadness, crying, or pain. All the old ways are gone"* (Revelation 21:4).

Your will be done on earth as it is in heaven: We are happy here on earth when we are doing God's will. When we do nice things for others, we feel good about ourselves and when we say no to temptation we enjoy a sense of accomplishment.

Give us this day our daily bread: When we ask, God will give us everything we need for today (Matthew 7:10-12). Everything good comes from God (James 1:17).

Forgive us our trespasses as we forgive those who trespass against us:

Think about this one. Do we hold grudges? Jesus said we must forgive 77 times (Matthew 18:22). That means always.

We must forgive our brothers and sisters from our hearts (Matthew 18:25).

Lead us not into temptation but deliver us from evil: The devil tempted Jesus three times in the desert. The Gospel of Luke tells us Jesus was full of the Holy Spirit and led by the Spirit. Communication with God, doing God's will and the help of the Holy Spirit saved Jesus from falling into temptation (Luke 4:1-12).

Jesus promised to send the Holy Spirit to everyone who loves Him and keeps His commands (John 14:15-16). **For Thine is the kingdom, the power and the glory forever and ever:** Everything really belongs to God.