

Love for Enemies with the 2 and 6 Word Prayers

Mar 02

Bless _____ . Show me how to bless

Matthew 5:43-48 “You have heard that it was said, ‘Love your neighbor and hate your enemy.’ **44** But I tell you, love your enemies and pray for those who persecute you, **45** that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. **46** If you love those who love you, what reward will you get? Are not even the tax collectors doing that? **47** And if you greet only your own people, what are you doing more than others? Do not even pagans do that? **48** Be perfect, therefore, as your heavenly Father is perfect.

I occasionally counsel collaboratively with my client’s pastor. On this occasion, Pastor Nate Atwood and I met with “John Smith”, a member from [Kempsville Presbyterian Church](#) in Virginia Beach, VA. John had an enemy named “Ed” with whom his wife was having an affair. John was angry and hurt and had normal human thoughts about hate and revenge. The good-enough counselor must validate the client’s anger while helping the client to avoid becoming a slave to obsessive hate. John was open to advice in this session and Nate advised that John to pray “Bless Ed” on a daily basis. Nate explained that 2 words was sufficient to be obedient to God and would help him be less obsessive.

I thought this was brilliant. I have since taught this prayer to any client who has an enemy, but I have also found it useful for FAITH-full parents who have a child of any age who is at risk for self-harm, chronic foolishness, addiction or abuse. This has helped dozens of teens and adults reduce obsessive worry, fear, and hateful thoughts. It is a simple acknowledgement of God’s sovereignty by keeping us out of an idolatrous position. When I tell God what to do; by praying “change Ed”, “punish Ed”, or “kill Ed”, I put my thoughts, desires and will above God’s. I am trying to take charge and will not have peace, freedom, and insight.

The next step is to pray the *6 Word Prayer*: “Show me how to bless Ed.” Again, this is humble submission to the will of God and His Word. This is a very hard to prayer to pray for our enemies. It is absolutely not natural or “of the flesh” but does yield the “fruit of the spirit”.

John was able to pray both prayers on a daily basis, and experienced the transformation that comes with a renewed mind, [Romans 12:2](#). This did not solve all of his problems, eliminate all of his fears, or eliminate all of his pain, but it moved him into God’s presence when the enemy of our souls would have used his hate to separate him from God’s presence with obsessive, hateful thoughts, and behavior. That hate would also have further alienated him from his adulterous wife.

Grace and Peace,

Paul