



Prayer Incorporated

Helping you incorporate brief prayers into all aspects of daily life

Do you ever feel troubled, unsatisfied, or even guilty about the way you pray?

If so, you are not alone. A 2019 *Crossway Publishing* survey found that 98% of Christians are not fully satisfied with their prayer life. The question is: **How do we grow in this area?** Law crushes. Dissatisfaction frustrates. Guilt demoralizes. Resolve will fade away. But, what if there's another way?

Martin Luther famously stated, *"I rarely pray for more than ten minutes, but I rarely go ten minutes without praying."* More importantly, Jesus said, *"When you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. Do not be like them!"* (Matthew 6:7).

In context, Jesus is condemning insincere, wordy phrases used in prayer, and placing great value on prayers that are brief, sincere, rightly-focused, and regular.

➔ What we offer

- **20-20 Prayer Challenge:** As simple as committing to pray for 20 seconds multiple times a day for 20 days.
- **20-20 Devotional Series:** Designed to help you incrementally develop the impulse and habit to pray more regularly, intentionally, and with a heightened focus on eternity.
- **Personal Coaching Phrases Lesson Series:** Develop internal discipleship that is God-focused, Word-saturated, and Spirit-directed.
- **Seven Theological Reasons Why Brief Prayers Are Exciting and Effective Devotional Series:** A devotional series about Spirit-led, Word-anchored, transformative prayer.
- **Psalms 23 Devotional Series:** A devotional series for all walks of life - for those who are confidently breathing out God's praise and for those who are taking their final breath.

What We Believe

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.

Our Team

We are a team of three actively engaged, working board members and two writers, Chris Kawa and Laura Abbott. Chris is the Senior Pastor of an EFCA church just south of Knoxville, Tennessee. Laura is a teacher at a Classical Christian School in Louisville, Kentucky.

Dear Christian,

About prayer, professor Peter Kreeft wrote, *"I strongly suspect that if we saw all the difference even the tiniest of our prayers to God make, and all the people those little prayers were destined to affect, and all the consequences of those effects down through the centuries, we would be so paralyzed with awe at the power of prayer that we would be unable to get up off our knees for the rest of our lives."*

So many people feel inadequate or guilty for offering brief prayers to God, but Kreeft is right. God uses even the tiniest prayers we offer to accomplish great things. In Matthew 6, Jesus not only sanctions brief prayers, He tells us exactly what we should focus on in our prayers.

Once we realize that Jesus encourages and blesses our succinct, focused prayers, then we no longer need to feel that they are insufficient. In fact, we are then free to focus on praying brief prayers as a way to fulfill the Biblical exhortation to pray without ceasing (1 Thessalonians 5:17). If these brief prayers represent the beginning of real change, they can help us quickly gain real traction in our prayer lives. This traction often leads to real transformation.

What an encouragement to hone in on real needs in real time, regularly praying for the people, challenges, and opportunities in our lives. Our hope is that through the *20-20 Prayer Challenge*, you will be able to look back on each day and rejoice over the time you spent before the throne of grace.

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, 1 Thessalonians 5:17, Colossians 4:2).

By His grace,

The *Prayer Incorporated* Team



We would love to hear from you! For more information, please email us at: incorporatedprayer@gmail.com