

Spend Time in Prayer - Lesson 1

Praying through the Hebrew Names of God

- **Jehovah Jireh:** The LORD our provider ([Genesis 22:1-18](#))

Jehovah Jireh, thank You for providing all that we need.

We praise you for knowing just how to provide perfectly for Your children. Thank You for providing Your only Son, Jesus Christ, in order to redeem us! Today, we give you thanks for providing_____.

- **Jehovah Rapha:** The LORD our Healer ([Exodus 15:22-26](#)).

Jehovah Rapha, my/our Healer, we trust Your timing and your ability to heal. _____need(s) a touch

from Your hand today. Please draw _____ close and make me/him/her more aware of Your presence than ever before.

- **Jehovah Nissi:** The LORD our Banner ([Exodus 17:8-16](#))

Jehovah Nissi, Lord God Almighty, You are the faithful One who gives us victory over anything the Devil

throws at us. You are the Banner we can raise above our heads in the midst of the battles we face and fight. Thank You, Father, for giving us victory over

_____.

- **Jehovah Shalom:** The LORD our Peace ([Judges 6:19-24](#))

Jehovah Shalom, You are our peace in the midst of every storm or difficulty we face. Thank You for Your shalom when we are anxious, afraid or uncertain. We give You praise for being our peace when _____.

- **Jehovah Rohi:** The LORD our Shepherd ([Psalms 23:1-6](#))

Pray through this Psalm as an affirmation of His love and care for you:

Jehovah Rohi, You are our shepherd. Because of You, we lack nothing! You make us lie down in green pastures and lead us beside quiet waters. You refresh our souls. You guide us along the right paths for Your name's sake. Even though we walk through the darkest valley, we will fear no evil, for You are with us. Your rod and Your staff, they comfort us. You prepare a table before us in the presence of our enemies. You anoint our heads with oil; our cups overflow. Surely Your goodness and love will follow us all the days of our lives, and we will dwell in the house of the Lord forever!

- **Jehovah Tsidkenu** (sid-kay-noo): The LORD our Righteousness ([Jeremiah 23:5-6](#)).

Jehovah Tsidkenu (sid-kay-noo), You are the Righteous King, the Righteous Judge and the Righteous One of Israel. Thank You that because of Your sacrifice, we are now covered in Your righteousness and can live our lives in obedience and holiness. Forgive us when we choose to live

apart from your righteousness because of our sin and
"renew a right spirit within" us.

- **Jehovah Shammah:** The LORD is there ([Ezekiel 48:35](#))

Jehovah Shammah, You are always near. There is nowhere we can go where You are not. Help us to always be aware of Your presence in the midst of every difficult time as well as in joyful times. Forgive us of the times/situations in which we find it hard to remember that You are the God who is always present. Help us to "narrow the gaps of unawareness" of Your presence as we journey through this life.

Thank You for this season of prayer, Name above ALL names! Amen.