

The Lord's

Prayer Directive



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Prayer

Directive

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"This Then Is How You Should Pray" - Matthew 6:9

One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples." - Luke 11:1

Jesus answered that request by giving what has become known as "The Lord's Prayer," and in some traditions it is called the "Our Father." We often pray this prayer in worship services and in our private prayer time. It is often used as the closing prayer in a meeting.

Did Jesus really intend for his followers to pray these words when they prayed, or did he intend for this prayer to be used as a pattern for prayer? I don't think his is an "either or," but I do believe Jesus meant for this to primarily be a pattern for prayer.

That is why we call it the Lord's prayer directive. He was answering the request of the disciples to teach them to pray. This small book is written with that idea in mind.

Every phrase in the prayer is broken down and an explanation is given as to what is being addressed and a sample prayer is given for that phrase. It is not intended for the sample prayer to be "the prayer" for that phrase, but it is just a guide for praying that phrase.

It is my hope that this little booklet will help you in your prayer journey and at least give you some guidance as you Take A Knee In Prayer.

THE LORD'S PRAYER

DIRECTIVE

Matthew 6:9-13

Our Father in heaven, hallowed by your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. For yours is the kingdom and the power and the glory forever. Amen.

“Our Father in Heaven...”

Father brings to our mind two things; loving care and authority. In our prayer we need to recognize that God is truly our father. In fact, it is good to begin your prayer with, “Our Father.”

It is good at the beginning of your prayer to meditate upon the idea that God is Father, and what that means to you.

Our prayer should be: “Father God, I thank you for caring for me more than an earthly father could. Help me to appreciate your love and yield to your authority.”

“Hallowed be your name...”

In every prayer we should take a little time to honor the awesomeness of God. Think of what he achieved in creation. How he rules the universe, yet how he considers each one of us and knows everything about us.

We are given hundreds of names and titles of God in the Bible, and each one of them gives us insight into who he is.

Here are some of his basic names:

“Elohim” – This is a unique reference to the Lord God and projects the idea of the majesty of God.

“El Shaddai” – This is the term translated “Almighty God.” This name projects God as the all sufficient one.

“Jehovah” – Here God is shown to be the eternally self-existent one. He exists without the limits of time, and without dependence upon any other force. He is the only totally self-existent one in the universe.

By taking a moment to reflect upon one or more of these names of God in our prayer we can begin to develop a sense of awesomeness about him.

“Your kingdom come...”

God’s kingdom will come, the question is will we participate in it? This is not a request but a statement, “Your kingdom [will] come.” We must accept that there is a higher force at work in the world, and that he has a plan.

Our prayer concerning the kingdom of God should be that our spiritual eyes are opened to see God working in his kingdom and seek him to know what he would have us do for him.

We should pray: “Lord, help me to see how that you are bringing your kingdom to men and show me what my part is in the kingdom.”

“Your will be done...”

It is easy to say, “God’s will be done,” but it is not always easy to accept God’s will. Even Jesus had to spend a lot of time praying the night of his capture and trial. Finally, after the sweat of his labor of prayer became as drops of blood, he was able to say, “Nevertheless Father, not my will but yours be done.” We don’t have to go to a literal cross like Jesus did, but we must come to the place that we are willing to do the will of God whatever it might be.

Our prayer here should be: “Help me to be willing to be yielded to your will Lord. Whatever you have for me to do I will do it. I will use whatever talent you have given me to do your will.”

“Give us today our daily bread...”

Whether we are employed or unemployed we still need to ask God for our daily provision. Our security should never be in our ability to earn money, but in God’s bountiful supply. Usually his provision comes through our labor, but it is still his provision.

This phrase is dealing with a mindset. Are we truly trusting him to guide us through the day or will we revert back to trusting our own instincts?

Our prayer here should be: “Lord, I need your provision today. Just as you gave daily manna to Israel in the wilderness I need your daily provision now. Open my heart and spirit to receive your blessing today.”

“Forgive us our debts...”

We have sinned, and if we say we haven't we are lying. Before you become upset with me for saying that, take note; it wasn't me who said it. 1 John 1:8 says that very thing. But verse 9 of that same chapter says, “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

God has made provision in Jesus Christ to forgive all our sins, but we have to ask him. In fact, every day when we pray through this prayer we should spend some time thinking through the previous day and ask God to bring to our mind anything we did, or thought about doing that we need to be cleansed of.

Then we should ask God to forgive us of those things. And he will because, “He is faithful and just and will forgive us our sins.”

Our prayer should be: “I know I have sinned, and I need your forgiveness. Grant me repentance for all my sins and wash me clean of every wrong desire.”

“As we also have forgiven our debtors...”

It is a lot easier to ask God to forgive us of what we have done wrong than it is to forgive others of what they have done against us, but Jesus said, “If you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins” (Matthew 6:14-15).

We should pray: “Father God, grant me the grace to forgive those who have done things against me. Help me to have a forgiving attitude toward others.”

“But deliver us from the evil one...”

God will protect us from the tempter as we continue to trust him. This prayer is as much a statement as it is a request. We are saying that we will trust and depend upon him to protect us and our family from the evil one.

Our prayer should be: “I know the devil is always after me and my family but I also know you want to protect us. I ask now that you send angels to watch over us and protect us from the evil one.”

“For yours is the kingdom and the power and the glory forever.”

Now it is time to give him the honor and glory he deserves. Think about it. He is the only one who can do what you have just asked him to do, and he wants to do it.

Sometimes we are so focused on our needs and desires that we forget to spend a period of time in praise and worship as we are ending our prayer.

The psalmist tells us that God inhabits the praises of his people (Psalm 22:3). We are told by Apostle Paul to submit our needs before God with thanksgiving and God will respond with giving us peace which is greater than any man can give (Philippians 4:4-7).

Let us conclude our prayer with praise and adoration.

Our prayer should be: “Father God, you alone are worthy of our praise and worship. I thank you for being who you are, and for doing what you promised. I commit all things to you now in the name of Jesus Christ. Amen.”

Devotions on the Lord's Prayer Directive

We have excerpted nine devotions on the Lord's Prayer Directive from the Daily God Walk devotional, "Sermon on the Mount Volume Two."

These devotions are good to accompany The Lord's Prayer Directive section just preceding this section.

We have designed these devotions with two purposes in mind. First, to be an inspiration to the reader and hopefully strengthen their faith. The second is to be a tool to use in small group studies.

These devotions have a second page with the following parts:

Prayer: Concluding the devotion with a prayerful thought.

Message: Focuses on the main idea of the devotion.

Affirmation: To affirm the message of the devotion. A good tool to use in prayer and meditation throughout the day.

Reflection: Thoughts, questions, ideas to give some thought to.

My Thoughts: Blank lines to write your thoughts and inspirations garnered from this devotion.

Pray... Our Father in Heaven

This, then, is how you should pray: “Our Father in heaven, hallowed by your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as he also has forgiven our debtors. And lead us not into temptation, but deliver us from the evil one, for yours is the kingdom and the power and the glory forever. Amen.” - Matthew 6:9-13

Jesus gave us this concise prayer in rebuttal to the babbling of many words like pagans who think they will be heard because of their many words (v7). He did not expect his followers to just recite this prayer, but he was giving them a pattern by which to pray. We will look at this pattern over the next few days.

He begins this prayer, which I call the Lord’s prayer directive, with “Our Father who is in heaven.” Now, if you want to be proper, using the King James version, you would say, “Our Father which art in heaven.” Personally, I like the more friendly tone of the NIV.

We aren’t too sure where, or what, heaven is, but most of us believe it is the spirit realm where God, our Father, dwells. We recognize him as the Father of creation and the initiator of relationship with man. It is he who has planned from the beginning to show himself to be our Father who is in heaven.

Our Father in heaven is truly father to us in ways that no one else can be. Many of us had good and healthy relationship with our father, but others of us do not have pleasant memories of that personage.

Whatever our memory of father in our past, our Lord, as our heavenly Father, is good to us beyond what any human could be. He will comfort us when we are hurting, forgive us when we are in disobedience, console

us when we are mourning and deliver us when we are in bondage. He is everything to us that a father is supposed to be, but more.

The fact that he is our "Heavenly Father" puts him in a realm that no earthly father could reach. When we pray it is right to give homage to He who is the father of fathers and worship him.

Prayer: Thank you for being my eternal Father in heaven. And thank you for being more than any other father could be. Amen.

Message: Jesus gave us this concise prayer in rebuttal to the babbling of many words like pagans who think they will be heard because of their many words (v7). He did not expect his followers to just recite this prayer, but he was giving them a pattern by which to pray.

Affirmation: I have learned to use this prayer Jesus gave us as a pattern to use when approaching God.

Reflection: Give some thought to the pattern Jesus gives us in this prayer. First, adoration of the Father and the revelation of himself through his name. Then committing to do his will followed by petitioning him for our daily needs and seeking his strength and courage to resist temptation. The conclusion of the prayer is praise and worship. Follow this pattern in prayer and you will be blessed.

My Thoughts:

Hallowed Be Your Name

“Our Father in heaven, hallowed by your name”

- Matthew 6:9

The names of God are not just arbitrary words given to a deity. They are expressions from him which reveal who he is and what he wants to be to us. God is more than words can express, but words are all we have to tell of his wonders.

“Hallowed be your name...” In every prayer we should take a little time to honor the awesomeness of God. Think of what he achieved in creation. How he rules the universe, yet how he considers each one of us and knows everything about us.

We are given hundreds of names and titles of God in the Bible, and each one of them gives us insight into who he is. Here are some of his basic names:

“Elohim” – This is a unique reference to the Lord God and projects the idea of the majesty of God.

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“Jehovah” – Here God is shown to be the eternally self existent one. He exists without the limits of time, and without dependence upon any other force. He is the only totally self existent one in the universe.

Many books have been written on the names of God but none of them can compare with his names he has written on each of our hearts.

How does he write his names on our heart? Have you ever been sick and called out to him for healing? Then he became Jehovah Raphe, The Lord who heals (Exodus 15:26). Or maybe you were troubled and had lost your

peace when he showed himself to you as the Prince of Peace (Isaiah 9:6).

When you pray reflect upon what the Lord means to you and name him according to how he has blessed you.

Prayer: Lord, I thank you for revealing yourself to believers through your names, and I am grateful to know you as Savior. Thank you for Jeheshua (Jesus); the Lord our savior. Amen.

Message: In every prayer we should take a little time to honor the awesomeness of God. Think of what he achieved in creation. How he rules the universe, yet how he considers each one of us and knows everything about us.

Affirmation: I honor and give homage to the great God of heaven who has revealed himself to be the God who answers all of our needs.

Reflection: Establish the pattern of beginning your prayers by remembering the names of God that have been meaningful to you. Spend some time meditating on how God has revealed himself to us through his names.

My Thoughts:

Your Kingdom Come

This, then, is how you should pray:... your kingdom come. - Matthew 6:9-10

The phrase, "Your kingdom come" at least implies that those who make this prayer are committed to the kingdom that God is establishing. Some would say this means that we are to pray for God to establish his kingdom, implying that without our prayers he will not do that. Others will say that we are to plead with God, "Please send your kingdom." I take a different view of this phrase.

I see an emphatic statement; "Your kingdom will come!" What seems to be the purpose of the phrase is that we are giving allegiance to the kingdom which he is establishing. The one praying is saying, "I am committed to the kingdom you are establishing on earth."

When we look at the phrase in this manner we realize that we have recognized God as our Father, His names as his revelation, and his kingdom as his will for us.

Praying "Your kingdom come" is also a confession. We are confessing identity with the kingdom he is establishing. We have heard much of the early confessions of the church, most notably, "Jesus is Lord." We have heard little of the confession, "Your kingdom come."

When we pray, "Your kingdom come" we are affirming our commitment to the principles he was teaching in the sermon from which this prayer was extracted. We are saying, "Yes, I know that in the kingdom of God I am given the grace of righteousness that exceeds that of the Pharisees."

We must understand that the only hope this world has is for the kingdom of God to be established here on

earth. And, the kingdom has been established. It is in the heart of every believer. Now we pray, "Your kingdom has come" because it is here in you and I.

When we pray, "Your kingdom come," we are committing to take the kingdom of God to those who need to hear the message.

Prayer: Lord, I am grateful that you have revealed yourself and your kingdom to me. I confess to being committed to your kingdom. In Christ's name I pray. Amen.

Message: When we pray, "Your kingdom come," we are committing to take the kingdom of God to those who need to hear the message.

Affirmation: I have recognized God as my Father, His names as his revelation, and His kingdom as his will for me and the world. I am committed to taking this message to others.

Reflection: Three views of the phrase, "Your Kingdom Come," are mentioned in this devotion. Which view seems the most appropriate to you? Give some thought to what it means to you specifically to pray, "Your Kingdom Come."

My Thoughts:

Your Will Be Done

This, then, is how you should pray... Your will be done on earth as it is in heaven. - Matthew 6:9-10

This is another confession of faith. When we pray, "Your will be done on earth as it is in heaven" we are going beyond recognizing the kingdom of God, we are committing ourselves to pursuing not only the kingdom, but his will also.

This prayer has far reaching implications. Committing to God's will on earth as it is in heaven is making a choice that reverses the effect of Adam and Eve choosing their will over God's will.

When we pray this confession of faith we are agreeing with God that the relationship between God and man was broken by sin and that we are, through faith in Jesus, the Christ of Redemption, doing our part to restore that relationship.

By making this prayer we are confessing that we are surrendering our will to the Father and seeking his will for our life in his kingdom and on this earth. This prayer is both a confession of commitment, and a request to know and understand his will.

When we make this prayer we are asking God to reveal his will for our life. We are saying, "God, I have entered your kingdom, now give me instructions on your will for me in your kingdom."

An aspect of kingdom life that is often not understood is that when we make the confession that "Jesus is Lord," we are given access to the kingdom. Life for us in the kingdom of God is to be just like life for Adam and Eve in the Garden of Eden. God has set up the rules and we must be committed to his rules.

Some are already thinking, “We aren’t saved by following the rules, we are saved by grace through faith.” To that I would say, “Amen!” Now, by the grace of God we have gained entrance to the kingdom of God, our Garden of Eden. Our life in the kingdom requires a commitment to do the will of the Father so we pray, “Your will be done in me.”

Prayer: Lord, it isn’t easy releasing my life totally into your hands. Grant me the grace to truly surrender all my heart to you. In Jesus name, amen.

Message: Our life in the kingdom requires a commitment to do the will of the Father so we pray, “Your will be done in me.” By making this prayer we are confessing that we are surrendering our will to the Father and seeking his will for our life in his kingdom and on this earth.

Affirmation: I confess my need for God's will to be working in me so I pray, "Your will be done in me."

Reflection: God's will is being done and the way we participate, or fail to participate, in his kingdom plan reveals whether we are truly committed to doing his will. Give some thought to what it means to you pray this prayer.

My Thoughts:

Give Us Today Our Daily Bread

This, then, is how you should pray... Give us today our daily bread. - Matthew 9,11

When God was bringing Israel out of Egypt they were in the wilderness without sufficient food. God chose to feed them daily with manna from heaven. The interesting thing about the manna was that there could only be enough gathered for one day of food. If they tried to gather more than enough for one day what they gathered would spoil.

Remembering that Jesus said we should pray daily for our supply and trust God for both today and tomorrow. The principle at play here is about trusting God to be the supplier of all necessary things. Our challenge is that we tend to trust our own abilities instead of trusting God.

God knows that when he gives us more than is sufficient for the day we will tend to begin trusting the supply rather than the supplier. It seems that when we have more than is necessary we either want to hoard it up for a rainy day, as if God doesn't know when the rainy days are coming, or we use it frivolously for things that satisfy our sinful nature.

Studies have been done on the effect of winning the lottery has had on the winners. It is interesting that their first reaction is usually, "Our lifestyle won't change much, I may not even quit my job." That usually changes in a short time and indulgence begins to take over.

The studies showed that a large majority of the people who won great sums of money were devastated by their new found wealth and in a relatively short period of time wound up in worse shape than they were in the beginning.

What does this have to do with today's message? When God gives us just enough for today we will continue to depend upon him as our source. God is wise and knows all things; he knows when we can handle more, but until then we must be content with our daily bread. Trust him today and he will take care of you today, and tomorrow.

Prayer: Lord, Help me to be content with the daily bread you supply and to continue trusting you for today. In Jesus name, amen.

Message: God is wise and knows all things; he knows when we can handle more, but until then we must be content with our daily bread. Trust him today and he will take care of you today, and tomorrow.

Affirmation: I am trusting God for my future as I trust him for today. I know that faith for tomorrow begins with faith for today so I am trusting him for my sustenance today.

Reflection: Why do you think God would give Israel a bountiful supply of manna, but require them to just take enough for one day? What was God trying to teach them by causing the manna to spoil when it was hoarded? Something to think about.

My Thoughts:

Forgive Our Debts

This, then, is how you should pray... Forgive us our debts. - Matthew 6:9,12

We used to sing a chorus some years ago that went like this, "I owed a debt I could not pay and he paid a debt he did not owe." That is the case for all of us who have come to faith in Christ.

I like the way Luke recorded this part of the prayer. He writes, "Forgive us our sins, for we also forgive everyone who sins against us" (Luke 11:4). He clarifies the point that the debt for which we are asking forgiveness is our sins and the debts we forgive are the sins, or offences, others have committed against us.

Most of us have never robbed or caused great bodily harm to come to another, but we have all sinned. Sin is a part of the human condition and God has made a way for us to deal with our sinfulness through faith in Christ. The following is excerpted from "The Lord's Prayer Directive," an examination of this prayer:

"Forgive us our debts..."

We have sinned, and if we say we haven't we are lying. Before you become upset with me for saying that, take note; it wasn't me who said it. 1 John 1:8 says that very thing. But verse 9 of that same chapter says, "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

God has made provision in Jesus Christ to forgive all our sins, but we have to ask him. In fact, every day when we pray through this prayer we should spend some time thinking through the previous day and ask God to bring to our mind anything we did, or thought about doing that we need to be cleansed of.

Then we should ask God to forgive us of those things. And he will because, “He is faithful and just and will forgive us our sins.”

Prayer: I know I have sinned, and I need your forgiveness. Grant me repentance for all my sins and wash me clean of every wrong desire. In Jesus name I pray. Amen.

Message: 1 John 1:9 tells us, “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” So we pray, “Forgive us our debts.”

Affirmation: I confess my sins and He is faithful to forgive me and He is purifying me from all unrighteousness.

Reflection: You and I have owed a debt we could not pay and He paid that debt for us. Is there anything we must do to be beneficiary of his gracious gift? When we ask, “Forgive us our debts,” is He obligated to do that? Reflect on grace and forgiveness and what that means to you personally.

My Thoughts:

Forgive Us As We Forgive Others

This, then, is how you should pray... Forgive us our debts, as we also have forgiven our debtors.

- Matthew 6:9,12

Have you found it difficult to forgive someone who has offended you? Have you tried and finally said to yourself, "It's no use, the wound is too deep"? I think most of us have been there at one time or another.

Many of us who have had difficulty forgiving have made this compromise; "I'll forgive them but I'll never forget it." Somehow we feel that we have fulfilled our responsibility if we can smile through gritted teeth as we shake their hand. Is that really forgiveness?

What if you overheard God talking to the angels about you and he was saying, "They've done some things that really hurt me. I'll forgive them, but I'll never forget what they have done." How would you feel about that? Would you feel forgiven?

When God forgives he forgets. The prophet Isaiah wrote, "I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more" (43:25). How can God forget the awful things that man has done against him? It is because he is love, and love "is not self-seeking, it is not easily angered, it keeps no record of wrongs" (1 Corinthians 13:5).

The only way one can forgive and forget is to love as God loves. How can we love that way? We can only love as God loves by being fully submitted to him. We must be born again, born by his Spirit into his kingdom.

The road to right standing with God is paved with forgiveness. God has forgiven you and I of horrible sins

against him and his kingdom, now we must pass that forgiveness on to others.

When we live for him and his kingdom then we do not take offense at the offensive behavior of others. We just simply take their transgression to the Father and just as he has forgiven us so we forgive those who have offended us.

Prayer: Lord, it isn't easy to forgive those who are inconsiderate, and some that are malicious; grant me the grace to forgive others. Amen.

Message: When we live for him and his kingdom then we do not take offense at the offensive behavior of others. We just simply take their transgression to the Father and just as he has forgiven us so we forgive those who have offended us.

Affirmation: As an act of gratitude for what God has done for me I forgive others who have been offensive to me. I thank God for the grace of forgiveness and the ability to forgive.

Reflection: According to Isaiah when God forgives he forgets and remembers our sins no more. Then, in this prayer, we are called to forgive. How can we do that? How can we forgive others and forget the offense? Think about it.

My Thoughts:

Deliver Us From The Evil One

This, then, is how you should pray... Lead us not into temptation, but deliver us from the evil one.

- Matthew 6:9,13

Do you remember the comedian who used to say, "The Devil made me do it"? That line was always good for a laugh, but God wasn't laughing. We cannot justify our actions by passing the blame on to someone, or something, else. That is called denial.

Temptation is a very real part of the human experience, but we often do not realize the source of our temptation. James writes, "Each one is tempted when, by his own evil desire, he is dragged away and enticed" (James 1:14). It really wasn't the devil - it was our own desires.

Remember the comic strip Pogo? This comic character was an alligator in the everglades swamp and every week he would impart his

brand of wisdom to all who read it. In one episode he was standing in the swamp ready to do battle and he was saying, "We have found the enemy and he is us."

The only way we can be tempted is when something we desire comes to our attention and demands that we respond to it. The only way to effectively deal with this temptation is to deal with the desire.

When we destroy the desire we destroy the temptation. God created systems in man that releases into our consciousness a sense of calm and well being giving us a generally pleasurable experience as humans. When we walk in his way these systems produce harmony and a balanced life, but when we pursue the pleasurable sensation that comes from these systems then our life gets out of balance and our desire for pleasure overrides our desire for righteousness and we sin.

At this point our inner desires becomes the evil one. We must agree with Pogo – the enemy is us. God delivers us from our evil by living his righteousness through us. For that to happen we must be submitted to his will and committed to his kingdom. If the enemy is us then we should seek deliverance from ourselves.

Prayer: Lord, deliver me from the evil desire that rises up within me so that I am free to serve you in righteousness. In Jesus name, amen.

Message: The only way we can be tempted is when something we desire comes to our attention and demands that we respond to it. The only way to effectively deal with this temptation is to deal with the desire.

Affirmation: When I am tempted I examine my desires and deal with wrong desires by submitting them to God.

Reflection: How does the example of Pogo declaring, "We have found the enemy and he is us," relate to how we are tempted. Think of some ways you can effectively deal with the temptations you face.

My Thoughts:

Thine is the Kingdom, the Power and the Glory

For thine is the kingdom, and the power, and the glory, forever. Amen. - Matthew 6:13 (KJV)

This final phrase in the prayer sums up our relationship with him. The kingdom is his; all the power is his; all the glory belongs to him. Where does that leave us? It leaves us subjects in his kingdom.

Isaiah spoke of one who would be the head of God's rule on earth. He wrote, "For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Of the increase of his government and peace there will be no end" (Isaiah 9:6-7).

Jesus came to establish the everlasting kingdom of God on earth. This kingdom is headquartered in the hearts of those who would receive his message. All the power of God is vested in his kingdom and his power is given to the subjects of his kingdom. All the glory of God, all of the hope of God, is vested in his kingdom and the kingdom of God is in the hearts of men.

Do you understand what that means to we who are believers in Jesus, the Christ of Redemption? Follow this line of reason:

- Jesus proclaimed the kingdom - then gave the kingdom to those who followed him.
- Jesus declared all power rested in him - then sent his disciples to tarry until they too received the power.
- Jesus is the glory of the Father: "The Son is the radiance of God's glory" (Hebrews 1:3) - The Glory of God is being manifest in believers: "We,

who with unveiled faces all reflect the Lord's glory, are being transformed into his likeness with ever-increasing glory" (2 Corinthians 3:18).

His is the kingdom, and we are his kingdom. All of heavens power is invested in we who are the kingdom. All glory has been given to the kingdom. We have a kingdom responsibility to this generation.

Prayer: Lord, grant me grace to be a witness to your kingdom. Amen.

Message: Jesus came to establish the everlasting kingdom of God on earth. This kingdom is headquartered in the hearts of those who would receive his message.

Affirmation: Jesus is the king of the kingdom and I am subject to him. He has invested kingdom power and glory in me with the responsibility to re-invest his kingdom in others.

Reflection: As followers of Christ we have been given the kingdom of God: We are the kingdom of God on earth. Give some thought to what that means to you and I. How should that affect the way we think, the way we act and the way we speak? How has it affected you?

My Thoughts:

The "Take A Knee" Prayer Challenge

I was recently moved by the story a man who was challenged to "Take A Knee" every day for 30 days. This man had been struggling in his faith walk. He was trying to overcome undesirable behaviors which had become habitual and were affecting his faith walk.

The Challenge was to simply take a knee in prayer every day. Just that simple. We are told that if we will do something for at least 21 days in a row it will become a habit so if we practice taking a knee in prayer for 30 days we should be well on our way to making it a life-habit.

When I heard this challenge an idea sparked in my head and went to my heart. Let's start a 30 Day Take A Knee Challenge. As I have prayed and meditated on the idea over the last few days I have become convinced that this is something which needs to be done. So, here it is - the 30 Day Take A Knee Prayer Challenge.

When you respond to this challenge you are being asked to commit to:

1. Bend your knee in prayer every day. It doesn't have to be a long prayer, especially in the beginning.

2. Invite your friends to join you in the challenge. Think of any of your friends who might accept the challenge then ask those friends to join with you.

When you register that you have accepted the challenge you will be sent a 31 Day devotional on prayer. Each day there is a Scripture verse, a few paragraphs of inspiration and a short prayer.

Why a 31 day devotional for a 30 day challenge? It is our hope that you won't stop bending your knee in prayer after the 30 days but that you will establish a pattern daily prayer.

To register that you are joining the challenge, or just to get more information about it, and to get your free devotional on prayer just visit the web site below:

<http://www.take-a-knee.org/join.html>