



## CHRONIC JOY® DEVOTIONAL

### IN JESUS' NAME

#### 3 SIMPLE WORDS FOR INTENTIONAL REFLECTION

By Kara Plett

The mountains are a silhouette on the western edge of our city. They are a beautiful sight, but one you get used to when you see them every day. Yesterday, my husband said, "Let's go for a drive." We headed toward the mountains. As we got closer, the prairies turned to foothills and the foothills to mountains. The snow-capped peaks surrounded us, and it was impossible not to gaze in awe at their grandeur. I often forget how amazing they are until I come face to face with them again.

Taking things for granted happens in many areas of our lives – but intentionally pausing to reflect on something can remind us of its magnificence, power, or beauty. Stopping to take time to reflect can reorient us.

This happened to me recently as I reflected on the phrase "in Jesus' name." I close every prayer this way but think little about it. It is just part of the routine – the way it's done.

When I paused and took a closer look at what I was saying, I found myself in awe of the meaning of these three words. They are powerful and magnificent.

#### JESUS ASKS US TO PRAY IN HIS NAME

Closing our prayers in this way is not man's idea. It is an instruction from Christ Himself:

*And I will do whatever you ask in my name, so that the Father may be glorified in the Son. You may ask me for anything in my name, and I will do it. (John 14:13-14)*

Praying in Jesus' name is why I can approach God in prayer with such confidence and intimacy. Jesus is my intercessor, my advocate to the Father. Closing my prayers in Jesus' name reminds me of what Christ has done for me. His sacrifice on the cross allows me to enter God's presence.



My dear children, I write this to you so that you will not sin. But if anybody does sin, we have an advocate with the Father—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. (1 John 2:1-2)

#### THE POWER IN JESUS' NAME

I am struck by the power in Jesus' name. When I pray in His name, I am praying with His authority. This fills me with courage. I also acknowledge that though I may have ideas of how I would like this prayer answered, I trust in His character. Whatever the answer, He knows what is best for me or others.

I am guessing that many who have chronic illnesses often approach God in prayer. (I frequently find myself at His feet with requests along my illness journey.) Praying in Jesus' name reminds me that I can approach God with complete assurance that He sees and hears me. Though my prayers may be answered differently than I expect, I can fully trust that the answer is what is best for me and that He will continue to walk each step of this journey with me.

Three little words... in Jesus' name. I am in awe of their meaning.

I love these songs: **Your Name**, by Paul Baloche and **In Jesus' Name** (God of Possible) by Katy Nichole.

Take a minute to listen to them, then reflect on the power of Jesus' name.

#### PRAYER

Father, thank You for the gift of prayer, for giving us access to You through Your son's sacrifice. I know I sometimes take this for granted. Thank You for hearing me, for seeing me. Thank You that I can trust every answer to my prayers because You want what is best for me. Thank You for reminding me of the power of Your son's name. In Jesus' name, amen.

#### QUESTIONS FOR REFLECTION

- What does praying "in Jesus' name" mean to you?
- What do you know about God's character that allows you to trust Him with your prayers?
- Is there a prayer request you would like to add to the Chronic Joy Prayer Pond and allow others to lift you before the Father in Jesus' name?

