



Helping you incorporate brief prayers into all aspects of daily life.

God alone is the Author of true spiritual growth and the One who draws us into communion with Himself through prayer. The Holy Spirit graciously instills in us this longing for fellowship but we often feel dissatisfied by our prayer life, not knowing where to start or how to carve out what we think is “enough” time for prayer. While the prayers of believers vary in length and form depending on the situation, what remains unchanged is God’s zeal for hearts that are rightly focused on Him. Our goal is to humbly join you in your desire for a more robust prayer life by focusing on one of the forms prayer can take – brief, regular, refined prayers offered throughout the day.

The idea behind the *20-20 Prayer Challenge* is simple: Commit to praying for 20 seconds multiple times a day for 20 days. Stopping to pray for 20 seconds forces you to clarify and anchor your thoughts on what is eternally important. What an encouragement to hone in on real needs in real-time, regularly praying for the people, challenges, and opportunities in your life. Our hope is that you will be able to look back on each day and rejoice over the time you spent before the throne of grace.

The *20-20 Devotional Series* accompanies the *Prayer Challenge* and is designed to help you incrementally develop the impulse to pray more regularly, intentionally, and with a heightened focus on eternity. The primary scriptural cornerstone for this devotional series is *The Lord’s Prayer*, found in Matthew 6:7-13. Each devotional follows the pattern of biblical insight, coaching key, and brief prayer. We pray that you will be encouraged as you take a series of gradual steps toward becoming a more prayerful person as you daily commune with our great God.

May we together respond to the promptings of the Holy Spirit and find ourselves not heaping up empty words or losing heart, but continuing unceasingly and steadfastly in prayer (Matthew 6:7, Luke 18:1, I Thessalonians 5:17, Colossians 4:2).