
:21 Seconds to Change Your World

Finding God's Healing and Abundance through Prayer

Dr. Mark Rutland January 3, 2016

Restore your soul **THROUGH PRAYER**

*“When he didn’t have the words to pray, **Dr. Mark Rutland** turned to the **Lord’s Prayer**. Through it, he reconnected with God and found comfort, hope and healing. In this book he reveals how your soul can be renewed in the 21 seconds it takes to pray these words of Jesus.*

*Dr. Rutland examines the **Lord’s Prayer** alongside **Psalm 23**, making the two most familiar prayers of the Bible come alive like never before. You’ll be inspired by stories of lives changed through this practical prayer strategy that works in even the busiest life. Discover for yourself the power of these prayers to bless and heal. In the end, it’s not just about saying the prayers—it’s about getting to know the Lord of the prayers.”¹*

The Lord’s Prayer

- **Matthew 6:9-13**

Our Father which art in heaven, Hallowed be thy name.
Thy kingdom come, Thy will be done in earth, as it is in heaven.
Give us this day our daily bread.
And forgive us our debts, as we forgive our debtors.
And lead us not into temptation, but deliver us from evil:
For thine is the kingdom, and the power, and the glory, for ever.
Amen.

Psalm 23

- **Psalm 23**

The Lord is my shepherd; I shall not want.
He maketh me to lie down in green pastures: he leadeth me beside the still waters.
He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.
Yea, though I walk through the valley of the shadow of death, I will fear no evil:
 for thou art with me; thy rod and thy staff they comfort me.
Thou preparest a table before me in the presence of mine enemies:
 thou anointest my head with oil; my cup runneth over.
Surely goodness and mercy shall follow me all the days of my life:
 and I will dwell in the house of the Lord for ever.

¹ Mark Rutland, *:21 Seconds to Change Your World*, (Bethany House Publishers, 2016), back cover

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“This is no guilt trip. This is a prayer trip. This is earth-changing power in a 21-second prayer. If two minutes a day is more prayer than you can think of doing at this stage of your life, commit to pray the Lord’s Prayer once a day. Pray 21 seconds, once a day, for one year, and your world will be changed.”²

Unified prayer... “Finding God’s Healing and Abundance”

- **If 2,000 people at Grace Chapel prayed it once a day**
 - x 365 days = 4,258 hours of unified prayer in one year.
- **If 2,000 people at Grace Chapel prayed it three times a day**
 - x 365 days = 12,775 hours of unified prayer in one year.
- **If 1,000 churches of only 100 people each prayed it just once daily**
 - that’s 100,000 x 365 days = 212,000 hours of unified prayer in one year.

Discussion Questions

1. Has “saying the Lord’s Prayer” lost its meaning for you?
2. When was the last time you quoted Psalm 23? With personal meaning?
3. Do you believe that praying the “Lord’s Prayer” daily can change your life? Why?
4. How often, for how long, do you think you can realistically commit to praying the “Lord’s Prayer”?
5. Do you think you can make time to include Psalm 23? Daily?

Before the Throne Worship Night

Join us for the first “Before the Throne” worship night in 2016 on Wednesday, January 6th at 6:30 p.m. in the Sanctuary! You won’t want to miss this as Pastor Jonathan and our Worship Team lead us in a special time of Worship. Childcare will be available for birth — 1st Grade.

To purchase “:21 Seconds to Change Your World”

www.bethanyhouse.com

² ibid