

DR. MARK RUTLAND  
FOREWORD BY MARK BATTERSON

# 21 SECONDS TO CHANGE YOUR WORLD

FINDING GOD'S HEALING AND  
ABUNDANCE THROUGH PRAYER

## **21 Seconds to Change Your World**

by Dr. Mark Rutland  
Trade Paper ISBN: 978-0-7642-1770-8  
\$14.99; 176 pp.  
Ebook ISBN: 978-1-4412-2973-1  
Release Date: January 2016

**“Dr. Rutland has masterfully intertwined two classic portions of Scripture—the Lord’s Prayer and the Twenty-third Psalm. The result is a study that will touch your heart and strengthen your faith.”**  
—*Max Lucado*

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A DIVISION OF BAKER PUBLISHING GROUP

## **BOOK ANNOUNCEMENT**

# **Bestselling Author Mark Rutland Shows Readers How to Experience Healing and Life Change Through Prayer**

## *21 Seconds to Change Your World* *Finding God’s Healing and Abundance Through Prayer* by Dr. Mark Rutland

When an excruciating bout of depression led Dr. Mark Rutland to more deeply explore prayer, he came to understand its miraculous power for soul restoration. Prayer is a declaration of our Father’s compassion toward us, a confession of our own inadequacy, and a reminder that he meets our daily needs.

As it turns out, these are the elements of prayer Jesus taught his disciples. Praying and meditating on the Lord’s Prayer changed Dr. Rutland’s life, and since then he has used it to restore others’ souls as well.

Filled with moving stories and powerful insights, this book helps readers discover the truth about God’s love and power, a truth that has the power to both bless and heal. In the end, it’s not just about saying the Lord’s Prayer—it’s about getting to know the Lord of the prayer.

**“This book will help you discover how to take your prayer life to a new level, and it starts with just twenty-one seconds a day.”**  
—*Robert Morris, founding senior pastor, Gateway Church; bestselling author, The Blessed Life*

### **ABOUT THE AUTHOR:**



**Dr. Mark Rutland** is a pastor, speaker, and *New York Times* bestselling author. He is president of the National Institute of Christian Leadership, preaches three times a month at Jentezen Franklin’s Free Chapel church, and speaks 200 times a year. He is also a frequent guest on *The 700 Club*, TBN’s *Life Today* with James Robison, and *100 Huntley Street*, and his radio program is the number-one Christian teaching broadcast in Atlanta. Mark lives with his wife, Alison, in Atlanta, Georgia.

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