



PRAY, DON'T THINK

— LET GOD ACT —

Discover a Living Relationship with God
Through the Lord's Prayer



Pray, Don't Think
Let God Act

Discover a Living Relationship with God
Through the Lord's Prayer

By
Daniel Cerro

Revised and Expanded Edition © 2026

Original edition published in 2024.

All rights reserved © 2024, 2026

No part of this book may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, or by any information storage and retrieval system, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

Table of Contents

Preface.....	4
Foreword	7
Introduction.....	21
Our Father, who art in heaven.....	24
Hallowed Be thy Name.....	26
Your Kingdom Come.....	28
Your Will Be Done on Earth as It Is in Heaven.....	31
Give Us This Day Our Daily Bread.....	34
Forgive Us Our Trespasses,.....	36
Lead Us Not into Temptation.....	39
Deliver Us from Evil.....	41
For Yours Is the Kingdom, the Power, and the Glory,.....	44
The Mystical Dimension of Faith.....	46
Conclusion.....	48
Verses and References.....	49
Notes.....	55

Preface

The Lord's Prayer plays a very important role in my life.

Although I grew up in a family of believers, prayer was not really something we practiced.

When I turned to God, I tried to make a deal with Him: I would pray the Lord's Prayer regularly, and in return, He would let me win the lottery.

At that time, I saw prayer as something temporary. The idea of praying did not attract me at all.

I was lost, a prisoner of my own imagination. The god I thought I was speaking to was only a projection of a world I had created in my mind.

But God is good and patient. From that moment on, I began to read the Bible, and above all, to memorize the Lord's Prayer. For a long time, I remained distant from Him, convinced that if I could please Him through my efforts, He would grant my request.

I stayed bound to this belief until the day when, overwhelmed by despair, I reached a breaking point. Nothing could calm me in those moments except prayer.

My prayer was weak. I only knew the first lines of the Lord's Prayer—the rest, I mumbled.

I had no idea of the devotion I would later develop toward this prayer.

Over time, what began as a simple promise became the work of my life.

I neglected the Lord's Prayer for many years. It took me even longer to understand its importance and its true purpose: the prayer that Jesus gave us.

I wrote this book to bring attention to this prayer, which, in my opinion, is not valued as it should be.

The Lord's Prayer has stood the test of time. Since it was spoken by Christ, it has continued to shape the course of humanity.

It is a prayer that draws us closer to God. A prayer that unites. Those who pray it seek not only their own good, but also the good of others. That is why it is centered on “us” rather than “me.”

Each line carries a depth that goes far beyond our understanding.

This is why I dedicate this book to the practice of the Lord’s Prayer, in the hope that it will continue to live in our hearts.

I pray that this prayer will be spoken by all. Through it, we find peace, love, and spiritual balance.

The Lord’s Prayer allows us to experience what is best in this world. For God is good, and through this prayer, we ask Him to bring into reality what He desires to give us: goodness in this world.

- If the world has not fallen into total chaos and the Bible remains the most widely read book, it is because God’s Kingdom is coming.
- If I have full confidence in His will, it is because He accomplishes it.
- If my needs—both spiritual and physical—are met, it is because of the provision of His daily bread.
- If I am able to forgive others, it is because I first received His forgiveness.
- If I can resist evil, it is because He delivers me from it.

Pray the Lord’s Prayer and take part in the hope, peace, and love that we all so deeply need.

Our faith in God grows when we see Him at work in our lives—when we accept the miracles He shares with us.

May this book open the door to the narrow path, the path that leads to eternal life.

I hope that the Lord's Prayer will continue to live through the faith of humanity through the Word of Jesus Christ.

Foreword

The Bible

The biblical verses quoted in this work are taken from the Holy Bible. They are used to support and illustrate the spiritual truths presented throughout these pages.

I firmly believe that the Bible is the Word of God, revealed to guide, teach, and enlighten those who sincerely seek the truth.

I give thanks to the Lord for preserving these Scriptures throughout generations so that they may remain accessible to all.

The Trinity

Before going any further, I would like to briefly open a parenthesis about the Trinity. Although the word "Trinity" does not appear directly in the Bible, it is commonly used to express a fundamental reality of the Christian faith.

Throughout this book, I refer to God, Jesus Christ, and the Holy Spirit. These names may seem distinct, but they are deeply connected.

For those who are not familiar with this truth, it is important to say a few words about it.

In the Scriptures, the word "Trinity" is never explicitly mentioned. I use this term according to its common definition: one God in three persons.

For the human mind, this concept can be difficult to fully grasp. God is beyond our understanding, and it is natural that some spiritual truths go beyond our reasoning.

However, believing in this reality is essential for anyone who desires to preserve their faith in Jesus Christ and deepen their relationship with Him.

I will therefore keep this explanation simple and brief, in the hope that it will not remain only an intellectual understanding, but become a truth that each person can recognize and experience in their own walk with the Lord.

God is one, yet He reveals Himself in three persons: the Father, the Son, and the Holy Spirit.

The Trinity is revealed as a perfect unity, where the Father, the Son, and the Holy Spirit act together—distinct, yet inseparable.

In the Gospel of John (1:1–3), we see that Jesus, the Word, is God from the beginning. He is with the Father and takes part in the creation of all things.

In the book of Daniel (7:14), this same Son receives an eternal kingdom, confirming His divine authority.

But this relationship does not end there.

In the Gospel of John (14:16–17), Jesus says:

“And I will pray the Father, and He will give you another Helper, that He may abide with you forever—the Spirit of truth.”

Here, we see a living relationship:

- *The Son prays to the Father*
- *The Father sends the Holy Spirit*
- *The Holy Spirit dwells within us*

The Father is the source, the Son is the visible revelation of God, and the Holy Spirit is the living presence of God within us.

Every miracle comes from the grace of God the Father, is accomplished through Jesus the Son, and is manifested by the power of the Holy Spirit.

Thus, God acts in perfect harmony:

The Father designs the plan,

the Son accomplishes it,
and the Holy Spirit applies it in our hearts.

They are not three gods, but one God who reveals Himself in His fullness in order to make Himself known, to save us, and to dwell within us.

To fully live our relationship with the Lord, it is essential to practice our faith in God the Father, Jesus the Son, and the Holy Spirit.

In my opinion, it is difficult to explain the Trinity in all its depth. It is like trying to explain what love is—we know it exists, but we truly understand it only after experiencing it.

It is the same with the Trinity. It is one of the mysteries of God. We can truly experience it only when we discover it in our relationship with Him, through the gift of faith.

I hope that this truth will be revealed to you, and that these words will bring you a deeper understanding that will strengthen your faith.

The New Covenant

Thus, in this perfect divine unity, the Father, the Son, and the Holy Spirit do not reveal themselves only to be known, but to accomplish a central work: restoring the relationship between God and humanity.

In addition to being the only Son of God, Jesus came to earth to establish the New Covenant—the covenant between God and His people, which had been lost, but was restored through His shed blood.

For if the Father is the source, the Son the visible revelation, and the Holy Spirit the living presence within us, then their united action finds its fulfillment in a supreme act of love: the establishment of a new covenant.

This covenant is no longer based on laws written on stone, but on the transformation of the heart. It is made possible through Jesus Christ, the Son sent by the Father, and made alive in us through the Holy Spirit.

The New Covenant is founded on God's forgiveness. Through Jesus Christ, humanity is given the opportunity to be reconciled with the Father by receiving the forgiveness of sins. To truly know God, it is essential to come through Christ:

“No one comes to the Father except through Me.” (John 14:6)

Thus begins the New Covenant—a restored, intimate, and eternal relationship between God and His people, sealed not by repeated sacrifices, but by the perfect work of Jesus Christ.

Before God, a covenant is established through blood. The sacrifice of Jesus—God made flesh, without fault and without sin—was necessary for our salvation. Without this ultimate act of love, we would be condemned to the loss of our souls and separated from eternal life because of our sinful nature (1 Peter 2:24).

It is the blood of Christ that sets us free.

Prayer of Acceptance of the New Covenant

In response to accepting the New Covenant in Jesus Christ, here is a prayer that anyone can offer to the Lord:

Almighty Father,

I acknowledge that I am a sinner.

I believe that Jesus Christ, Your only Son, died and rose again for my sins.

Through Him, I confess my faith today and ask for Your forgiveness.

Thank You for Your love, Your faithfulness, and the New Covenant You have given us through Jesus Christ.

Amen.

Now What?

If you have prayed this prayer sincerely, know that God sees your heart. The Bible teaches us that anyone who comes to God with faith is welcomed by Him.

A new walk with the Lord can begin right now.

Here are a few simple steps to help you grow in your relationship with God:

1. Talk to God in prayer

Prayer is a conversation with God. Speak to Him with simplicity and sincerity. Thank Him, share your concerns, and ask Him to guide you each day.

Jesus Himself showed us how to pray through the Lord's Prayer. Make it a habit to pray it from your heart and to reflect on each of its words.

This prayer is not just something to repeat—it is a spiritual model that teaches us to recognize God as our Father, to seek His will, to depend on Him daily, and to walk in forgiveness.

2. Read the Word of God

The Bible is the Word of God. As you read it, you will come to know God's heart and His will for your life.

3. Draw near to other believers

God did not intend for us to walk alone. Seeking fellowship with other believers can encourage you, support you, and help you grow in your faith.

Joining a church or a Christian community allows you to share your faith, hear the Word of God, listen to testimonies, and walk together toward the Lord.

4. Seek to live according to His will

Faith is not limited to words—it is also reflected in the way we live. Ask God to transform your heart and help you walk in truth.

5. Trust God day by day

Faith is a journey. Some days will be easier than others, but God remains faithful. Keep drawing near to Him, and He will guide you.

Surrender your heart to God

A relationship with God is not limited to words or outward actions. It begins when we truly surrender our hearts to Him.

Trust in the Lord. Give Him your worries, your weaknesses, and your life. God works powerfully in the hearts of those who fully place their trust in Him.

Thank you for reading this free sample of Pray, Don't Think: Stop Thinking. Start Praying.

If these pages have encouraged you, challenged you, or helped you see prayer in a new way, the journey is only beginning.

Inside the complete book, you'll discover all twelve chapters based on the Lord's Prayer, practical spiritual exercises, biblical insights, and guidance to help you move from fear, doubt, and overthinking into a deeper relationship with God.

Don't let this be the end of your journey.

Continue reading and discover what God may be waiting to reveal through prayer.

God Bless,

[*Buy the Full Book on Amazon*](#)

