

A practical guide to spending one hour in prayer

*Watch
with
Me...*

Volume 4

The Names of God



All Scripture quotations are from *Contemporary English Version*
(New York: American Bible Society, 1995).

1) Preparing the Heart (5 min)

Exodus 3:5 - "God replied, 'Don't come any closer. Take off your sandals—the ground where you are standing is holy.'"

John 14:26 - "But the Holy Spirit will come and help you because the Father will send the Spirit to take my place. The Spirit will teach you everything and will remind you of what I said while I was with you."

We begin our journey by preparing our hearts. We must approach God understanding that he is holy, powerful, and wise, and that our understanding of him depends primarily on our ability to receive from him.

This journey is a spiritual journey even more than it is an intellectual one, and so we begin by turning our hearts towards Jesus:

- Take a deep breath and exhale slowly.
- Tell God your intent to turn your heart towards him.
- Ask God to guide your mind and your spirit to truth.
- Ask God to highlight one of the names from the list.
- Record the name that stands out to you.

Record the name you feel God would have you explore today. You will spend the remainder of this hour uncovering what this name reveals about God.

2) Watching and Listening (5 min)

Proverbs 8:6-8 - "Listen, because what I say is worthwhile and right. I always speak the truth and refuse to tell a lie. Every word I speak is honest, not one is misleading or deceptive."

Isaiah 42:5 - "I am the LORD God. I created the heavens like an open tent above. I made the earth and everything that grows on it. I am the source of life for all who live on this earth, so listen to what I say."

Before we even begin to search out what others have said about God's name, we will ask God himself for insight and revelation. He is, after all, the one who knows best.

- Ask God to speak to you about his name.
- Listen for questions as well as for information.
- Write down the thoughts that come to mind, even if you are not certain if the thought is yours or God's.

Write down what you believe God to be saying about the name, including any questions that came to mind.

The Name List

Abba	Jehovah
Alpha and Omega	Jesus
Amen	Judge
Ancient of Days	King
Anointed One	King of Glory
Banner	Lamb
Branch	Living One
Bread of Life	LORD
Bridegroom	Lord
Christ	Lord of Hosts
Comforter	Love
Commander	Messiah
Cornerstone	Mighty God
Counselor	Oil of Gladness
Creator	Our Righteousness
Desire of All Nations	Peace
Door	Priest
Everlasting Father	Prince of Peace
Everlasting God	Provider
Faithful Witness	Redeemer
Father	Ruler
First and Last	Savior
Firstborn from the Dead	Shepherd
Friend	Son
God	Son of David
God Most High	Son of God
God of Abraham	Son of Man
God of Glory	Son of Mary
God of Isaac	Spirit
God of Jacob	Spirit of Glory
God Who Sees	Spirit of God
Head	Spirit of Truth
Healer	True One
Holy One	True Witness
Holy Spirit	Wine
I Am	Wonderful
Immanuel	Word
Jealous	Yahweh

10) Praising (5 min)

Psalm 29:2 - "Honor the wonderful name of the LORD, and worship the LORD most holy and glorious."

Revelation 15:4 - "Lord, who doesn't honor and praise your name? You alone are holy, and all nations will come and worship you, because you have shown that you judge with fairness."

Psalm 66:2 - "Sing about his glorious name. Honor him with praises."

As the final act of prayer, we end with a strong declaration of who God is as revealed in his name. Be loud, be bold, and with faith speak out all that he is.

- Thinking back through what you discovered about God's name, begin to thank him for who he is.
- Thank him for how he has heard your prayers.
- Thank him for his involvement in your life and your world.
- End on a strong declaration of Jesus' lordship.

3) Researching (10 min)

Isaiah 52:6 - "My people, you will learn who I am and who is speaking because I am here."

Proverbs 8:10-11 - "Let instruction and knowledge mean more to you than silver or the finest gold. Wisdom is worth much more than precious jewels or anything else you desire."

Just as finding treasure requires seeking it out, digging it up, so is uncovering the majesty of God a sometimes difficult endeavor. The searching, however, is always richly rewarded.

- Look up relevant words in a dictionary or thesaurus.
- Search for information on the name using the "Illustrated Dictionary of the Bible."
- Write down what you discover.

Write down what you discover about the words.

4) Searching the Bible (10 min)

Hosea 12:5 - "God's name is the LORD, the LORD God All-Powerful."

Jeremiah 18:15 - "But you, my people, have turned from me to burn incense to worthless idols. You have left the ancient road to follow an unknown path where you stumble over idols"

The beauty of the Bible is that in its pages God gives us the wisdom of the ancients within the context of a centuries-spanning account of God's interaction with mankind. In this step, we will mine the collected wisdom of those men and women who knew God intimately.

- Ask God to guide you to the places in Scripture where he wants you to concentrate.
- Use "Zondervan NIV Exhaustive Concordance" to find where that particular name occurs.
- Write down a few of the Scriptures that stand out.

Write down some Scriptures where the name occurs.

9) Interceding (5 min)

Isaiah 60:2 - "The earth and its people are covered with darkness, but the glory of the LORD is shining upon you."

Habakkuk 2:14 - "Just as water fills the sea, the land will be filled with people who know and honor the LORD."

Revelation 21:23 - "And the city did not need the sun or the moon. The glory of God was shining on it, and the Lamb was its light."

God has destined for his name to be known throughout the earth. When he made man to bear his image, this was the start of the process. The process is completed when the earth is filled with his glory.

We will take time here to intercede for God's nature as revealed in his name to become a part of our world. His character is destined to become a part of all levels of our society, from churches to governments, from families to businesses.

- Pick a sphere of influence (church, government, family, or business).
- Think through the people within that sphere and write down their names.
- Pray God's character over each one.

Write down the names of a few people for whom to pray.

8) Soul-Searching (5 min)

2 Corinthians 2:15-16 - "In fact, God thinks of us as a perfume that brings Christ to everyone. For people who are being saved, this perfume has a sweet smell and leads them to a better life. But for people who are lost, it has a bad smell and leads them to a horrible death. No one really has what it takes to do this work."

Genesis 1:27 - "So God created humans to be like himself; he made men and women"

What does the Bible mean when it says that God made humanity to be like himself? Quite simply, we were made to remind the world of what God is like. He intends us to look like God to the world; we represent him—his nature, his character—to all of creation.

At this time, we will pause to invite the Holy Spirit to search our hearts and speak to us about how we measure up to representing him to humanity. You may have failed recently, so take time to set things right with God.

- Ask the Holy Spirit to search your heart for any areas where you have failed.
- Begin to think through your actions compared to God's nature as revealed in his name.
- Confess your failure, and ask God to change you.

Write down anything for which you need to repent.

5) Asking Questions (5 min)

Exodus 3:13 - "Moses answered, 'I will tell the people of Israel that the God their ancestors worshiped has sent me to them. But what should I say if they ask me your name?'"

Proverbs 2:4 - "Search for wisdom as you would search for silver or hidden treasure."

Here, we ask questions about God's name, lots of them, as many as possible. A good place to start is with the "5 Ws and an H" (who, what, where, when, why, and how) but that's just a start. Questions lead to wisdom, so we want to ask as many as possible.

- Ask God to guide you towards the questions to ask.
- Start by asking any question about the name.
- Expand the question with more questions.
- Write all your questions down for later use.

Write down all the questions about the name that come to your mind. Any question is fair game.

6) Meditating (5 min)

Exodus 33:9-11 - "Then they would bow down because a thick cloud would come down in front of the tent, and the LORD would speak to Moses face to face, just like a friend. Afterwards, Moses would return to camp, but his young assistant Joshua would stay at the tent."

Here, we will take some time to slow down, relax, and contemplate what we have learned so far. We turn our attention towards the information we have gathered, and we mull it over in our minds. We will let our minds wander within the framework of God's name, allowing the Holy Spirit to direct our thoughts and bring concepts and ideas to our attention.

- Ask God to help you focus your thoughts on him.
- Ask him to guide you to a greater understanding of his nature and his name.
- In silence, allow your mind to wander over God's name and what it implies.
- Write down the thoughts that come to mind.

Write down the thoughts that come to your mind about the implications and meaning of God's name.

7) Creating Praise (5 min)

Exodus 33:19 - "The LORD answered: All right. I am the LORD, and I show mercy and kindness to anyone I choose. I will let you see my glory and hear my holy name."

Psalms 105:3 - "Celebrate and worship his holy name with all your heart."

Through the centuries, the many lovers of God have created everything from paintings to poems to temples. Standing in that long line of tradition, in this step we will create a physical display of God's greatness as revealed in his name.

As we create a display of God's name, it is important to continue in a spirit of worship. This is not about our talent (or lack thereof) or our idea but about the God whose name we are uncovering.

- Choose a type of artwork to create. Ideas include posters, poems, songs, drawings, sculptures, etc.
- Focusing your attention on God and the meaning of his name, begin to create a piece of art.
- Do not get caught up in how much or how little artistic ability you may have. The point is worship.