



Series Text: Matthew 6:7-13, The Lord's Prayer

DAY 1

Biblical focus: Matthew 6:7, *Do not heap up empty phrases...[of] many words*

Coaching focus: My goal is progress, not perfection

Prayer focus: Holy Spirit, please help me to clarify and focus my thoughts as I pray

Biblical insight: Did you know that God loves short prayers? In fact, the most famous prayer of all, "The Lord's Prayer," is Jesus' response to the long and empty phrases of the Gentiles. They thought God would hear them because of their many words, but Jesus taught otherwise (Matthew 6:7).

Coaching key: The goal of spiritual growth is progress, not perfection. Unattainability is perfection's fatal flaw, leading to either frustration or apathy. So, be encouraged as you begin to pray brief prayers more regularly for those in your life. If you have started praying for even one or two people, great job! Build on this progress, one step at a time, continuing to pray as the Lord prompts you.

Brief prayer: Holy Spirit, help me seize the opportunities I have to pray today. Give me a few sincere words to pray for those I encounter. Clarify my thoughts so I avoid empty words and instead follow Jesus' example of brief, focused prayer.



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DAY 2

Biblical focus: Matthew 6:8, *Your Father knows what you need before you ask Him*

Coaching focus: Insight is the beginning of change

Prayer focus: Holy Spirit, help me pray for and rejoice in what You know I need

Biblical insight: True or false, longer prayers are better than brief ones. Jesus might respond, "Just because prayers contain more words does not mean they are more sincere or effective." In fact, in Matthew 6:8, Jesus seems to imply that brief, focused prayer may actually prove more beneficial. Why? The reason Jesus offers is profound: Your heavenly Father knows what you need before you ask Him. That insight is a game-changer.

Coaching key: Insight is the beginning of change. This could be a new thought, additional knowledge, or a deeper understanding. Our goal is to help you experience the positive impact of sincere, brief prayers for the people, challenges, and opportunities of daily life. People often feel guilty when their prayers are short. But, based on Matthew 6:8, we shouldn't feel bad at all! In fact, since our Father knows our every need, we can simply go to Him, thank Him for knowing us so well, and ask Him for help. Isn't that freeing? Let's apply this liberating truth by seeking to incorporate brief prayers into all aspects of daily life!

Brief prayer: Holy Spirit, open my eyes to see what can be accomplished through brief prayers in this world and in the world to come. Lord, I look forward to one day celebrating what You accomplished through even our tiniest prayers on earth.



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DAY 3

Biblical focus: Matthew 6:9, *Pray then like this: Our Father in heaven...*

Coaching focus: Brief quality practice is better than lots of great insight

Prayer focus: Lord, help me to both ask for help and acknowledge who You are

Biblical insight: Here's a provocative thought: Prayer is not inherently powerful. What makes prayer powerful is the omnipotence of the God to Whom we are praying. Our prayers must be directed toward our all-powerful heavenly Father because He is the only One who can transform the reality of our situation.

Coaching key: Brief quality practice is better than lots of great insight. So often, when children learn to tie their shoes, they study their parents' motions and then try to mimic the entire process. But, it turns out bunny ears are harder to make than they look! Kids often get frustrated because they take in lots of new insight but don't take time for quality practice. We can also be like that when learning something new. But, real traction comes from regular training which leads to real transformation.

Brief prayer: Holy Spirit, help me see that my dependence on my Father in heaven is a good thing. He is the One who has the power to change my life and the lives of others. Lead me to acknowledge my need to rely on Him as I ask for His power to be displayed through my prayers.



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DAY 4

Biblical focus: Matthew 6:9, *Our Father in heaven, hallowed be Your name*

Coaching focus: An important key to progress is building on our strengths

Prayer focus: Spirit, lead me as I learn to live and pray in a way that glorifies You

Biblical insight: In yesterday's devotional, we focused on the fact that the power of prayer is supplied by God Himself. This means we must rely on God in order for our prayers to be powerful and effective. However, God is honored not just by our dependence on Him, but also by our declarations of praise. Prayer is perhaps most essentially an act of worship!

Coaching key: Brief quality practice is better than lots of great insight. Ok, got it. But, where do I start? What do I focus on to give me the best chance to progress in prayer? Begin by building off of your strengths. If you are compassionate, pray for people's needs. If you are laser-focused, concentrate on just one idea. If you are disciplined, leverage that strength. Pray for the people you already see regularly and pray in a way that underscores your strengths.

Brief prayer: Lord, as I learn to incorporate brief prayers into all aspects of everyday life, I want to begin where Jesus taught us to begin. Father, I regard Your name as holy. You alone are worthy of praise. Be honored in my heart, through my strengths, and in the lives of those for whom I am praying. I ask these things in Jesus' name. Amen.



Series Text: Matthew 6:7-13, The Lord's Prayer

DAY 5

Biblical focus: Matthew 6:10, *Your kingdom come...*

Coaching focus: Quality practice includes starting well

Prayer focus: Lord, help me begin by rejoicing in your good and gracious reign

Biblical insight: If prayer includes both adoring God and asking Him for help, then what should we actually pray? Let's start where Jesus teaches us to start. Our desire is that God's name will be honored (hallowed) and that His kingdom will come to earth. What is the best way for all people to flourish? For God's good and gracious reign to enter into the hearts of human beings.

Coaching key: Is practice good? Well, that depends on what and how you are practicing. If you practice the right things, in the right ways, for the right reasons, then practice is very good. Quality practice begins with starting well. If your goal is to learn to ride a bike, you don't start at the top of a steep, mountainous trail. Let's begin our prayers on solid, smooth ground, focusing on God, His kingdom, and His good purposes for the world.

Brief prayer: Lord, I desire that Your kingdom would come to my heart and my life and this earth. Wherever your Spirit reigns is a place where goodness abounds. May Your name be honored and may Your glorious kingdom usher in grace to this darkened world. Amen.



Series Text: Matthew 6:7-13, The Lord's Prayer

DAY 6

Biblical focus: Matthew 6:10, *Your will be done...*

Coaching focus: Quality practice focuses on proper fundamentals

Prayer focus: Help me to pray in a manner consistent with Your will

Biblical insight: Once we've started in the right place by focusing on God in our prayers, our next step is to practice proper fundamentals in order to establish a healthy spiritual habit. One great way to do this is to pray that the Lord's will would be done in a person's life. This is a key fundamental of prayer because it can be continually applied to any person at any time.

Coaching key: Quality practice focuses on proper fundamentals. Gifted professionals across an array of occupations usually share an interesting trait. Before a game, concert, or performance, skilled professionals warm up with a specific routine focusing on the fundamental movements that enable them to perform with excellence. Why? No matter how adept people become at their craft, the foundation for their greatness can be traced back to fundamentals.

Brief prayer: Lord, may Your will be done in my life and in the lives of those for whom I am praying. Jesus said that His food was to do the will of the Father (John 4:34). Help me to pray for myself and for others in a way that reflects a similar Spirit-led commitment. Amen.



Series Text: Matthew 6:7-13, The Lord's Prayer

DAY 7

Biblical focus: Matthew 6:10, *...on earth as it is in heaven*

Coaching focus: Transformation requires the regular quality practice of fundamentals

Prayer focus: Help my daily practices reflect heaven on earth

Biblical insight: Jesus taught us to pray that the Lord's will would be done on earth as it is in heaven. In order for the Lord's will to be accomplished on earth as it is in heaven, God's people must lead the charge. Here's something about practice that may never have crossed your mind. One of the best ways to prepare for heaven is by regularly practicing heaven's joys now. We don't have to wait for eternity; we can love, honor, care for, and serve others today. As this happens regularly, we come to realize that God's will is truly being done on earth as it is in heaven.

Coaching key: Transformation requires the regular quality practice of fundamentals. Yesterday, we learned that skilled professionals warm up with the same fundamentals-focused routine before every game or performance. What is also true is that in between games and performances, they continue to focus on fundamentals. Why? Because the regular quality practice of fundamentals builds momentum in the right direction until they can be performed consistently and excellently even under pressure.

Brief prayer: Lord, help me to gain momentum by applying Your word more and more consistently as I prepare for heaven. Lead me to pray for myself and for others to begin practicing heaven's joys every day. May Your will be done on earth as it is in heaven.



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DAY 8

Biblical focus: Matthew 6:11, *Give us this day our daily bread...*

Coaching focus: Take the next right step in the direction of progress

Prayer focus: Lord, please prevent me from self-sabotage and self-reliance

Biblical insight: Welcome to week 2. You are nearly halfway through the challenge, and off to a great start! Now is the time to see and dwell on the Lord's promised, daily provision, relying on it as your source of progress. This second week is crucial, so begin the first day by asking the Lord to give you today's "daily bread."

Coaching key: Now that you are on the correct trajectory of offering regular brief prayers, today's coaching key becomes as important as it is simple. Just take the next right step in the direction of progress. Avoid sabotaging your growth by depending on your own strength and becoming discouraged or distracted. Instead, simply continue to take things one day at a time and when necessary, one moment at a time.

Brief prayer: Lord, help me maintain the momentum You have generated by providing for my daily needs. Lord Jesus, You know what I need every day that will cause me to thrive in my prayer life. Please help me to seek Your leadership by focusing on the right things from moment to moment and day to day.



Series Text: Matthew 6:7-13, The Lord's Prayer

DAY 9

Biblical focus: Matthew 6:11, *Give us this day our daily bread...*

Coaching focus: What's my mindset at this point? *The Three I's: **I know.** I practice. I trust.*

Prayer focus: Lord, help me to apply what I already know as I'm led by the Spirit

Biblical insight: All people see the world through a unique perspective. The particular lens through which Christians see the world is often called a biblical worldview. A worldview is a comprehensive way of understanding reality. So, a biblical worldview is a coherent way of fitting together what the bible says about the most important questions we consider in life.

Coaching key: As we think more precisely about what it means to apply a biblical worldview to all aspects of our daily lives, we develop a distinct mindset. Our mindset as Christians is a concentrated form of our worldview applied to a specific area of life, like prayer. We can distill this idea down to something we call *The Three I's of a Christian Mindset: I know. I practice. I trust.* As you seek to focus your thoughts, remind yourself of this one truth: I already know enough to offer brief prayers to God that please and honor Him.

Brief prayer: Lord, lead me to apply what I have already learned about prayer. Thank You for providing for my daily needs (my daily bread) today. Jesus, encourage me as I continue to offer brief prayers for myself and others in Your name. Amen.



Series Text: Matthew 6:7-13, The Lord's Prayer

DAY 10

Biblical focus: Matthew 6:11, *Give us this day our daily bread...*

Coaching focus: The second of *The Three I's: I know. I practice. I trust.*

Prayer focus: Help me to delight in You through my daily prayers

Biblical insight: Often, the Christian life is described as a journey. It's a helpful image as long as we realize that the journey is more like hiking on foot than soaring in the air! For long stretches, much of our life as believers can be characterized as plodding. The good news is that there is glory in plodding if we are plodding in the right direction! Because transformation is almost always the result of incremental growth, it can be hard to perceive on a daily basis. But, it's wonderful to wake up one day and realize you are much more like Jesus than you used to be.

Coaching key: At this point in the challenge, you know what to do and you're doing it! You are on the path of progress. You can recognize you're headed in the right direction because the mindset you are developing is focused on the daily practice of what you know. One of the things you know is that your deepest need is God and He alone provides your daily bread. As you pray, your soul is communing with the only One who can satisfy the deepest desires of your heart. Practicing what you know through brief prayers may sometimes feel like plodding, but if you are communing with God as you plod along, it is also profoundly joyful and deeply satisfying. So, keep going!

Brief prayer: Lord, teach me to avoid things today that will unnecessarily distract me from communing with You as I offer brief prayers for myself and for others in my life. In Jesus' name.



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DAY 11

Biblical focus: Matthew 6:11, *Give us this day our daily bread...*

Coaching focus: *The Three I's: I know. I practice. I trust...* as I seek to build a spiritual habit

Prayer focus: Like the Israelites receiving manna, help me to learn to trust You daily

Biblical insight: Thinking back to yesterday's devotion, if there is anyone who understood plodding, it was the Israelites who followed the LORD in the barren wilderness for 40 years. Talk about a long trek on foot! But this challenging time in the desert bore much fruit because the Lord taught them to rely on Him alone for their daily bread by providing manna each day.

Coaching key: Your mindset is fully formed when you are not just practicing what you know, but you are doing it for the right reason; learning to trust God daily as you commune with Him in prayer. This mindset will empower you to establish the spiritual habit of offering brief prayers multiple times each day. At times, you may not feel like your plodding is productive, but it could be because God is teaching you to rely on Him all the more. Praise God that Jesus is the true manna who came down from heaven. He is the Bread of Life! Because we are in Christ, we have what we need each day to thrive in our relationship with God and with each other.

Brief prayer: Lord, thank You for the ultimate provision of Jesus who bore the righteous punishment that we deserved for our sins through His death on the cross. Because You raised Him from the dead we know that You accepted His sacrifice on our behalf! Knowing this is true frees me to trust You today, as I plod toward glory. In Jesus' name, amen.



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DAY 12

Biblical focus: Matthew 6:12, *Forgive us our debts...*

Coaching focus: Great athletes **start well**, prevent injury, and perform under pressure

Prayer focus: As I begin this day, help me start well by focusing on what Jesus has done

Biblical insight: Jesus is amazing! He has a way of getting to the heart of the matter both literally and figuratively. By exhorting us to ask God to forgive our debts, He has provided us with our most foundational need. We need our sins to be forgiven more than we need air to breathe. Being forgiven allows us to live a life that is pleasing to God. The realization that our sins are forgiven frees us to start well as we seek to apply what the Bible teaches to all aspects of our daily lives. Knowing our sins are forgiven means we can seek God in prayer from a place *of* acceptance, not *for* acceptance. When God forgives our sins, He adopts us into his spiritual family as His very own.

Coaching key: As we discussed in Devotional #6, skilled professionals, especially athletes, warm up with a specific routine before a game. Why? Because warming up prepares their bodies to perform with excellence during competition. In other words, it helps them to start well from the moment the game begins.

Brief prayer: Lord, please help me to start well today with respect to prayer. Because Jesus died for me, I know my sins are forgiven. Help me to rejoice in this truth knowing that I am secure in Christ Jesus. Please help me pray today in a way that reflects this glorious hope.



Series Text: Matthew 6:7-13, The Lord's Prayer

DAY 13

Biblical focus: Matthew 6:12, *Forgive us our debts...*

Coaching focus: Great athletes start well, **prevent injury**, and perform under pressure

Prayer focus: Help me to focus on the gospel to prevent injury to myself or others

Biblical insight: When Jesus talks about sin He often uses the word “debt.” Why is that? The reason is that every sin, just like every debt, costs someone something. To sin against another is to incur a debt by injuring the other person in some way. The greater the sin, the greater the debt. Jesus is such a genius! By exhorting us to ask God to forgive our debts, Jesus is not only directing us to start well by focusing on the fundamental truth of the gospel as we saw yesterday, but His counsel is also intended to prevent us from injuring ourselves and others.

Coaching key: Going to God for the forgiveness of sin restrains our desire to continue in sin. In so doing, we are preventing spiritual injuries before they happen. In reference to yesterday's coaching key, an athlete warms up by focusing on fundamentals so he can start well and avoid injury. But, what does this look like in the context of prayer? When we lose focus on our dependence upon God for the forgiveness of our own sins, our self-reliance tends to increase. As self-reliance increases, our desire to pray for ourselves and for others tends to decrease.

Brief prayer: Lord, help me to focus on my need for the grace of the gospel, especially the forgiveness of my own sin. Teach me to depend upon You so that my self-reliance through lack of prayer would not cause injury to me or anyone else. In Jesus' name. Amen.



Series Text: Matthew 6:7-13, The Lord's Prayer

DAY 14

Biblical focus: Matthew 6:12, *Forgive us our debts...*

Coaching focus: Great athletes start well, prevent injury, and **perform under pressure**

Prayer focus: Help me to see how the gospel frees me to pray at all times

Biblical insight: Grounding our thinking each day in the knowledge that our sins have been forgiven by Jesus helps us to start well by setting us on the right trajectory. Starting our day with this gospel truth empowers us to initiate our prayer times by expressing our dependence on God's grace. Asking God to forgive our debts also reminds us that self-reliance can lead to spiritually injuring ourselves and others. But, the most exciting fruit of focusing on the reality of what Jesus has done for us is that it frees us to live our lives without fear, even when under pressure.

Coaching key: Over the past two days we have referenced the first two reasons why athletes warm up before a game: to start well and avoid injury. But, the ultimate reason skilled athletes warm up by practicing fundamentals is so their actions become so automatic that they are able to perform excellently even under pressure. No athlete can consistently perform well under pressure if they are preoccupied with basic, initial movements, or the fear of failing. The same is true for us in our prayer lives. Because we've practiced applying brief prayers to all aspects of our daily lives, we know that we can continue to pray even if we are feeling some form of pressure. Why? Since we know what to do, and we've practiced regularly, we're ready to apply what we've learned and practiced in any circumstance, even under pressure.

Brief prayer: Spirit, You are training me to regularly offer focused prayers for people in any circumstance. Though I have failed to be perfectly consistent, help me to see my progress and continue to trust in You. Thank You for the progress I can already see! In Jesus' name. Amen.



Series Text: Matthew 6:7-13, The Lord's Prayer

DAY 15

Biblical focus: Matt 6:12, *...as we also have forgiven our debtors*

Coaching focus: Focus on the individual moments that lead to the desired result

Prayer focus: Help me to focus from moment to moment as I trust in You while I grow

Biblical insight: Jesus teaches an astounding truth in this passage. To be clear, the Father's forgiveness is neither contingent nor dependent upon our forgiveness of others. Rather, when we receive mercy from God, our hearts are changed and God grows in us a desire to show that same mercy to others. When we extend forgiveness to others, we convey that we highly value the forgiveness God has shown us. If we withhold forgiveness from others, we reveal that we do not truly understand or value the forgiveness that God has given us. So, as you pray, let both a desire and a willingness to forgive others be evident.

Coaching key: There is a common idiom that most of us have heard, "Don't lose the forest for the trees." This means that a person is so focused on the details that they miss the bigger picture. However, when it comes to consistently committing to quality practice, the reverse is often true. People concentrate on the big picture goal (the forest) but along the way, they skip over the important individual details (the trees). In order to keep progressing toward your goal of offering brief prayers more often, remind yourself to focus on the individual opportunities that each day presents, trusting the big-picture results to God.

Brief prayer: Lord, help me to utilize the opportunities I have each day to pray. Give me eyes to see the individual people and situations I come across so I can pray about them on the spot. I trust that through the process of learning to pray from moment to moment, You will progressively transform me into a more prayerful person. May it be so! In Jesus' name. Amen.



Series Text: Matthew 6:7-13, The Lord's Prayer

DAY 16

Biblical focus: Matt 6:12, *...as we also have forgiven our debtors*

Coaching focus: Watch the proverbial ball

Prayer focus: Help me to focus on a particular person and situation as I pray

Biblical insight: Yesterday, we explained the meaning of this passage: When we extend forgiveness to others, we convey that we highly value the forgiveness God has shown to us. Today, let's display how much we value God's forgiveness by thinking carefully about others as we offer prayers to God on their behalf.

Coaching key: Perhaps the most common phrase yelled by parents at a Little League Baseball game is, "Watch the ball!" But, the reality is that even Big Leaguers need to make watching the ball their top priority. For a batter, the more clearly he sees the ball, the more likely he will be to hit it. In yesterday's devotional, we noted that the best way to keep progressing toward becoming a more prayerful person is to focus on the individual opportunities each day offers and trust the big-picture results to God. Today, let's narrow our focus even more. As a particular person comes across your path, try to really see him. Ask God for insight into how to best pray for him and then do it.

Brief prayer: Lord, narrow my focus today so I can think specifically about the people and the situations for which I have an opportunity to pray. Whenever possible, help me to really see people so that I can most effectively pray for them. In Jesus' name. Amen.



Series Text: Matthew 6:7-13, The Lord's Prayer

DAY 17

Biblical focus: Matthew 6:13, *Lead us not into temptation...*

Coaching focus: What is “end gaming” and how do I guard against it?

Prayer focus: Lord, grant that my mindset will guide my efforts

Biblical insight: In this verse, Jesus exhorts us to pray that we will not be led into temptation. Generally speaking, a temptation is a desire for something sinful; something that will lead us away from glorifying God and towards the vain glorification of self. Today we will focus on just one temptation specifically related to the *20-20 Prayer Challenge* with the hope that increased awareness will help us to avoid it.

Coaching key: A musician anticipating the flourish at the end of a song increases his tempo too early and gets ahead of his bandmates. A golfer who needs to reach the green in two shots swings overly hard in his eagerness and hits the ball out of bounds. A young driver turning right onto a busy, narrow road, turns too sharply and clips the curb. What's going on here? Whether it's the excitement of a favorite part in a song, the desire to get a low score in golf, or the necessity of being a safe driver; people are frequently tempted to rush the process in expectation of a desired goal. Why does this happen? Because people often focus on the anticipated result rather than the process that will enable them to achieve their goal. This is a phenomenon known as “end gaming.” With respect to completing the *20-20 Prayer Challenge*, the way to guard against the temptation to “end game,” is to recall *The Three I's: I know. I practice. I trust.* You know what to do. You are practicing. So, trust God for the results.

Brief prayer: Lord, as I seek to become a more prayerful person, help me to finish the prayer challenge well. Help me not to be tempted to rush the process of becoming more prayerful, but instead to focus on the right things each day in prayer, trusting You for the results. In Jesus' name. Amen.



Series Text: Matthew 6:7-13, The Lord's Prayer

DAY 18

Biblical focus: Matthew 6:13, *Lead us not into temptation...*

Coaching focus: Overcoming obstacles to regular prayer by avoiding temptations

Prayer focus: Satisfy me with Yourself so I won't be tempted to swerve off course

Biblical insight: Jesus knows there are an array of dangers that can distract and discourage us from continuing our progress in prayer. Temptations are constant. We face distractions from this world with its endless, persistent pull toward trivial things. We face discouragement from the devil as he tries to get us to do anything but pray. But, perhaps most regularly we face temptation from within because our passions are at war within us (James 4:1).

Coaching key: Feelings are important gauges, but terrible guides. Coach yourself, and your will, in particular, to do what you know is pleasing in God's eyes. Remind yourself of *The Three I's: I know. I practice. I trust.* Tell yourself the truth – to commune with God and to pray for others is more important and more spiritually satisfying than any other use of time the world or the devil has to offer. As John Piper says, "Sin is what you do when your heart is not satisfied with God." So, avoid worldly temptation and find satisfaction in God as you commune with Him in prayer.

Brief prayer: Lord, satisfy me with Yourself so I won't be tempted to swerve off course. Open my eyes to see Your beauty and majesty and the joy of being in an ongoing relationship with You. I love the time we spend together, Lord! Help me not to neglect it. In Jesus' name. Amen.



Series Text: Matthew 6:7-13, The Lord's Prayer

DAY 19

Biblical focus: Matthew 6:13, *and deliver us from evil*

Coaching focus: Snatching defeat from the jaws of victory

Prayer focus: Lord, deliver me from the fear of failing by helping me trust in the gospel

Biblical insight: Jesus finishes His instruction on prayer with a sobering charge. He exhorts us to pray that we will be delivered from evil, and more specifically, the evil one. One of the tactics the devil uses to oppress the people of God is to instill fear in them. Perhaps the most insidious way he uses fear is by convincing people who are attempting to grow spiritually that because they will inevitably fail in some way, it isn't worth the effort at all. To this fear of failure, people often respond in one of two ways: either by doubling down on their own efforts in an attempt to achieve perfection, or by allowing themselves to be paralyzed by the fear of failure and giving up altogether. But the devil is a liar! The antidote to this poisonous lie is the good news of the gospel! Resting in our union with Christ frees us to joyfully exert grace-dependent effort focused on progress that honors God.

Coaching key: In sports, when a team or a person is on the verge of losing a game, yet at the last minute pulls out a victory, we call it, "snatching victory from the jaws of defeat." When it comes to developing a spiritual habit, the reverse is often true. Sometimes people on the verge of achieving their transformative goal suddenly lose focus and just stop. In a sense, they are "snatching defeat from the jaws of victory." Please don't give up! You have been incrementally progressing for almost three weeks. Simply take the next right step in the same direction of progress. You are almost there. Great job practicing and persevering! Keep going!

Brief prayer: Lord, deliver me from fear. Indeed, perfect love casts out fear. Remind me today of Your perfect love for me and deliver me from the evil one. In Jesus' name. Amen.



Series Text: Matthew 6:7-13, The Lord's Prayer

DAY 20

Biblical focus: Matthew 6:13, *...but deliver us from evil*

Coaching focus: Behavioral modification is not spiritual transformation

Prayer focus: Lord, thank you for the joy of relationship I have with You through prayer

Biblical insight: This last instruction from Jesus makes emphatically clear that there is a spiritual component to everything that happens in this world. The evil one, along with other evil spiritual beings, are the enemies of the people of God. They oppose every work of God in the lives of His people. Because there is an inherently spiritual component to every aspect of life, a strategy for spiritual growth apart from God will never be successful. This is why, without faith, it is impossible to please God (Hebrews 11:6). Trust and dependence upon God are vital for spiritual growth because our sanctification is most fundamentally a work of the Holy Spirit in our lives.

Coaching key: Behavioral modification is not the same thing as spiritual transformation. Just because our attitudes and actions may have changed, doesn't necessarily mean that we have been spiritually transformed. As you conclude the *20-20 Prayer Challenge*, please understand that you have not been developing a dependence on a self-propelled strategy of success. Rather, through prayer you've been walking down a road toward a more consistent, more joyful, and more dependent relationship with God Himself. The good news is that you have not come to the end of that road. Our prayer is that you keep walking with God each and every day.

Brief prayer: Lord, thank You for the joy of the relationship I have with You through prayer. Let's continue walking this road together. May it be so! In Jesus' name. Amen.