



# 21 Seconds to Change Your World: Finding God's Healing and Abundance Through Prayer

*Dr. Mark Rutland*

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**"A study that will touch your heart and strengthen your faith."--MAX LUCADO**

**"This book will help you discover how to take your prayer life to a new level, and it starts with just 21 seconds a day."--ROBERT MORRIS**, founding senior pastor, Gateway Church; bestselling author, *The Blessed Life*

## **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.

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