

h.a.b.i.t.s.



WATCH: [The Lord's Prayer](#)



READ: Mark 6:45–46; Matthew 6:5-8



DO: Two things stand out in the passages you just read. Firstly, Jesus was purposeful in having time alone with God. Secondly, Jesus is telling us how to pray and how not to pray. Jesus focuses so much on prayer for a reason - it's our lifeline with God. Read over Matthew 6:5-8 again, and then follow in Jesus' footsteps and spend five minutes in prayer with God. Remember, it's not the length or word count of your prayer that matters, it's the condition of your heart.