

New Book Interprets Timeless Truth of The Lord's Prayer, Providing Key to Spiritual Revitalization

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Kristin Van Zandt Rehel's "The Perfect Prayer" Brings Deep Reflections to Contemporary Seekers

In a time of division and disquiet, Kristin Van Zandt Rehel's *The Perfect Prayer: A Meditation on The Lord's Prayer* comes as a shining light for hope, beckoning readers to rediscover the life-changing potency of one of the most beloved prayers in Christianity. Based on decades of individual contemplation and theological understanding, Rehel demythologizes every line in the prayer Jesus taught, presenting new insights into forgiveness, God's providence, and a life in God's will.

A Journey Through Forgiveness and Divine Connection

Central to Rehel's exploration is the theme of forgiveness, a concept she grappled with for nearly a decade. "As we forgive others is not merely a request: it's a call to liberation," she writes. By intertwining personal anecdotes with scriptural analysis, Rehel emphasizes that forgiveness is both a spiritual discipline and a gateway to inner peace. Her candid discussion of human imperfection resonates deeply, reminding readers that grace begins with acknowledging our shared fragility.

The latter part of the book is all about applying Jesus' teachings. In *Thy Kingdom Come*, Rehel invites readers to become active agents of creating God's kingdom on this earth by practicing love, service, and compassion. "Jesus taught us that the kingdom isn't some far-off dream, it's a reality we build day by day by feeding the hungry, lifting the outcasts, and practicing kindness over indifference," she says. This very practical approach blends old wisdom with modern social issues, so the book is relevant to believers today.



Author

Sustenance for Body and Soul

In *Give Us This Day Our Daily Bread*, Rehel broadens sustenance from the material to the spiritual. She presents the "Bread of Life" as both physical and spiritual fulfillment, calling on readers to approach communion with God while being thankful for terrestrial sustenance. "Every meal is a reminder of God's bounty," she states, calling readers to be mindful of daily practices and to receive the gift of communion as often as possible.

Equally compelling is her examination of temptation and deliverance. Rehel reassures readers that acknowledging human vulnerability is not a weakness but an invitation to lean on divine strength. "To ask lead us not into temptation is to surrender our self-reliance and trust in God's protection," she notes. This theme of surrender threads through the book, offering solace to those wrestling with doubt or fear.

A Call to Community and Hope

Rehel's writing goes beyond personal spirituality, focusing on the responsibility of people as a whole. In *On Earth as It Is in Heaven*, she describes a world of justice, peace, and joy, which is only possible through collective effort. "We are called to mirror heaven's harmony here on Earth," she believes, urging readers to reflect on their contributions toward unity.

The book concludes with a moving reflection on the triumph over evil. Rehel's unshakeable faith glows as she states, "Evil thrives in isolation but crumbles with Jesus and a community anchored in love." This message of hope and resilience makes *The Perfect Prayer* both a devotional handbook and a call to social change.

About the Author

Kristin Van Zandt Rehel is a contemplative author and theologian whose books bring theology into real life. As a graduate of faith-based counseling, she has spent her career providing individuals with ways to work through spiritual dilemmas using prayer and reflection. Her ten-year quest to grasp the concept of forgiveness is the emotional heart of this book, and thus it is a universal guidebook for seekers of all denominations.

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