

THE POWER OF HOLY NAME OF JESUS

A prayer Exercise and Method for the times when Temptations, Hardships, Worries and Difficulties Beset Us

Taken from the book "You Can Pray" of P. Ribes, s.j.

Published by the Gujarat Sahitya Prakash.

Introduction:

- ✓ *This Prayer Session or Prayer Exercise is based on the **Rhythmical Invocation of the Power-packed-name of Jesus***
- ✓ *We can see in the New Testament that many miracles and wonders were wrought through the invocation of the Holy Name of Jesus.*
- ✓ *The invocation of the Name of Jesus has a quasi-sacramental value to drive away temptations and dangers and to calm our fears and anxieties.*

Preparation

- Decide the length of time you want to spend using this prayer method.
- Relax. Pause in silence for a while.
- Invoke the assistance of Holy Spirit.
- As far as possible, keep gazing at a picture of Jesus.
- Sing a hymn to Jesus, like "What a Friend We Have in Jesus", "Precious Lord" "His Name is Wonderful", etc.
- Say a spontaneous prayer addressed to Jesus. The gist of the prayer being;
"Jesus, that I may experience the power of your Holy Name".

STEP ONE Prayerful Meditation of Gospel Passages

1. Go over the New Testament quotes below, where we see the Power of the Holy Name of Jesus.
2. Then, choose one or two passages that appeal to you most.
3. Ponder and meditate on them until you pick confidence in the Power of Holy Name
4. After that, proceed to The **Prayer of Petition in step two below.**

New Testament Passages where the Power of the Holy Name is Manifested.

Mt 6:15-18 (Especially 17) **Parting Instructions of Jesus to his Disciples.**

"Believers will be given these signs of power, they will drive out demons **in my name (Jesus)** and they will speak strange tongues".

Lk 1:26-38. (Especially Lk 1:30-32) *Annunciation and Incarnation.*

“The angel said to her: “Do not be afraid Mary, because God has been gracious to you. You will become pregnant and give birth to a son, and you will **name him Jesus.** He will be great and he will be called the Son of the Highest God”.

Lk 5:1-6 (Especially 5 & 6) *Miraculous Catch of Fish*

Master, Simon answered, “We had worked hard all night long and caught nothing, but **in your name,** (in the name of Jesus) I’ll let down the nets”. They let the nets down and they caught such an amount of fish that the nets were about to break.”

Lk 10: 1-12 & 17 (Especially 17) *The Return of the 72 Disciples.*

“The Seventy-two men came back in great joy. “Lord”, they said, “even demons obeyed us when we commanded them **in your name**” (*The name of Jesus*)

Jn 14:13-15 *Jesus’ Parting Promises*

I will do whatever you ask **in my name,** so that the Father’s glory will be shown through the Son. If you ask me for anything **in my name** I will do it.

Jn 20: 30 *Purpose of the Gospel*

“Jesus did many other mighty works in his disciple’s presence which are not written down in this book. These have been written that you may believe that Jesus is the Messiah, the Son of God, and that through this faith **you may have life in his name**”.

Acts 2:38 *Peter’s preaching on Pentecost Day.*

Peter said to them: “Turn away from your sins each one of you and **be baptized in the name of Jesus Christ,** so that your sins will be forgiven; and you will receive the gift of God, the Holy Spirit.”

Acts 3:6-8, *Peter and John curing the lame man at the gate of the temple.*

“Peter said to him: I have no money at all, but I will give you what I have, **in the name of Jesus Christ of Nazareth,** I order you to walk and at once the man’s feet and ankles became strong: He jumped up and stood on his feet and started walking around

Acts 4: 8-12. *Peter and John before the council.*

Peter, full of the Holy Spirit, answered them “This man stands before you completely well **by the power of the name of Jesus** of Nazareth, whom you crucified and God raised him from the dead. Salvation is to be found through him alone: **for there is no one else in all the world, whose name God has given to men, by whom they can be saved.**”

Acts 4:24-30, *Believers Pray for Boldness.*

“And now Lord, take notice of the threats they made, and allow us, your servants, to speak your message with all boldness. Stretch out your hand and grant that wonders and miracles may be performed **through the name of your holy Servant Jesus.**”

Acts 10: 34-43. (Especially 43) ***Peter’s speech on the salvation of f the Non-Jews.***
“All the prophets spoke about him, saying that everyone who believes in him will have his sins forgiven **through the power of his name**”.

Eph 5:20. ***Thanking for All in the Name of Jesus.***

“Always give thanks for everything to God, the Father, **in the name of our Lord Jesus Christ.**”

Phil 2:3-11. (Especially 9-11) ***Greatness of the Name of Jesus***

“For this reason God raised him up to the highest place above, and gave him **the name that is greater than any other name, and so, in honour of the name of Jesus,** all beings in heaven, on earth, and in the world below will fall on their knees, and all will openly proclaim that Jesus Christ is the Lord to the glory of God the Father!”

Col. 3:17. **Do everything in the name of Jesus**

“Everything you do or say then should be done **in the name of the Lord Jesus** as you give thanks through him to God the Father”.

1 Jn. 2-12 ***Our Sins are forgiven in the name of Jesus***

“I write to you, children, because your sins are forgiven **for the sake of Christ’s (Jesus’) name.**”

STEP TWO Prayer of Petition

- Pause for a while. Think of your worries, difficulties, hardships, temptations, fears, dangers, or any other problems besetting you.
- Pick the item that worries you most at this moment, for instance, addiction to alcohol, inability to forgive, lust or any other bad habit, serious illness, etc
- **Pray in the name of Jesus, that your problem be solved or least be made bearable.**

This prayer will made in three stages:

First Stage;

Praying to the FATHER in The Name of Jesus:

- **Over and over again, slowly and intentionally,** (*Do not be in a hurry. Take your time*)) with faith in the power of the Holy name, keep praying to THE FATHER:

saying: "**Father, in the name of Jesus** I beg of you to give me the strength to knock out my habit of drinking, or to bear my illness, or x,y,z"

- End by reciting "The Our Father."

Second Stage:

Praying to JESUS in His name.

- Over and over again, slowly and intentionally, (*Do not be in a hurry. Take your time*) with faith in the power of the Holy name, keep praying to JESUS saying: "**Jesus, in the power of your Name** I beg of you to give me the strength to knock out the habit of drinking, or to bear my illness, or x,y,z"
- End by saying a prayer to Jesus, like the "Soul of My Saviour", or by reciting or singing a hymn to Jesus, like "All to Jesus, I surrender" or "What a Friend we Have in Jesus"

Stage Three

Forcefully command YOUR PROBLEM to leave you in the name of Jesus **Speak to it as if it were a personified evil**

- Over and over again, slowly and intentionally, (*Do not be in a hurry*) with faith say: **In the power of the Holy Name of Jesus, I command you, I order you, and exorcise you** my unforgiveness, or my anxiety, or my lust or my x, y, z, to leave me"

Closure:

- Close your prayer time by reciting an "Act of Faith" or the "I Believe"
- Recited or sing any appropriate hymn to the name of Jesus.

Hymns Suitable for this Exercise

"In the Name of Jesus
"His Name is Wonderful"
"I'll Praise His Name"
"The Name above All Names"
"He is Lord"
"Jesus sets Me Absolutely Free"
"Silver and Gold"
"His Name is higher"
"Praising His Name"
"Praise the Name of Jesus"