

Day 19

“One of his disciples came to him and said, ‘Lord, teach us to pray.’ Jesus said, ‘This is how you should pray’” (Luke 11:1–2, NLT).

I love foods full of flavor: bold coffee, spicy dishes, savory snacks. When I first learned to cook, I spent hours painstakingly following the recipe, measuring each ingredient with excruciating detail. To be honest, it made me hate cooking. Then, a new mindset freed me to enjoy it. I now view the recipe as a framework to follow with the freedom to adjust for taste. I consider butter a gift from God, so I double it in most recipes, along with most spices. The flavor impact grows exponentially.

Similarly, when I first surrendered to Christ as Savior and Lord, I learned to pray by following this model prayer found in Luke 11:1–4. Though rote memorization can be helpful at times, my prayer life quickly became dry and meaningless as I repeated the verses. Again, a new mindset freed me to grow in my prayer life.

The framework of Jesus’ prayer: 1. Acknowledge God for who He is. He is holy. What characteristics of God stand out to you today? He is Creator and Sustainer, Healer, Provider, Almighty God. 2. Surrender to His will. Do you want to see how God is working in and around you? Ask Him to show you. Invite Him to use you to further His kingdom by sharing the Gospel when given the opportunity and by serving others. 3. Being in a humble and submissive state is the necessary position to ask God for what you need. God wants us to seek Him in everything. 4. Ask God for your spiritual needs as well: forgiveness and the grace to extend His forgiveness to others.

Within this framework is the freedom to adjust as needed and to enjoy Jesus’ model for prayer.

Will you commit to pray with perseverance by the example Jesus demonstrated even after the 21 Days of Prayer and Fasting end?

Lord, grow me in my relationship with You as I follow Your framework for prayer.