



EPIC Men,

We just finished *Praying Like Monks, Living Like Fools*, and we are going to turn it into action with a 10-Day EPIC Prayer Journey.

This is not about being “good at prayer.” It is about showing up, learning the rhythms Tyler taught, and letting the Holy Spirit form us into men who live surrendered and powerful.

How this works

- We are all doing this individually, but we are moving in unity.
- Each day has a Kairos Key Thought to anchor your mindset.
- The last 7 days include a Big Prayer Anchor that we will all pray that day. Same target, same faith, same Spirit.

Time commitment

- Days 1 to 5: one focused prayer time each day (10 to 15 minutes).
- Days 6 to 10: we switch to Tyler’s 3-times-a-day rhythm:
 - Morning (8 to 12 min): Lord’s Prayer, slowly, line by line
 - Midday (3 to 6 min): compassion + intercession + “send me”
 - Night (8 to 12 min): gratitude + Examen (review the day with God)

If you miss a time, do not quit. Do the next one. Consistency beats intensity.

What to expect

- Some days you will feel nothing. Keep praying.
- Some days you will feel conviction. That is mercy. Come into the light.
- Some days you will sense the Holy Spirit nudge you to act. Obey quickly.
- The goal is not a spiritual high. The goal is a changed man.

A few rules for the journey

1. Pray out loud when you can. It helps you stay present.
2. Write one sentence per day. What did I sense God saying or doing?
3. Obey one nudge. A text. An apology. A blessing. A confession. A step.
4. No shame. If you fall behind, you start again today.

The heart behind it

We are not trying to “get God to do stuff.”

We are learning to live in communion with Him, so His presence and power spill into our homes, our work, our church, and our city.



Holy Spirit, make us men who pray like monks and live like fools. Amen.

Being Changed by Jesus Daily,

Kyle

EPIC 10-Day Prayer Journey

Do it individually. Move in unity. Lean into the Holy Spirit.

Time: Days 1 to 5 (10 to 15 min once a day). Days 6 to 10 (3 times a day).

Days 6 to 10: 3-Times-a-Day Rhythm (Tyler Staton)

Morning (8 to 12 min): Lord's Prayer, line by line

Take 10 minutes. Pray each line slowly and let it open up your own words. Listen briefly after each line.

Midday (3 to 6 min): Compassion + Intercession + “Send me”

Pray for 3 people by name. Ask for compassion. Ask to be sent.

Night (8 to 12 min): Examen + Gratitude

Replay the day with the Holy Spirit. Notice where God was near and where you resisted. End with 10 thank-you's.



DAY 1

Kairos Thought

Difficulty is not direction. (Pastor Tim Dilena)

Prayer Model

Silence as a posture + Confession as a posture (being searched and known)

Exercise (12 to 15 min)

1. Silence (2 min): "Holy Spirit, I'm here."
2. Pray: "Search me" (Psalm 139:23–24).
3. Name what's real (no spin). Write 3 sentences: "Here is where I'm offering excuses..."
4. Step into the light: "Jesus, I agree with truth. Cleanse me. Strengthen me."
5. One action: text a brother: "Pray for me in this area: ____."

DAY 2

Kairos Thought

A tough season plus an open door does not automatically equal God's will. (Pastor Tim Dilena)

Prayer Model

Listening prayer (talk less, listen more)

Exercise (10 to 12 min)

1. Ask one question: "Jesus, what are You leading me into, and what are You protecting me from?"
2. Sit quietly 3 minutes.
3. Write what you sense.
4. Test it quickly: does it align with Scripture and Jesus' character?
5. Close: "Holy Spirit, give me courage to obey."



DAY 3

Kairos Thought

A loving Father says “no” because He’s protecting you and sees the better you can’t see. (Pastor Tim Dilena)

Prayer Model

Lament + Praying the Psalms (Scripture as your vocabulary)

Exercise (15 min)

1. **Pray Psalm 13** (or Psalm 42 if that fits your season or choose one that God leads you to).
Read it slowly out loud.
2. Turn it into your own lament (honest, unfiltered):
 - God, here is what hurts...
 - God, here is what I don't understand...
 - God, here is what I'm asking You to do...
 - Yet I choose to trust You...
3. End with 60 seconds of stillness: “Father, hold me.”



DAY 4 (Single block + Big Prayer Anchor 1)

Kairos Thought

"Who NOs you?" Do you have people who will tell you no in love, and will you listen? (Pastor Tim Dilena)

Prayer Model

Confession + Renunciation + written prayer (liturgy and pre-made prayers)

Exercise (10 to 15 min)

1. Read the Big Prayer Anchor slowly (below).
2. Pause after each paragraph and whisper: "Holy Spirit, make this true in me."
3. End by reaching out to one brother who can "NO" you in love. Ask them for Discernment on something.

Big Prayer Anchor (Day 4)

Deliverance from deep personal sin and bondage

Father, I come into the light in the name of Jesus. Holy Spirit, search me and expose what I have hidden, not to shame me but to free me. I confess that I cannot conquer this in my own strength. I need Your power.

In Jesus' name, I renounce every agreement I have made with sin. I renounce (*Psalm 139:23 - Search me, God, and know my heart*) addiction, anger, pride, greed, lust, pornography, sexual compromise, deception, (*or whatever may be applicable for you*) and every double life. I renounce shame and the lie that I will never change.

I declare the blood of Jesus breaks chains. I declare the cross is enough. I declare the resurrection power of Jesus is stronger than my patterns.

Holy Spirit, fill the places where darkness lived. Heal the roots under the fruit. Restore my mind. Strengthen my will. Purify my desires.

I forgive anyone I need to forgive. I release bitterness. I cancel every open door I have given the enemy.

In Jesus' name, I command every unclean spirit connected to bondage to leave me now. Holy Spirit, baptize me with holy hunger, clean affection, and power to obey. Put brothers around me. Make me quick to confess, quick to ask for help, quick to repent. I belong to Jesus. I am not a slave. I will walk in the light. I will be free indeed. Amen.



DAY 5 (Single block + Big Prayer Anchor 2)

Kairos Thought

Stay put if God says stay. It's worth the fight. (Pastor Tim Dilena)

Prayer Model Intercession + Persevering prayer

Exercise (12 to 15 min)

1. Write one sentence: "The fight I'm tempted to quit is ____."
2. Pray for your "stay" strength. Ask the Holy Spirit for endurance.
3. Pray the Big Prayer Anchor slowly.
4. End with one declaration: "Holy Spirit, I will not move without You."

Big Prayer Anchor (Day 5)

Prodigal son or daughter coming home (yours or a friends)

Father, in the name of Jesus, I bring my (Friend's name) prodigal to You. Holy Spirit, go into the far country. Break deception. Break counterfeit comfort. Break the lie that sin is freedom.

Bring holy conviction without condemnation. Let them see clearly where their road leads. I ask You to awaken memory of Your goodness. Remind them of truth they once knew. Put the song of the Father's house back in their heart. Close doors that lead to destruction. Break ungodly relationships. Interrupt harmful patterns.

Arrange divine appointments. Put the right people in their path at the right time. Give them courage to turn around and humility to come home.

Father, I declare distance is not stronger than covenant. The far country is not stronger than Your love.

I ask for full restoration. Not just tears, but repentance. Not just regret, but transformation. Not just return, but discipleship and a new community.

Holy Spirit, bring them home. In Jesus' name. Amen.



The 3-times-a-day rhythm begins (Days 6 to 10)

Each day still includes a “Prayer Flavor” from Staton so the rhythm stays fresh and intentional. This will refer to using the Lord’s prayer as a Model several times. I have attached as an Appendix our EPIC notes on the same. Here was what Tyler Staton said about it:

Tyler’s core “morning, midday, evening” rhythm is a simple **3 times a day anchor** that follows the historic pattern he points to in Scripture and the early church.

Here is the routine, with the **specific prayer focus for each time** as taught in his Bridgetown / Prayer Rhythm material (which flows directly out of the same framework he lays out in *Praying Like Monks, Living Like Fools*).

Morning: The Lord’s Prayer (Formation and surrender)

Focus: let Jesus lead your prayer life.

What you do (8 to 12 min): Pray the Lord’s Prayer slowly, line by line, and turn each line into your own words.

A simple flow:

- “Our Father in heaven” (adoration, sonship)
- “Hallowed be Your name” (worship, gratitude)
- “Your kingdom come” (release control, invite His will)
- “Give us today” (specific needs)
- “Forgive us” (confession, forgiving others)
- “Deliver us” (protection, warfare against temptation and evil)

Midday: Compassion and intercession for the lost (Mission and love)

Focus: get your eyes off your agenda and onto God’s heart for people.

What you do (3 to 7 min):

1. Briefly pray the Lord’s Prayer again
2. Pray for compassion
3. Pray to be sent as an answer to your own prayers

Staton’s Midday themes in this material are:

- **Pray for the lost by name**
- **Pray for compassion**
- **Pray to be sent**

Evening: Gratitude (and often Examen) for restful presence



Focus: review your day with God so you can rest clean, thankful, and present.

What you do (8 to 12 min):

- Review the day from morning to night
- Thank God specifically, even for “small” gifts
- Many in this same prayer stream pair gratitude with the **Examen**, reflecting on where you noticed God and where you missed Him, then looking toward tomorrow with God

Staton's Evening language here is gratitude as a way to become present to God at the close of the day, so you can be truly present to others and truly at rest.



DAY 6 (3-times-a-day + Big Prayer Anchor 3)

Kairos Thought

We are altars. We carry worship and His presence everywhere we go. (Pastor Lee Cummings)

Staton Prayer Flavor

Beholding prayer (resting attention on God)

Morning: Lord's Prayer line by line. After: 2 minutes beholding. "I receive Your love."

Midday: Compassion + intercession. Ask: "Holy Spirit, who can I bless today?" Do it.

Night: Examen + gratitude. Add: "Where did I carry presence today?"

Big Prayer Anchor (Day 6)

Salvation for a family member

Father, in the name of Jesus, I lift up _____ (my family member to You). Holy Spirit, draw them with kindness. Remove confusion. Soften what is hard. Heal what is wounded.

Open their eyes to the beauty of Jesus. Let the gospel land with power, not as information but as rescue.

I ask for dreams, holy interruptions, and moments of clarity they cannot explain away. Bring believers into their life who carry Your presence. Give them encounters with truth and love.

I cancel the enemy's lies over their identity. I break fear, pride, and shame in Jesus' name. Holy Spirit, give them the gift of repentance and faith. Bring them to salvation through Jesus alone.

I ask for baptism in Spirit and water, for joy, for freedom, and for a brand new life. Father, You are able. I trust You. In Jesus' name. Amen.



DAY 7 (3-times-a-day + Big Prayer Anchor 4)

Kairos Thought

We need brothers to go with us into battle, but we can do very little without the Holy Spirit.
(Pastor Lee Cummings)

Staton Prayer Flavor

Four core practices from the Lord's Prayer (4 rounds)

Morning: Do 4 rounds, 3 minutes each:

1. Adoration (Our Father)
2. Confession (Forgive us)
3. Petition (Give us today)
4. Intercession (On earth as it is in heaven)

Midday: Pray for unity, generosity, and leadership strength.

Night: Examen + gratitude. Text one brother encouragement.

Big Prayer Anchor (Day 7)

Our church, provision for new location and build

Father, thank You for Restoration church and our assignment. Holy Spirit, lead us with clarity and peace.

Provide every dollar, every permit, every plan, every relationship, every contractor, every inspection, every ounce of favor needed for the new location and build.

Break fear and scarcity. Release faith and unity. Put generosity in Your people and wisdom in our leaders.

Protect our pastors and leadership from distraction, division, and burnout. Give them discernment, stamina, and clean motives.

Open the right doors and close the wrong ones. Remove unnecessary delay.

Holy Spirit, make the new place a house of prayer and presence. Let it become a center for salvation, healing, deliverance, discipleship, and worship.

We declare the Lord will provide and the Spirit will guide. In Jesus' name. Amen.



DAY 8 (3-times-a-day + Big Prayer Anchor 5)

Kairos Thought

“Why should we sit here and die?” Desperation must move us to action. (2 Kings 7) (Pastor Bruce Deel)

Staton Prayer Flavor

Listening prayer + obedience

Morning: Lord’s Prayer line by line. Then ask: “Holy Spirit, what is one act of obedience today?”

Midday: Do the obedience quickly. Pray: “Holy Spirit, magnify small obedience.”

Night: Examen: “Where did desperation move me to act?” Gratitude list.

Big Prayer Anchor (Day 8)

Our nation

Father, I come humbly in the name of Jesus. Holy Spirit, come like wind and fire across our nation. Bring repentance, renewal, and true awakening.

Purify the church. Restore first love. Make us holy, courageous, and compassionate. Break lukewarm religion and hidden compromise.

I pray for leaders at every level. Give them wisdom and fear of the Lord. Expose corruption. Restraine evil. Establish justice.

Heal division. Break deception and rage. Restore truth and moral clarity. Strengthen families. Protect children.

Holy Spirit, raise up evangelists and praying believers. Pour out Your presence in homes, schools, workplaces, and streets. Confirm the gospel with salvation, healing, and deliverance.

Jesus, You are Lord over this nation. Have mercy and move in power. Amen.



DAY 9 (3-times-a-day + Big Prayer Anchor 6)

Kairos Thought

Desperation -> Decision -> Discovery -> Duty -> Deliverance. (Pastor Bruce Deel)

Staton Prayer Flavor

Praying the Psalms (mission + endurance)

Morning: Lord's Prayer line by line. Then pray **Psalm 67** (mission, blessing to the nations).

Midday: Intercede for China and for boldness in you.

Night: Examen:

- Decision I made today
- Discovery God gave today
- Duty I will repeat tomorrow

End with gratitude.

Big Prayer Anchor (Day 9)

China, the underground church (or any other Nation God puts on your heart)

Father, I lift up the underground church in China . Holy Spirit, strengthen them with power in their inner being.

Protect leaders, house church networks, and new believers. Give wisdom, unity, and purity.

Guard them from infiltration, compromise, and exhaustion.

Ignite the Word of God in them. Multiply discipleship in homes and families. Raise up a fearless generation that loves Jesus more than comfort.

Holy Spirit, release signs and wonders that confirm the gospel. Heal bodies. Deliver the oppressed. Give courage to preach and grace to endure.

Let worship rise in secret places. Let the church multiply under pressure.

I declare the Spirit of God is moving in China and Jesus is building His church. Amen.



DAY 10 (3-times-a-day + Big Prayer Anchor 7)

Kairos Thought

God can magnify small obedience. Walk with Kingdom authority even when you don't feel it.
(Pastor Bruce Deel)

Staton Prayer Flavor

Liturgy and pre-made prayers (when words feel thin)

Morning: Lord's Prayer line by line, slow and steady.

Midday: Pray a Psalm out loud (choose one):

- Psalm 121 (protection) or Psalm 23 (peace)
Then pray the Iran anchor.

Night: Examen + gratitude. End by re-praying the Lord's Prayer once straight through.

Big Prayer Anchor (Day 10)

Iran, the gospel spreading and protection for believers

Father, in the name of Jesus, I lift up Iran. Holy Spirit, move across that land with saving power.

Release dreams and visions of Jesus. Open hearts in homes, apartments, villages, and cities.
Draw whole families to Christ.

Protect believers and underground leaders. Give supernatural wisdom for gathering, discipling, and communicating. Shield them from unjust harm.

Turn persecutors into worshipers. Raise up bold evangelists. Confirm the gospel with miracles, healings, deliverance, and undeniable encounters.

Let fear break and joy rise. Let worship and prayer fill hidden rooms.

I declare the gospel will spread in Iran and the gates of hell will not prevail against the church.
In Jesus' name. Amen.

Tonight we are starting with the first words Jesus gave us to pray:

1. **Our Father.** We read a story in Luke 15 that told us a lot about the Father. It also told us a lot about the sons.

One son leaves the house.

The other son stays in the house.

But both can be far. So tonight, this is not about shame. This is about honesty, clarity.

On this side is **Prodigal**.

That means, "I drift toward running, hiding, numbing, self sabotage, compromise, or I feel unworthy to be close."

On this side is **Older Brother**.

That means, "I drift toward performing, striving, comparing, keeping score, resentment, or controlling."

Both are still sons. Both have the same Father. And both are being invited into the same embrace.

So in a moment, I'm going to ask you to move to the side that fits your drift. Your drift.

No one is judging you. This is family.

Ready. Move.

Holy Spirit, make the Father real to us right now. Ask Him quietly:
Father, what is one thing I can do right now to take a step closer to you?

Take 45 seconds. Just listen.

Now write one word on your card that describes His face toward you.

Prodigal side restoration

If you're on the Prodigal side, we are not going to grovel. We are going to come home.

Put your hands open in front of you like you're receiving.

Repeat after me, out loud:

Father, I come home.
I stop running.
I stop hiding.
I stop negotiating.
I receive Your mercy through Jesus.
Restore me as a son.
Clothe me.
Put a ring on me.
Put sandals on my feet.
I belong here.
In Jesus' name, amen.

Now take one step toward the center.

Older brother side restoration

If you're on the Older Brother side, we are not going to perform. We are going to surrender the ledger.

Hold your hands out like you're holding a clipboard or a scorecard.

Repeat after me, out loud:

Father, I lay down my ledger.
I repent for serving You without being with You.
I repent for comparison, resentment, and control.
I receive Your love as a gift, not as a wage.
I choose joy when others receive mercy.
I come to the table as a son.
In Jesus' name, amen.

Now mimic dropping that ledger.

And take one step toward the center.

The Table moment

Now I want both sides to come to the center.

Same Father. Same house. Same table.

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As you come, whisper:
"I belong."

When you get here, stand shoulder to shoulder.

Corporate declaration (all together)

Repeat after me:

We have the same Father.
We come by the same grace.
We stand in the same righteousness: Jesus.
We belong in the same house.
We take our place at the table.
We release shame.

We release striving.
We receive the Father's love.
We choose sonship.
Amen.

Seal it with a partner blessing

Turn to the man next to you. Put a hand on his shoulder.

Say this, word for word:

Brother, you are home.
You are loved.
You are not outside.
You are a son.
The Father delights in you.

Switch and do it back.

Transition line into the Lord's Prayer flow

Now that we are standing as sons, we can pray the next part the way Jesus meant it.

Not begging.
Not proving.
But from belonging.

2. In Heaven

In the Lord's Prayer, "who art in heaven" is doing something quietly powerful. It is not creating distance. It is establishing reality.

1) It anchors who God is

He is **Father**, and He is **in heaven**.

That means He is not limited by your mood, your week, your wound, or your circumstance. He is enthroned, steady, holy, and unthreatened.

- "Our God is in the heavens; he does all that he pleases." (Psalm 115:3)
- "Heaven is my throne..." (Isaiah 66:1)

2) It corrects our tendency to shrink God When we pray, we can unconsciously reduce God to a bigger version of us. "In heaven" restores awe. It reminds your soul: you are speaking to the One with supreme authority and limitless power.

This is why the next line is "Hallowed be Your name." Reverence follows revelation.

3) It comforts us with His rule Heaven is the place of God's rule, order, and authority. When you say "in heaven," you are praying from the truth that God's leadership is intact, even when life feels chaotic.

- "The Lord has established his throne in the heavens, and his kingdom rules over all." (Psalm 103:19)

4) It invites heaven to invade earth A few words later we pray, "Your kingdom come, Your will be done, on earth as it is in heaven."

So "who art in heaven" is also a setup: Father, bring the atmosphere of Your world into mine. Bring Your will into my house, my habits, my relationships.

5) It keeps intimacy and reverence together Jesus gives us both: closeness and holiness. He is not a distant monarch only, and not a casual buddy only. He is **Abba**, and He is **King**. That combination is where faith becomes strong and prayer becomes clean.

Where have I made God too small?

The next line is "Hallowed be Your name." Reverence follows revelation

3. “Hallowed be Your name”

In Greek it is **hagiastheto to onoma sou**

This is a request, not a reminder

Jesus is not saying, “God, Your name is holy.” He is teaching us to pray, “Father, cause Your name to be treated as holy here, in me, and among us.”

- **Passive imperative means we are asking God to do something in us and through us**
“Let it be sanctified” is not mainly, “I will try harder.” It is, “Father, work in me so Your name is honored in my thoughts, speech, habits, and decisions.”
- **“Name” means reputation, character, and revealed nature**
We are praying: “Let who You really are become known and honored.” Not just the word “God,” but His character: holy, good, merciful, just, faithful.
- **Hallowing is about alignment, not language policing**
It is bigger than not saying God’s name casually. It is living in a way that makes His goodness look believable.
- **This line reorders the prayer**
Before we ask for provision, forgiveness, protection, or guidance, we start with God’s honor. Kingdom prayer begins with worship and surrender.
- **It is a consecration of the inner life**
“Father, make my heart a place where Your name is holy.” That means my private life, my thought life, my online life, my marriage, my money, my reactions.
- **It is also a mission prayer**
“Let Your name be hallowed” is a request that His name would be revered in families, workplaces, cities. It is intercession for a move of God that shifts culture.
- **It sets the tone for everything that follows**
If His name is holy, then His kingdom matters most.
If His name is holy, then His will is superior to mine.
If His name is holy, then daily bread is received with trust, not anxiety.
If His name is holy, then forgiveness is non-negotiable.
If His name is holy, then temptation is resisted because we want His honor more than our comfort.
- **A simple paraphrase for the guys**
“Father, make Your holiness real to me, and make my life the kind of life that honors You.”

4. “Your kingdom come, your will be done”

Matthew 10:7–8 is basically Jesus saying, “Now go live what you just prayed.”

a. **The prayer becomes a proclamation**

“Your kingdom come” is what we ask the Father for.

“As you go, proclaim, ‘The kingdom of heaven is at hand’” is what we announce out loud.

b. **The prayer becomes a demonstration**

“Your will be done on earth” is not only theology. It becomes visible.

Then Jesus lists what it looks like: heal the sick, raise the dead, cleanse lepers, cast out demons.

c. **Kingdom is rule, not location**

You are not announcing people can go to heaven someday only.

You are announcing God’s reign is breaking in now, and lives must respond.

d. **God’s will has a recognizable signature**

In Matthew 10:7–8, God’s will shows up as restoration: bodies healed, captives freed, the unclean made clean, death pushed back.

e. **Authority is delegated, not earned**

We pray “Your kingdom come,” and Jesus sends disciples with authority to carry it.

It is His kingdom, His power, through obedient people.

f. **Compassion and power stay together**

“Your will be done” is not dominance. It is love with authority.

The miracles are not for hype. They are the Father’s heart touching real pain.

g. **Freely received, freely given**

When we pray for the kingdom, we receive grace.

Jesus says do not sell it, do not perform for it, give it away.

5. “Give us this day our daily bread”

- **Daily bread is daily dependence**
Jesus teaches us to ask for bread one day at a time because the Father is training trust, not stockpiling control.
- **Bread is more than food, it is provision from the Father**
“Daily bread” includes what you need to live: strength, wisdom, peace, direction, restraint, courage.
- **Matthew 4:4 expands what bread truly is**
Jesus says we do not live by bread alone, but by every **rhēma**, every utterance that proceeds from God. Meaning: your soul has a hunger that food cannot touch.
- **Rhēma is the Father feeding you in real time**
Daily bread is not only calories, it is the Father speaking: a timely word, a correction, a promise, a nudge, a warning, a comfort. Listening Daily!
- **If you do not receive His word daily, you will snack on substitutes**
Anxiety, scrolling, anger, lust, busywork, people-pleasing.
The heart always eats. The question is what.
- **This prayer trains you to listen before you act**
“Give us this day” is a posture: Father, I will not run on yesterday’s manna. Speak today. Lead today.
- **Daily bread connects to obedience, not just insight**
God’s daily word is not for information. It is for transformation.
The bread strengthens you to do what He says.
- **The wilderness proves it**
In Matthew 4 Jesus is tempted to self-provide.
He refuses, choosing the Father’s voice over self-sufficiency.
That is what daily bread is: choosing relationship over control.

“Daily bread is not just what I eat. It is what/WHO I am listening to. I cannot live today on yesterday’s word. Father, feed me again.”

6. “Forgive us... as we forgive”

Forgiveness is not a side topic in prayer, it is a gate

In the Lord’s Prayer, forgiveness sits in the middle because unresolved offense blocks intimacy and authority.

Mark 11:25–26 shows forgiveness is required “while you are praying”

Jesus ties forgiveness to the prayer moment itself. If you are holding something, your prayer life gets clogged. Prayer is not just asking God for things. It is alignment with His heart.

Matthew 6:14–15 makes it personal and unavoidable

Jesus explains the prayer immediately after teaching it: if you forgive, you will be forgiven. If you refuse, you are choosing to live outside the flow of mercy. You cannot demand grace while rejecting grace.

Forgiveness is not saying it did not matter

Forgiveness is releasing your right to revenge and handing justice to God. It is agreeing that the cross is enough for you and for them.

1 Peter 3:7 shows relationships can “hinder” prayers

This is the same principle in a different lane: when your closest relationships are dishonored or fractured, spiritual flow is restricted. Heaven’s pipeline narrows when love breaks down.

Forgiveness restores spiritual authority

A man who forgives is a man who is free. Unforgiveness gives the enemy a handle. Forgiveness removes that handle.

The Lord’s Prayer makes it mutual, not theoretical

“As we forgive” means God is forming us into the kind of people who carry His Kingdom. Kingdom people forgive because they have been forgiven.

Practical takeaway for the guys

Before you ask God for provision, guidance, or power, ask:

“Father, is there anyone I am holding in my heart?”

Then release them. Your prayers will breathe again.

7. “Lead us not into temptation... deliver us from evil”.

God does not tempt, but we still ask God to lead

James 1:13 is clear: God never entices us toward sin.

So this line is not accusing God. It is a humility prayer: “Father, guide my steps so I do not walk into what will break me.”

“Temptation” can mean a testing moment that becomes a trap

The word can include trial pressure. We are praying: “Do not let the pressure become my downfall. Keep me from situations where my weakness gets exploited.”

This is a prayer of spiritual awareness, not fear

It is discipleship realism: I have blind spots. I have patterns. I have appetites.

“Father, shepherd me away from traps I would rationalize.”

The next line interprets the first line

“Lead us not into temptation” is paired with “deliver us from evil.”

Meaning: if we are in a battle, rescue us. If we are near a cliff, redirect us.

This is a request for prevention and rescue

Prevention: “Keep me from the setup.”

Rescue: “If I’m already in it, get me out.”

It acknowledges an enemy and a real war

“Deliver us from evil” includes evil in general and can include “the evil one.”

We are praying for protection, discernment, and authority against darkness.

James 1 shows where temptation actually comes from

Not from God. It comes through desire, deception, and the enemy’s strategy.

This prayer says: “Father, expose the lie early. Cut off the pull. Strengthen my will.”

It is also a prayer for healthy boundaries

“Lead me” often looks like practical guidance:

avoid the late night scroll, the private conversation, the secret habit, the predictable trigger. God’s leading is often a boundary.

It trains us to choose escape routes

The Father is faithful to provide a way out when we are tempted.

This prayer is asking Him to highlight the exit and give us power to take it.

A strong paraphrase

“Father, steer me away from what will take me out, and when evil presses in, rescue me and keep me faithful.”

Doxology: "For Yours is the Kingdom the power and the glory" You may notice some Bibles like NIV or NLT do not include the line, "For Yours is the kingdom and the power and the glory forever, amen," in Matthew 6.

That is not because they removed Scripture. It is because the earliest copies of Matthew we have most likely end the prayer with, "deliver us from evil" or "the evil one." Later, as the church prayed the Lord's Prayer in worship, believers would often end it with a praise line, a doxology, basically saying, "God, this is all Yours." Over time, that ending got copied into some manuscripts.

So modern translations usually put it in a footnote. The point is not, "Should we say it?" The point is just, "Did Matthew write it in that exact verse?" Either way, the line is completely true and biblical. It is a strong way to end the prayer because it puts our hearts back where they belong: God is King, God is powerful, God gets the glory.

- **It ends prayer with surrender, not anxiety**
We do not finish with the problem. We finish with the King.
- **It recenters authority**
Yours is the Kingdom means God rules, not my circumstances, not my emotions, not the enemy.
- **It restores confidence**
Yours is the power means I am not praying to a weak God. He can actually act.
- **It purifies motives**
Yours is the glory means prayer is not about me looking spiritual. It is about God being honored.
- **It kills performance**
If it is His Kingdom, His power, His glory, then prayer is not a sales pitch. It is agreement with reality.
- **It turns requests into worship**
Ask boldly, then worship fully. This doxology teaches both.
- **It trains us to see beyond the moment**
Forever means God is not reacting. He is reigning. He will be faithful after this week, after this season, after this battle.
- **It strengthens spiritual warfare**
When you end with "Yours is the Kingdom," you are declaring ownership. Darkness does not own the room. God does.
- **It seals the prayer**
Amen is not a religious period. It is "Let it be so." It is faith signing the prayer.

"We pray from a Father's heart, we ask for a Kingdom to come, and we end with this: God owns it, God can do it, God will get the glory."