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# GOD'S 372 NAMES:

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HOW TO ENJOY FREEDOM, INTIMACY, AND  
DYNAMIC PRAYER WITH HIS 372 NAMES



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# INTRODUCTION

How exciting that you are holding in your hands 372 Treasures of who God is!

Can you imagine experiencing one of the joys of what the gospel of Matthew 13:44 is about, in that you'll be uncovering what's often a hidden treasure that will be of great value for you?

Also imagine being somewhat like the merchant in the next verse, who found a pearl of great value, by you getting to know God better through His names, characteristics, and attributes!

Further imagine how incredibly wonderful it would be to enjoy a deeper intimacy with your Abba Father, Dearest Lord Jesus and the precious, Mighty Holy Spirit.

Have you, like me, wanted to overcome whatever challenges, barriers, busyness, noise, distractions and or even negative thoughts that life throws your way? Psalm 34:8 states,

*"Taste and see that the Lord is good."*

Wouldn't it be great to replace those unhealthy thoughts with His sweet Presence that satisfies and refreshes you?

This is a journey I and many others, each in their own way, have been on for years, and trust me, it's one of the most wondrous and glorious experiences I've ever had in my many years on earth! I pray as you continue to read and consider joining me along this path, that you too will find yourself overwhelmed by God's love and presence in a new and fresh way.

Read on, my friend, to find how this booklet makes it possible to incorporate something very short, easy, simple, yet profoundly positive into your daily life.

## ENJOYING GOD'S FREEDOM IN YOUR THOUGHT LIFE

Are you aware of how many thoughts go through your mind every day? How many of those thoughts are either worrisome, negative, or downright depressing? What about random thoughts that are of very little or no importance? Perhaps you find yourself sometimes in the “social media swamp,” scrolling mindlessly, hoping to find something worthwhile or uplifting that can outweigh all the junk.

So, how can you free yourself from this ongoing cycle of unhealthy thinking? The answer is very simple and powerful.

***You purposely choose to increase lifegiving thoughts  
with one of God's names or attributes.***

No matter how busy your day gets, when you focus on one of God's names following the distracting or negative thought, you'll find yourself uplifted. You'll discover you're on the road to greater freedom in your thought life. You'll begin to experience John 8:32,

*“The truth will set you free.”*



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Freedom started for me when I chose to turn off my car radio for a few minutes at a time. Instead, I began to declare and sing one of my favorite names of God. Later on I decided to enjoy God's names instead of listening to YouTube or other distracting media. While thinking about and reflecting on His names, I noticed I felt a lot more peaceful and calmer.

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## ENJOYING GOD'S INTIMACY

God is eagerly wanting to spend some quality time with you. Using His names is a rewarding way to enjoy His presence. One worthwhile and gratifying way is to take a piece of notebook paper and write down God's names.

As you're writing down each name, declare it out loud or sing it back to Him. This will increase your faith. You'll experience more of Romans 10:17,

*"So, faith comes by hearing, and hearing by the Word of God."*

As you follow these steps, the names of God will more easily go from your head to your heart.

One very fulfilling way to experience Abba Father, Dearest Lord Jesus Christ, and Mighty Holy Spirit individually, is to use the list of names vertically, top to bottom. Another enriching way to enjoy the Trinity is to use the list horizontally, left to right. You'll begin to experience Song of Solomon 2:16,

*"My Beloved is mine and I am His."*

If you're limited for time, focus on as many as you're able to fit in.



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What I found to be very meaningful was writing down and declaring God's names at the same time. I started doing this, even if I had only a few minutes to spare. Gradually, I could feel my heart softening and I began enjoying more of God's presence.

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# TWO WAYS TO ENJOY DYNAMIC PRAYER DAILY

Did you know there are two simple ways you can deepen your relationship with God?

1. PRAISE: which focuses on who God is. *Do this by declaring out loud, Psalm 146:2,*

***“I will praise the Lord all my life, I will sing praises to my God as long as I live.”***

Then follow that with declaring or singing one page or more, as desired, from the list of names.

2. HEAVENLY INTERCESSION: which focuses on declaring God’s names over family, friends, leaders, your own nation or other nations. An example of declaring three names of the Trinity is:

***“The Faithful God, The Lord of Peace, and Spirit of Grace be upon \_\_\_\_\_.”***  
(insert a person or nation’s name)



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A powerful dynamic of “Heavenly Intercession” brought a new dimension to my prayer life. I felt like I was actually partnering with God to bring His will to the earth.

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# ABBA FATHER

# DEAREST LORD JESUS CHRIST

# MIGHTY HOLY SPIRIT

Forgiving God	Savior of the world	Spirit of our God
Glorious Crown	Crown of Splendor	Spirit of Glory
Commander of the Lord's army	One who will arise over the nations	Spirit of the Sovereign Lord
Great, Mighty Awesome God	Our Glorious Lord Jesus Christ	Spirit of Grace
Our Sanctuary	Our Peace	Our Gift
I Am Who I Am	Emmanuel (God with us)	Spirit of the Living God
The True God	The One and Only	Teacher
Eternal King	King of the ages	The Promised Holy Spirit
Holy One among us	Holy Servant Jesus	Spirit of Holiness
God of all Comfort	Great Shepherd of the sheep	Comforter
Father of our spirits	Shepherd and Overseer of our souls	Spirit of Life
God our Strength	True Bread from heaven	Spirit of our God
Lord who Heals you	Great Physician	Breath of the Almighty
Great and Powerful God	Our only Sovereign Lord	Power of the Most High
The Almighty	The Lord	Voice of the Almighty
God the Father	Son of the Living God	Spirit of the Father
He who Comforts me	He who loves me and has freed me from my sins	Spirit of Promise
Our Mighty One	Resurrection and the Life	Power of the Most High
My Refuge in times of trouble	He who Searches hearts and minds	Counselor
Father of heavenly lights	The True Light	Spirit of Fire
Father to the fatherless	My Friend	Spirit of Sonship
He who is able to do more than all we ask or imagine	Author and Perfecter of our faith	The Spirit is our Deposit, guaranteeing what is to come
The Everlasting God	The Beginning and The End	Eternal Spirit
Ancient of days	Gift of God	Spirit of God

# ABBA FATHER

# DEAREST LORD JESUS CHRIST

# MIGHTY HOLY SPIRIT

Creator	Alpha and Omega	Breath of the Almighty
Lord God Almighty	Lord of Lords	Spirit of the Lord
Holy Father	Holy and Righteous One	Holy One
Only Wise God	Wonderful Counselor	Teacher
God of the Living	Word of Life	Spirit of Life
Our Judge	One who speaks to the Father in our defense	Spirit of Justice
Sovereign Lord	Head over every power and authority	Spirit of the Sovereign Lord
Father of Compassion	Shepherd and Overseer of our souls	Spirit of Grace and Supplication
God Almighty	The Word	Voice of the Almighty
The True God	The Way, the Truth and the Life	Spirit of Truth
Everlasting Father	Son of the Most High God	The Promised Holy Spirit
He who is ready to judge the living and the dead	Righteous Judge	Spirit of Judgement
God our Father	God's Son	Spirit of Sonship
God of Truth	Wisdom from God	Spirit of Wisdom and Revelation
The Faithful God	Faithful and True	Spirit of Faith
Your very Great Reward	The only God our Savior	Voice of the Lord
God of Grace	Our Salvation	Spirit of Grace
Holy One	Holy One of God	Spirit of Holiness
The Consuming Fire	Refiner and Purifier	Spirit of Fear of the Lord
He who Reveals His thoughts to us	Word of God	Spirit of Knowledge and Understanding
The Eternal God	Our God and Savior Jesus Christ	Spirit of Jesus Christ
God of Glory	Lord of Glory	Spirit of Glory
Our Redeemer	Rose of Sharon	Spirit of our God

<b>ABBA</b>	<b>DEAREST LORD</b>	<b>MIGHTY</b>
<b>FATHER</b>	<b>JESUS CHRIST</b>	<b>HOLY SPIRIT</b>

A Refuge for us	Anointed One	Holy One
Shade from the heat	Branch of the Lord	Spirit of Faith
Stronghold in times of trouble	Bread of Life	Spirit of Christ
God of all mankind	Christ Jesus our Hope	Spirit of Glory
God over all the kingdoms	Consolation of Israel	Spirit of Grace
Helper of the fatherless	Faithful and True	Spirit of Justice
Lord Almighty	Firstborn over all creation	Spirit of Life
Lord is Peace	Lamb of God	Good Spirit
Lord is my Banner	Righteous One	Spirit of Living God
Lord our Maker	Sure Foundation	Spirit of the Lord
Lord our Shield	The Good Shepherd	Willing Spirit
Lord who strikes the blow	The Living One	Spirit of the Sovereign Lord
My Advocate	His One and only Son	Spirit of Truth
Our Dwelling Place	The Gate and Door	The Same Gift
Our Leader	Head of the church	Promised Holy Spirit
Our Refuge and Strength	Ruler of God's creation	Teacher
Compassionate and Gracious God	Son of the Blessed One	Spirit of Prophecy
Eternal God	Ransom for all men	Spirit of Power
Exalted God	Your Life	Spirit of Wisdom
Our Gardener	The Rising of the Son	Spirit of Adoption
Great King above all gods	The Testimony	Spirit of Holiness
One who Sustains me	Lamb of God	Power of the Most High
God who Relents from sending calamity	Guarantee of a Better Covenant	Spirit of the Father
One to be Feared	Our Righteousness	Voice of the Almighty



<b>ABBA</b>	<b>DEAREST LORD</b>	<b>MIGHTY</b>
<b>FATHER</b>	<b>JESUS CHRIST</b>	<b>HOLY SPIRIT</b>

Builder of everything	Chief Cornerstone	Voice of the Almighty
Master in heaven	God man Christ Jesus	Eternal Spirit
Living and True God	Living Bread that came down from heaven	Spirit of the Living God
God Most High	God over all	Spirit of God
My Source of Strength	Source of Eternal Salvation	Power of the Most High
God my Savior	Savior of the world	Spirit of Jesus Christ
Great and Awesome God	King of Kings	Spirit of the Lord
Lord of all the earth	Ruler of God's creation	Spirit of Life
God my Rock	Rock Eternal	Good Spirit
God of Peace	Prince of Peace	Spirit of Grace
My Confidence	One who makes me holy	Spirit of Promise
My Song	His one and Only Son	Spirit of the Father
My Light	The Bright Morning Star	Holy Spirit of God
My Hope	Author of our Salvation	The Same Gift
The Strength of my heart	Christ Jesus my Lord	Spirit of Christ
God who Avenges me	Judge of the living and dead	Spirit of judgement
King of Glory	Indescribable Gift	Holy One
Majestic Glory	Radiance of God's Glory	Spirit of Glory
He who forms the hearts of all	Author of Life	Spirit of Life
Creator of heaven and earth	Heir of all things	Spirit of the Sovereign Lord
The Glorious Father	Light of the world	Spirit of Fire
Most High	The Most Holy	Spirit of Holiness
God and Father of Jesus Christ	The First and the Last	Spirit of Jesus Christ
Love	My Beloved is Mine	Willing Spirit
Lord who makes you holy	Lord and Savior Jesus Christ	Promised Holy Spirit

<b>ABBA</b>	<b>DEAREST LORD</b>	<b>MIGHTY</b>
<b>FATHER</b>	<b>JESUS CHRIST</b>	<b>HOLY SPIRIT</b>

Fortress of Salvation	Horn of Salvation	Voice of the Almighty
Shelter from the storm	Jesus Christ our Savior	Spirit of Jesus Christ
God of Abraham, Isaac, Jacob	Hope of Israel	Spirit of Promise
Jealous God for us	Chief Shepherd	Spirit of Power
Ever Present Help in trouble	Great Light	Spirit of Fire
God my Maker	Messiah	Spirit of Christ
He who blots out our transgressions	Mediator of a New Everlasting covenant	Spirit of Counsel
Judge of all the earth	He who comes down from Heaven and gives life to the world	Spirit of God
Lord most High	Son of the most High God	Spirit of Glory
Lord who makes you holy	Lord of the Sabbath	Spirit of Life
My Helper	My Intercessor	Spirit of Faith
My Hiding Place	Image of Invisible God	Spirit of Sonship
My Strong Deliverer	Exact Representation of God's Being	Spirit of the Living God
Righteous Father	Our Righteousness	Spirit of Sovereign Lord
Glory of Israel	Holiness and Redemption	Spirit of Truth
God who saves me	Prince and Savior	Good Spirit
God who sees me	Light for Revelation	Spirit of Wisdom
Just and Mighty One	Master	Eternal Spirit
Majesty in heaven	Ruler of kings of the earth	Power of the most High
The Potter	The Great Physician	The Best Gift
Spring of Living Water	The Living Stone	Voice of the Lord
Our Glory	Eternal Life	Spirit of Revelation
Our Praise	Lord of Peace	Spirit of the Living God
Lord will Provide	The Amen (So Be It)	Willing Spirit
Lord who is There	Morning Star	Spirit of the Father
He is a Good Father	Redeemer	Spirit of Promise