

A Grandmother's Gift of Faith: New Book Offers Tender Reflection on The Lord's Prayer

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Kristin Van Zandt Rehel's "The Perfect Prayer" offers universal spiritual wisdom in a voice that bridges generations

In a world that is in search of peace, connection, and meaning, author Kristin Van Zandt Rehel provides a deeply felt answer to that search with her new book, *The Perfect Prayer: A Meditation on The Lord's Prayer*. This sweet and spiritually full meditation reimagines one of Christianity's most enduring prayers spoken not from the pulpit, but from the heart of a grandmother to her beloved granddaughter.

In its essence, *The Perfect Prayer* is a love letter. Drawing on Saint Teresa of Avila's passion and her own ten-year contemplation of the words "as we forgive others," Rehel shapes every line of *The Lord's Prayer* into a spiritual companion, a soft guide for those in need of clarity, comfort, and connection with God. Her words are warm, humble, and reverent, making abstract spiritual ideas accessible to readers of all ages.

"I wrestled with forgiveness each day for nearly a decade," Rehel says. "It was the most difficult aspect of the prayer for me, but also the most redemptive. This book is my attempt to bring that experience to my granddaughter and to anyone else who could use it."

The book starts in a personal letter to her granddaughter, Emma, establishing the tone for an incredibly intimate reading experience. From there, Rehel takes line by line through *The Lord's Prayer*, providing careful thoughts, realistic examples, and spiritual realities that feel both timeless and timely. She describes theological concepts in words even children can grasp without ever speaking down to them.



Author

Whether contemplating the idea of God as "Our Father" or pondering the spiritual dimensions of "Thy Kingdom Come," Rehel's voice is one of peaceful wisdom and absolute love. She bridges the generations, offering parents, grandparents, and teachers a religiously based tool with which to talk with children in a positive way and facilitate personal reflection.

Perfect Prayer is more than a book; it is an inheritance of belief handed down as if this was a family keepsake. Perfect Prayer encourages one to sit by Rehel when she opens herself up and reaffirms the spiritualness of prayer in the most mundane moments of life.

Ideal for Christian households, Sunday school classes, and individual devotionals, this book addresses an increasingly urgent need in contemporary spirituality: the hunger for readable, honest, and kind counsel on living faithfully. Amidst a culture too often drowning in distraction and disunity, The Perfect Prayer is a quiet yet powerful expression of love and devotion.

This book also comes at a time when giving and receiving forgiveness is more pertinent than ever. As Rehel outlines in the book, forgiveness is not only a commandment but a gift we offer ourselves. Her message is something that people who are having trouble with resentment, regret, or reconciliation can relate to.

About the Author

Kristin Van Zandt Rehel is a passionate spiritual writer and devoted grandmother who brings warmth and personal insight to her work. Drawing from her own reflections and decades of faith, she wrote The Perfect Prayer as a heartfelt meditation to help readers, both young and old, rediscover the beauty of The Lord's Prayer.

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Kristin Van Zandt Rehel

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