Lesson 141 The Lord’s Prayer

Study the Lord’s Prayer and ponder over (Our Father, Will, Needs Fulfilled, Sins, Temptation, the Enemy, thy Kingdom) the elements in this prayer, the living within the will of your Father in heaven. Speak and teach on this. In this I will be well pleased. That is all for now, go in peace.

Introduction

The Lord has instructed us to study the Lord’s Prayer for today’s lesson. If you recall the prayer is found within the writings of the Sermon on the Mount. The King James Translation reads like this:

Matthew 6:9-13 … Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, forever. Amen.

This, of course, is an iconic prayer. It is known and has been spoken by billions of people worldwide. Christ was it’s author. And it was through these words that He offered an example of a prayer made from the right heart. Again, when He initially began speaking of prayer during the course of the Sermon of the Mount, He noted that prayers should not be made for show or for personal acknowledgement or aggrandizement.

Matthew 6:5-8 “And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward. But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly. And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words. Therefore do not be like them. For your Father knows the things you have need of before you ask Him.”

Essentially, He was cautioning each to check the motives for their prayers in order to ensure that each one would be coming from the right heart with no hypocrisy, vanity or selfishness contained therein.

If you read this prayer from a more modern translation, for example, from the Complete Jewish Bible translation, it reads like this:

Matthew 6:9-13 … ‘Our Father in heaven! May your Name be kept holy. May your Kingdom come, your will be done on earth as in heaven. Give us the food we need today. Forgive us what we have done wrong, as we too have forgiven those who have wronged us. And do not
lead us into hard testing, but keep us safe from the Evil One. For kingship, power and glory are yours forever. Amen.'

This translation since it is worded in a more modern English, it helps us to visualize the idea of eliminating hypocrisy, vanity and selfishness more clearly. Therefore, Jesus’ teachings in regards to prayer, becomes even more obvious. The vain repetitions and the personal acknowledgements, these have doubtlessly been removed. Yes, Jesus’ prayer model is concise and perfect. And it is this that we shall move forward in today, as we study and ponder each element contained therein.

Our Father

The first element we will be looking at today is one that denotes relationship as noted below:

Our Father which art in heaven, Hallowed be thy name. Thy kingdom come.

Jesus opens the prayer up by addressing His Father in heaven above. Now to some this may be a bit confusing because of the various teachings out there in regards to the Trinity. However, this has been explained on the Take His Heart website at http://www.takehisheart.com/insightsjohn1.htm where we have learned this about the Father and the Son.

He (the Lord) took me to John 1:1,2 He said, "A father must preexist before a son." This is when I saw the true message of John 1:1,2 was pathetically simple.

**John 1:1,2**

1. In the beginning was the Word, and the Word was with God, and the Word was God. 2. The same was in the beginning with God.

First, let me make it clear that God is talking about "the beginning," the first thing that happened. This is not at the creation of the world, or the universe. It was before that. This is about God having a Son! **When God says beginning, He means the "absolute beginning."**

There is a progression in the following. Something happened between "In the beginning was the Word" and "the Word was with God." God is a spirit. (In the beginning was the Word) God was alone but everything that is, came from within Him. He was not a manifested Father although it was already in Him. Then He had a Son (the Word was with God). A son cannot come into existence without a father. God, by the separation of the particles of Himself, reproduced Himself in a Son, and God was not diminished in any way. Then it says "and the word (that was with God) was God." Jesus is God, an exact reproduction of God, Himself. How? By the separation of particles, an exact reproduction (not a new creation) took place, without diminishing the original.

Is this true, **Jesus is identical to God? Yes!** Look at the next verse.

**John 1:2**

The same was in the beginning with God.

The same is Jesus. He is the same as God! The same was with God in the beginning! The only difference between God and Jesus is the fact that one is the Father and one is the Son.
This is why we can say that Jesus is God, and not be lying. He is not God the Father but God the Son. He is simply God in a different position.

Consequently, you can see how Jesus comes to address God as the Father in the Lord’s prayer and how He passes this relationship on to us as well. It is a relationship that King David acknowledged as well.

1 Chronicles 29:10,11  Therefore David blessed the Lord before all the assembly; and David said: “Blessed are You, Lord God of Israel, our Father, forever and ever. Yours, O Lord, is the greatness, The power and the glory, The victory and the majesty; For all that is in heaven and in earth is Yours; Yours is the kingdom, O Lord, And You are exalted as head over all.

From this passage you can see that David also recognized and acknowledged the Lord God of Israel as our Father in heaven. He acknowledged His Kingship, His Kingdom and His power and glory. But God, as the Father, this type of relationship has been acknowledged in other places as well. For example,

John 14:30-31 “I won’t be talking with you much longer, because the ruler of this world is coming. He has no claim on me, rather, this is happening so that the world may know that I love the Father and that I do as the Father commanded."

January 28th God Calling Eventide - I am the Gift of God to man. Only so was it possible for man to know God the Father.

February 7th God Calling – The cries of your sufferings have pierced even to the ears of God himself -- My Father in Heaven, your Father in Heaven.

March 17th God Calling - And this is Life Eternal, to know God, My Father and Me, the Son sent by Him.

Thus Jesus’ relationship with the Father has been documented in various places but ours has been as well:

03/24/13 BT - My agenda is My Bride. Come together - nit together as one unit for My purpose. My Bride has purpose in the Earth. We work together hand in hand for My Father's Kingdom. This is an eternal matter.

04/27/13 KE - Keep maintaining My son. This is a word of encouragement, just as a parent gives unto their child. I AM your Father, and your Lord and Master.

05/15/13 CT - Count your many blessings for the path you travel is narrow yet you are here. Walk it with us (the Father, Son and the Holy Ghost), garner happiness and satisfaction from this. In this we shall all be well pleased.

06/03/13 BN - We are marching to Zion together, Do not be ashamed...I AM not ashamed of you for you are not ashamed of Me, Continue to boldly proclaim My name and I will proclaim yours before My Father.

We began this first section by reviewing the relationship between the Father and the Son. However, before we close this first section we must also briefly acknowledge the Father’s holiness and His kingdom. I chose the word holiness because it is a word that can be used in place of the word hallowed. In other words, hallow means to make holy. Remember, it reads like this:

Our Father which art in heaven, Hallowed be thy name. Thy kingdom come.

Or it can be translated like this:
‘Our Father in heaven! May your Name be kept holy. May your Kingdom come.

Therefore, as we begin our prayers to the Lord, let us remember that we are addressing, God the Father, who reigns from His heavenly kingdom above.

Will

In the first section of this lesson we discussed our relationship to God the Father. In this section we will be talking about following after His will and the importance there of. For example when Jesus spoke of the Father’s will in the Lord’s prayer, He said:

*Thy will be done in earth, as it is in heaven.*

In this context “will” is being used as a noun. It is defined as wish or desire, purpose or determination. Hence, what we are talking about here is the following after of the Lord’s wishes, desires, His purpose or His determination. So let’s see if you can catch that meaning in these:

**John 7:17** “If anyone wants to do His will, he will know whether my teaching is from God or I speak on my own.” (i.e. If anyone wants to do the Father’s purposes, then he will know whether or not my teachings are from God or I speak on my own)

**Romans 12:2** And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. (i.e. Do not act in accordance with the world but be transformed by the renewing of your mind, that you may prove what is the good and acceptable and perfect determinations of God.)

**I Thessalonians 4:3** What God wants (His Will) is that you be holy…CJB (i.e. What God desires is that you be holy.)

Were you able to see how the word “will” was used as a noun meaning wishes, desires, purpose or determination in the examples above? The first example listed above came from Jesus himself. From it you could see that He understood what it meant to follow after the Lord’s will. But He also added this when talking about following after the Lord's will:

**Matthew 26:39** He went a little farther and fell on His face, and prayed, saying, “O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will.”

**John 4:34** Jesus said to them, “My food is to do the will of Him who sent Me, and to finish His work.”

**John 5:30** “I can of Myself do nothing. As I hear, I judge; and My judgment is righteous, because I do not seek My own will but the will of the Father who sent Me.

And this message of seeking after or living within the will of God, this message continues to be shared today:

07/04/13 BN - Pencil it in...mark it down, My will and My ways, Do not falter so close to the end.
07/08/13 MVA - Look and see the will of your God Jesus.
07/09/13 MVA - I AM revealing My perfect will for each.
Know that I am God and I have a plan yet know that there are those who desire to come against Me - imposters, pretenders, usurpers (to seize or hold a position, office, power etc by force or without legal right), men who claim to be after My heart yet they are after their own glory. They seek to elevate self. They ignore My will. They act as did the Pharisees and Sadducees following after legalism and the traditions of men. They do not seek My will from the heart.

Through these examples we were most definitely able to see how the word “will” was used as a noun meaning wishes, desires, purpose or determination; but through them we were also able to see how the Lord is teaching us to seek after His perfect will for our lives.

Before Jesus came to the earth this was written on Him. It says,

**Psalm 40:6-8** Sacrifice and offering You did not desire; My ears You have opened. Burnt offering and sin offering You did not require. Then I said, “Behold, I come; in the scroll of the book it is written of me. I delight to do Your will, O my God, and Your law is within my heart.”

When Jesus came a new order was born. It is an order of righteousness. It is an order of the seeking after and the living out of the will of God. And it’s about having the right heart as well. It was the way of life that Jesus walked in every day. And we should walk in this too! And this, I believe, this is why He made sure to include it in His example of prayer, just as you can see when He said,

*Thy will be done in earth, as it is in heaven.*

**Needs Fulfilled**

Thus far we have talked about our Father and seeking after His will for our lives. And the next element of the Lord’s prayer that we will discuss is this:

*Give us this day our daily bread.*

Our daily bread, this is obviously about sustenance, but I think it is also about needs in general. For example, in the book of Proverbs we read of a man named Agur who made two requests of the Lord. His requests went something like this:

**Proverbs 30:7-9** [God,] I have asked two things of you; don't deny them to me as long as I live - keep falsehood and futility far from me, and give me neither poverty nor wealth. Yes, provide just the food I need today; for if I have too much, I might deny you and say, "Who is ADONAI?"And if I am poor, I might steal and thus profane the name of my God.

Agur did indeed mention the food needed just for today but he also spoke of poverty and wealth. Basically, he said, and I’m paraphrasing, don’t give me too much or too little. If I am wealthy and have too much then I won’t need you. I might even forget you. And if I’m poor and don’t have enough then I may get mad and sin against you. He wanted just what he needed for the day because he didn’t want thing or situation to come between him and the Lord. And this then reminded me of Jesus saying,

**Matthew 6:34** “Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”
Therefore, in the Lord’s prayer, I think we could say that, Jesus is essentially teaching us to speak in positives. He demonstrated this when He said, give me what I need for this day. For example, He didn’t ask for more. He didn’t ask for wealth. He simply asked just for enough for this one day. Likewise, He didn’t speak in negatives either. He didn’t complain or point out what He didn’t have as He was asking for today’s portion. Consequently, through this I believe we can also surmise that Jesus is not teaching us to be greedy or selfish. Remember Jesus walked in righteousness. Therefore, He will teach us to walk in righteousness as well. And it would not be righteous for us to seek more than what we needed. For today is sufficient on its own.

And here are a few additional passages from the Lord that demonstrate the importance that each day holds and how we don’t want to get ahead of ourselves.

06/25/13 BN - Many times throughout your day today take pause and sit silently with Me.
06/28/13 BN - I keep saying this but turn to Me many times throughout your day. Just to seek My face, It is important, That is all you need know for today.
07/01/13 CT - Make your today your best as it effects your tomorrow.

Each day is important to itself just as our relationship with the Lord is important and just as following after His will is important too. But it is equally important for us to approach each day with the correct mindset asking just for what is needed for this day and not greedily seeking after more. And for that matter, this same philosophy of having the correct mindset, this can be carried over to our prayer life as illustrated by Jesus through the Lord’s prayer. Yes, in this Jesus is teaching us about righteousness. He walked in it and we are to do the same. This has never been more important than it is right now.

06/13/13 CT - Endeavor to pursue righteousness and holiness. Check your motives, make sure you are in the right heart.
07/04/13 MVA - Purity purity purity in all. Ministers of righteousness.
07/07/13 MVA - Go forth in righteousness each.

Debts (Sins)

Our Father, His Kingdom, Living in His will, righteous requests, moving forward one day at a time. These are all elements of our prayer life that Jesus has brought to our attention. And now He is turning our focus towards our sins but not so much the sins themselves but how we view them both in ourselves and others. In the Lord’s prayer He said it like this:

And forgive us our debts, as we forgive our debtors.

Essentially, this is saying forgive us our sins, forgive us our trespasses as we forgive others who have sinned or trespassed against us. I wanted to break this down a little because it sounds like it includes an element of judging in it doesn’t it? Let me explain, we are deciding, we are judging who has sinned against us and who has not. But of judging, Jesus said, don’t judge others.
Luke 6:37-38 “Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you will be forgiven. Give, and it will be given to you; good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you.”

This is saying then that we have to be careful when we make judgments. And this makes perfect sense to us because we’ve already learned that we can make righteous judgments. We know that we can approach situations and come to righteous conclusions. (This is explained on the THH website like this: http://www.takehisheart.com/judgingjudgment.htm)

Here is the Lord’s answer.

If a man receives by the spirit of God, a word of knowledge and a word of wisdom, and it is revealed that there is a problem with another person, is that the judgement of the man or the judgement of God?

God had been dealing with me about Ezekiel and so my thoughts were this, "When Ezekiel spoke judgments to the people it wasn't his judgment but God's judgment through him." I understood this fact. The Lord knew my thoughts, He went on.

If this same man starts to see the same problem in those around him, is that the judgment of the man or the judgment of God?

The answer was obvious and a little later I asked the Lord, "Then, what is judging?"

His answer,

If a judge sitting on a bench does not have all the evidence and makes a judgment, he has "judged." If a judge sitting on a bench has all of the evidence and makes a judgment, he has made a sound decision and not a judgment.

What the Lord had told me made perfect sense and was simple. If you have all of the evidence you are not judging but making sound decisions. To have all the evidence we need God's input. This is a truth! When we have God's evidence we are not judging but making sound decisions based on His judgment.

And this is righteous judgment. But basically what we have to remember about this element of our prayer life (as presented by Jesus) is how we view the debts of ourselves and others. I believe when Jesus was saying, forgive us our debts, as we forgive our debtors, I believe He is telling us to maintain the same attitude of forgiveness that our Father has had towards ourselves. For we must remember that Jesus said, For with the same measure that you use, it will be measured back to you.”

I, in fact, have a story about this very thing. It occurred when I was younger but the exact time of which I don’t know for sure. But anyway, someone had done something to me that had hurt and upset me. I was having difficulty forgiving them for what they had done. And I guess I had probably been dwelling on this for a while when the Lord asked me this question. He said, “Who are you not to forgive them, when I have forgiven you! Are you of more importance than me?” The Lord, you see, He pointed out my haughtiness. He pointed out my wrong attitude.
In this section we learned that the Lord is turning our focus not so much towards our sins but towards how we view them both in ourselves and others. He is pointing us towards righteous judgment and forgiveness. He is pointing us once again towards having the correct mindset for our walk with Him.

06/01/13 SN - Forgiveness is essential.
06/16/13 BN - Forgiveness...always grant forgiveness.
06/27/13 DP - Be steadfast, stand boldly before Me. All have fallen short of My standards and yet I love them and forgive them.

April 16th God Calling - If it was God who so acted, then it was Love, Perfect Love, performed those actions, those wonders. Then you, too, must put Love (God) into action in your lives. Perfect Love means perfect forgiveness. Lo, my children, you see that where God is there can be no lack of forgiveness, for that is really lack of love.

We forgive as we are forgiven. Therefore, we express and display, the correct mindset, which is in all actuality, a reflection of the perfect love of God. And this is His, the Father’s will for us, as His children.

Temptation

In this section we will be talking about temptations. Temptation is defined as being enticed or lured to do something that is often regarded as unwise, wrong or immoral. When Jesus gave us the Lord’s prayer, He spoke to us of temptations as well. In the New King James version for example it reads like this:

*And lead us not into temptation,*

But that always seemed a bit confusing to me. Why after all would the Lord tempt us? After all wasn’t it the Lord’s own brother who said this:

*James 1:13* Let no one say when he is tempted, “I am tempted by God”; for God cannot be tempted by evil, nor does He Himself tempt anyone.

That seemed more like Satan’s area. But I think a better understanding comes through the translation found in the Complete Jewish Bible where it reads like this:

*And do not lead us into hard testing.*

And this seems to make more sense because testing is spoken of in the Bible. For example,

*Genesis 22:1* Now it came to pass after these things that God tested Abraham, and said to him, "Abraham!" And he said, "Here I am."

*Job 23:10* But He knows the way that I take; When He has tested me, I shall come forth as gold.

*Psalm 66:10* For You, O God, have tested us; You have refined us as silver is refined.

Therefore, we must know that God is not a tempter. He does not try to entice or lure people into doing anything wrong, unwise or immoral. This is not His way. Temptation comes then from the enemy.

*Matthew 4:3* Now when the tempter came to Him, he said, “If you are the Son of God, command that these stones become bread.”
And James goes into a little more detail in regards to temptation and sin.

**James 1:12-15** Blessed is the man who endures temptation; for when he has been approved, he will receive the crown of life which the Lord has promised to those who love Him. Let no one say when he is tempted, "I am tempted by God"; for God cannot be tempted by evil, nor does He Himself tempt anyone. But each one is tempted when he is drawn away by his own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death.

And of temptation, the Bible also says this:

**Matthew 26:46** "Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak."

**Luke 22:40** When He came to the place, He said to them, "Pray that you may not enter into temptation."

**1 Corinthians 10:13** No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.

Consequently, God is not the tempter. He does not tempt you. We may be tested by the Lord but we will not be tempted by Him. Hence I believe when Jesus says, **And lead us not into temptation**, I believe we can look at this as a reminder to us to be strong in our testing and to be equally strong in our temptations from the enemy. But this will come more into the light when we read the next section, which should in actuality be a part of this section as well.

**Enemy**

As noted previously, this section actually goes right along with the previous one on temptation. In that section we learned that the Lord tests us but He does not tempt us. This in fact is the work of the enemy, as noted in the verse from Matthew:

**Matthew 4:3** Now when the tempter came to Him, he said, "If you are the Son of God, command that these stones become bread."

But there are other verses in the bible that speak of the enemy and how he tempts us. For example in,

**Genesis 3:1-5** Now the serpent was more cunning than any beast of the field which the Lord God had made. And he said to the woman, "Has God indeed said, 'You shall not eat of every tree of the garden'?" And the woman said to the serpent, "We may eat the fruit of the trees of the garden; but of the fruit of the tree which is in the midst of the garden, God has said, 'You shall not eat it, nor shall you touch it, lest you die.' " Then the serpent said to the woman, "You will not surely die. For God knows that in the day you eat of it your eyes will be opened, and you will be like God, knowing good and evil."

The enemy tempted the woman through deceit. But this is not new for Him because as the Bible states he has deceived the whole world.
Revelation 12:9 So the great dragon was cast out, that serpent of old, called the Devil and Satan, who deceives the whole world; he was cast to the earth, and his angels were cast out with him.

He (the enemy) was cast out from heaven because he is evil. And it is because of this (evilness); it is for this reason, that Lord was led to pray not only for His disciples; but it is also behind what motivated Him to encourage us, through the Lord’s prayer, to pray for our deliverance as well.

John 17:15 I do not pray that You should take them out of the world, but that You should keep them from the evil one.

Matthew 6:13 And lead us not into temptation, but deliver us from evil:

The Lord does not tempt, that is the work of the enemy. It is the enemy who deceives. And it is the Lord who delivers.

06/28/13 DP - Deliverance declare (did it) well done. Dealing with the hidden things of the heart, open them. Be honest, expose all. This is how true deliverance is manifest. Lie not speak truth in everything.

March 30th God Calling - Deliverance is here for you.

Through the Lord’s Prayer Jesus is teaching us that it is the enemy who brings evil. Through the Lord’s Prayer Jesus is teaching us that it is the enemy who is the temper. Through the Lord’s Prayer Jesus is teaching us that it is the Lord who delivers us from evil. And it is through the Lord’s Prayer that Jesus is teaching us the importance of seeking Him out for this deliverance from the enemy.

Thy Kingdom

In the previous sections we talked about our relationship with the Father. We talked about Living in His will. We talked about our daily needs and sins versus forgiveness and temptations, and we talked about the enemy and more. And in this last section we will discover that it is His sovereignty, it is this that holds it all together. Thus it is fitting for the Lord to close His example of prayer by speaking of this very same sovereignty through this:

For thine is the kingdom, and the power, and the glory, forever. Amen.

The Complete Jewish Bible translates it like this:

For kingship, power and glory are yours forever. Amen.

In this Jesus is acknowledging that none of this is possible without the Lord God, the Father. We are living in His kingdom. It is His power that makes all this possible. And it is His glory that light the way. Yes, through this Jesus is acknowledging the sovereignty of the Lord. This is an important message to keep in mind of which the Lord continues to remind us of the importance of His kingdom.
06/21/13 DP - Understanding kingdom protocol/guidelines very important, operate legal in My Kingdom follow guidelines given all have there purpose learn to function in them.
07/01/13 MVA - Kingdom business priority. Think eternal in all. Lasting Kingdom work top priority. Take care of My business I will take care of yours. Daily. Each day look and see the agenda of your God Jesus.
07/07/13 MVA - Expansion time is now. Expansion of the Kingdom of your God Jesus. All is as I have ordained. Go forth in righteousness each. Ability given each. I AM with you proceed. Hearts prepared to receive the truth of your God Jesus. Kingdom expansion on stage.
07/08/13 BN - Go forth in the name of My kingdom...always proclaiming My glory.

The Lord’s kingdom is still relevant today. Understanding His kingdom, operating legally in it and making it a priority are all important matters for today. And since Jesus is teaching us that we should acknowledge His sovereignty then it is evident that His kingdom should be at the forefront of our minds.

Summation

In today’s lesson the Lord encouraged us to study the various elements of the Lord’s Prayer. He said, Study the Lord’s Prayer and ponder over (Our Father, Will, Needs Fulfilled, Sins, Temptation, the Enemy, thy Kingdom) the elements in this prayer, the living within the will of your Father in heaven. And what we discovered from this study is that the Lord’s Prayer is an iconic prayer that has been prayed by billions of people throughout the world. What the Lord taught us in this lesson is that He is our King. We are living in His Kingdom and we should acknowledge it as such. He taught us that we should walk in a relationship with Him, seeking after His will for our lives. And in this particular instance when He referred to relationship, He was speaking of it as a Father/child type of relationship. Yes, He taught us that the Lord is holy and that He will not tempt us. He taught us to be kind to others by forgiving them just as He has forgiven us. And He taught us to seek Him, His power and His glory as it is only through the Lord that we can truly be delivered from the evil of the enemy that surrounds us. Therefore, when Jesus taught us to pray He gave this as His example.

Matthew 6:9-13 … Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, forever. Amen.

As you move forward in His Kingdom, take the time to study and ponder this prayer. Reflect and meditate on it and all that Jesus has taught through it.

May the Lord Bless and Keep You,
Cindy

http://www.takehisheart.com