

## Day 1

# DESIRE

A meaningful and consistent prayer life—that's what you want. That's why you're here. You know prayer has the potential to be delightful, reciprocal, wholehearted, invigorating, and powerful. And you want it.

It all starts with burning desire for Christ.

Picture it for a moment. You're holed up in a quiet nook; the door is closed; the chair is comfortable; you've got a mug, and your Bible is open; it's your favorite time of day. And now you start doing your favorite thing—talking to your best Friend, Jesus.

It's simple talk, really. Everyday language. You express your adoration, thanks, and devotion. No topic is off limits. And there's no end to the things you admire in Him: His amazing salvation, majestic glory, winsome nature, and endless mercy. He's your dwelling place forever.

Incredibly, Jesus Himself sits with us and assures us of His presence. As we're under the blood of Christ, the Father's acceptance wows us. We're washed and

renewed by the word and the Spirit. Love is awakened as we meditate in Scripture. Our spirit is ignited, our body is made alive, and our soul is restored. We talk to Him and He talks to us in the language of intimate friendship.

Ahhh, it doesn't get any better than this! This is what we want!

*One thing I have desired of the LORD, that will I seek: That I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to inquire in His temple.  
(Ps 27:4)*

In Psalm 27:4, David described his foremost desire. Make it yours, too. Use this verse to express the longings of your heart. **PRAY.**

- ◆ Tell Him there's only one thing you really want.
- ◆ Express your desire to seek Him diligently.
- ◆ Tell Him you want to live in His presence continually.
- ◆ Yearn to behold His beauty.
- ◆ Inquire into His will, thoughts, plans, and wisdom.

Take a few minutes to express these things to God. 🕉

See how inspired the disciples were when they watched Jesus pray.

*Now it came to pass, as He was praying in a certain place, when He ceased, that one of His disciples said to Him, "Lord, teach us to pray, as John also taught his disciples." So He said to them, "When you pray, say: Our Father in heaven, hallowed be Your name." (Luke 11:1-2)*

Jesus' prayer life inspired them, so they asked to be taught to pray the same way. He was quick to respond. The way Jesus taught about prayer showed how important it was to Him.

**PRAY.** Think about how real and engaged Jesus' prayer life must have been. Repeat the disciples' request: *Lord, teach me to pray. Like You prayed.* 🔄

Grab a pen. What's your dream prayer life? Ask Him to help you express in writing what you want your prayer life to be. Articulate what you hope will happen in the next 20 days.

I'm doing this Reset because I'm after a prayer life that is \_\_\_\_\_

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David's "one thing" desire was also Paul's "one thing." We see it in this passage:

*That I may know Him....But one thing I do... (Phil 3:10, 13)*

Paul's all-consuming desire was to know Christ. That's why he prayed, and that's why we pray. There's one thing above all else that we crave—to know Jesus more.

### PRAY.

- ◆ Tell Him how deeply you want an enduring prayer life.
- ◆ *Jesus, I want to know You.*
- ◆ Confess that you're too weak in your own strength to go the distance. *Without You I can do nothing, Lord Jesus.*
- ◆ Express your complete dependence on His strength.
- ◆ Call on His grace for help!
- ◆ Ask for holy desire to burn ever brighter in your heart.
- ◆ Receive grace to run your race.

The first foundation stone in a prayer life is desire. By His grace, Jesus is giving you a burning desire to pray. Have a great day!

### NOTES

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