

 12 DAYS OF **fresh air** PRAYER & FASTING

10 January - 21 January

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Dear Highlands,

We are a people of prayer. We believe that prayer is a core value of our church and the christian life. **Prayer is as necessary as air.** Just as air sustains life, prayer sustains life, both natural and spiritual. Fresh Air is taking the time to breath; a time to stop, reset and renew.

Knowing about prayer is not enough. In order for it to become part of our life we need it to be something that we do, not out of obligation but from a vibrant positive relationship with the lover of our soul, Jesus.

Most people have not been taught how to pray, and therefore they don't enjoy prayer. This simple prayer journal can help. We have used several prayer models from the Scriptures and added some guides to help you personalise your prayers and time with God.

We are constantly experiencing the power of prayer: hearing and seeing the results of people who pray. Our hope is that as you pray, you will discover the beauty of daily conversation and experience the power and peace of His presence. These encounters will change your life!

Prayer changes everything!

PASTORS KEN & MOIRA WOOTTON

FASTING

Fasting is giving up food or another source of personal gratification for a determined period of time in order to focus on God. Fasting allows us to take our focus and our reliance off earthly things to focus and rely on God. Fasting is powerful when it is combined with other spiritual disciplines: prayer and Bible reading.

WHY FAST?

Across our movement of churches, INC, we begin each year with prayer and fasting to create space in our lives to seek God for the New Year. When we deny our physical needs, we feed the spiritual and grow closer to God.

Biblical fasting heightens our awareness of God's presence and power, feeds our faith and empowers our spirit. Fasting opens the door to the supernatural power of God in our lives. You can pray and fast for a number of reasons: to dedicate the year to God, increase faith, for family and financial breakthrough, guidance, spiritual breakthrough, deliverance, salvation, healing and more.

You may choose to make a plan for regular fasting throughout the year. For example: one day a month, one meal a week, etc. There may also be unexpected times when you feel led to fast.

HOW TO BEGIN

Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance.

PREPARING SPIRITUALLY

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

DECIDING WHAT

The type of fast you go on is between you and God. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. It is important that the fast you choose will physically challenge you, but is also realistic based on your fasting experience, physical and medical needs. Remember to replace that time with prayer and Bible study.

DECIDING HOW LONG

Most people can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow.

WHAT TO EXPECT

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. Naturally, you will have hunger pains. When you feel hunger pains, spend time praying or reading the Bible. Limit your activity. Exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus example when you fast. Spend time listening to praise and worship. Pray often throughout the day.

Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God.

HOW TO END

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.

God will honour your best. You may want to include a combination of fasts. For example, you may want to participate in full fast for 1-3 days and then continue with a Daniel fast.

FASTING FAQs

CAN CHILDREN FAST?

If children would like to fast or if you want to participate in a family fast, you could consider giving up dessert, soft drinks or lollies together. You may also choose to give up television and spend that time instead doing family devotions or discussing Bible stories.

I HAVE A MEDICAL CONDITION. CAN I STILL FAST?

It is important you consult your doctor before starting a fast. If your medical condition does not allow you to fast food, you could fast something else (such as social media) and use that time instead for prayer and Bible study.

WHAT HAPPENS IF I START FASTING, BUT CANNOT COMPLETE IT?

Any time fasting and seeking God is valuable. If you cannot complete a fast you could try modifying the type or length of a fast next time.

CAN I EXERCISE WHILE FASTING?

It is best to consult your doctor about fasting and exercise. If you are doing a complete fast, moderate exercise might be more appropriate than a high level of exercise. It is important you have adequate rest while fasting.

I HAVE A PHYSICALLY DEMANDING JOB. CAN I STILL FAST?

TYPES OF FASTS

FULL FAST

Drink liquids only (you decide the number of days). Please consult your doctor before beginning the fast.

DANIEL FAST

Information on the Daniel Fast is included in this booklet.

3-DAY FAST

This fast can be any type of fast that lasts for three days.

PARTIAL FAST

This can be any type of fast that gives up a limited number of food or drink items or lasts for a portion of each day only.

For example, fast from 6.00 am to 3.00 pm or sun-up to sun-down, fast caffeine, coffee, soft drinks, sweets, etc.

And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and dishevelled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.

MATTHEW 6:16-18

THE DANIEL FAST

- The Daniel Fast is longer than one day. These men fasted for ten days.
- The Daniel Fast is a partial fast. Only vegetables and water (no meat and junk foods).

GUIDELINES

Foods We May Eat

Whole Grains: Brown Rice, Oats, Barley

Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini Seeds, Nuts, Sprouts

Liquids: Water

Foods to Avoid

Meat, White Rice, Fried Foods, Caffeine, Carbonated Beverages, Foods Containing Preservatives or Additives, Refined Sugar, Sugar Substitutes, White Flour and All Products Using It, Margarine,

PRAYER

We don't have to follow a specific formula to talk with God, but practicing different ways to pray can help us find deeper purpose and connection to Him through our prayer time.

This book is designed to give you several prayer models. You don't have to master all of them at once; you can select a different prayer model each day and spend time working through it at your own pace. You can go in any order you want, and you can even spend a few days on the same model as you become more comfortable with it.

To get started, choose which model you want to use today in prayer. As you pray, focus on the process the model reveals, giving yourself time to pray intentionally. If your mind wanders, use the model to restore your focus.

The goal of using this guide is not to add pressure or overwhelm you. The goal is simply to get comfortable with different biblical models of prayer and for your prayer life to become more natural, effective, and enjoyable. To make your prayer time even more meaningful, you can write notes and prayer requests and play worship music. The important step is committing to regularly entering God's presence through prayer.

The heart of this guide is to help you find a new level of purpose, effectiveness, and enjoyment in your prayer life. While prayer does take commitment and can require discipline to develop into a daily habit, we also want to remember that it's a "get to" not a "got to." It's a privilege to be able to come to God in prayer.

CREATING A LIFESTYLE OF PRAYER

*Very early in the morning, while it was still dark,
Jesus got up, left the house and went off to a
solitary place, where He prayed.*

MARK 1:35

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

HAVE A CERTAIN TIME

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God – whether it's first thing in the morning, at lunch, or in the evening – and faithfully keep it.

HAVE A CERTAIN PLACE

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

HAVE A CERTAIN PLAN

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it “The Lord’s Prayer.” This outline, along with several other tools, is available in this guide. As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

THE LORD'S PRAYER

The Lord's Prayer is often recited in churches or at religious events, but there's so much more to this prayer. Jesus provided this model as an outline to teach us how to pray in a way that connects us to God and empowers us to accomplish great things through Him. This model takes us through each part of The Lord's Prayer, showing us how to pray the way Jesus instructed.

One day Jesus was praying in a certain place.

When He finished, one of His disciples said to Him,

"Lord, teach us to pray..."

LUKE 11:1

"Our Father in Heaven, hallowed be Your Name.

Your Kingdom come. Your will be done on earth as it is in Heaven. Give us this day our daily bread.

And forgive us our debts, as we forgive our debtors.

And do not lead us into temptation, but deliver

us from the evil one. For Yours is the Kingdom and the power and the glory forever. Amen."

MATTHEW 6:9-13 NKJV

01. CONNECT WITH GOD RELATIONALLY

“Our Father in Heaven”

God isn't interested in us practicing religion; instead, He desires a relationship with us. God has adopted us as His children and loves for us to call Him our Father. Starting our prayer time acknowledging our relationship with God is powerful for us and delights Him as well.

You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when He adopted you as His own children. Now we call Him, “Abba, Father.”

ROMANS 8:15 NLT

Proclaim your intimate relationship with God, addressing Him lovingly as your Father and thanking Him that you are His child.

PRAYER:

“Father, I come to You in prayer today thankful that I am Your child. I know I am a sinner, but You have forgiven me and adopted me as Your own, and I am so grateful to call you my Father. Thank you for loving me. I love you.”

02. WORSHIP HIS NAME

"Hallowed Be Your Name"

God loves when we worship Him, and there is power in His Name. Here is a list of some of His Names to help us worship Him specifically and personally:

God is Righteousness – *He makes us clean*
God is Sanctifier – *He has called us and set us apart*
God is Healer – *He heals all our diseases*
God is Banner of Victory – *He defeated our enemies*
God is Shepherd – *He speaks to us and leads us*
God is Peace – *He is our peace in every storm*
God is Provider – *He supplies all of our needs*

*The name of the Lord is a strong tower;
the righteous man runs into it and is safe.*

PROVERBS 18:10 ESV

Speak God's Names out loud. When we proclaim who He is, we not only worship Him, but we also remind ourselves how powerful and great our God is.

PRAYER:

"God, I am in awe of You. Your Name is a strong tower, a place of protection and safety for me. I praise You as my Healer, my Shepherd, and my Banner of Victory. You are my Peace, my Provider, my Righteousness, and my Sanctifier. Your Name is great, and I worship You."

03. PRAY HIS AGENDA FIRST

“Your Kingdom come. Your will be done on earth as it is in Heaven”

Part of being a child of God is caring about what He cares about. We know His will is perfect, and we acknowledge His wisdom and sovereignty when we pray His agenda first.

He will always give you all you need from day to day if you will make the Kingdom of God your primary concern.

LUKE 12:31 TLB

Spend time focusing on what God is focused on. His priorities include:

- Saving the lost
- Wisdom and guidance for those in authority – *parental, spiritual, governmental, work-related*
- Accomplishing His purpose in our lives

PRAYER:

“God, I recognize there is no better plan on earth than Yours, and I pray for Your will to be done in my life (name the areas of your life where you need more of God’s presence today) and in our world. This world is lost and needs You desperately, and I pray for every person to know You as their personal Lord and Saviour. I pray for the leaders in my life (pray specifically over parents, spiritual leaders, government

leaders, employers, and any other leaders in your life), that you would give them supernatural wisdom and discernment as they lead. Give them a revelation of Your will and Your purpose for them. And I give my life to You again today; have Your way in my life! Anything You want to do in me or through me, I will do. I ask today for wisdom and clarity as you show me my next steps.”

04. **DEPEND ON HIM FOR EVERYTHING**

“Give us this day our daily bread”

God promises to supply all our needs, and He wants us to come to Him with our problems, needs, and desires and to trust Him to provide.

I look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth!

PSALM 121:1-2 NLT

Ask God for what you need today. It may help to write down the concerns weighing on your mind or the desires of your heart. You can bring them to God, and trust Him enough to hand them over to Him fully. It may help to open your hands before God to physically show your surrender to Him. Problems can either be ours or God's; they can't be both.

PRAYER:

“Father, I acknowledge that everything I need today will come from You. You made the heavens and the earth; You are more than capable of handling any situation I’m dealing with, so I give it to You completely (specifically talk to God about what is on your mind and heart right now and give it to Him). I look to you to help me, sustain me, and give me Your peace. Remind me of Your hope and power today. Thank You in advance for taking care of my needs.”

05. FORGIVE AND BE FORGIVEN

“Forgive us our debts, as we forgive our debtors”

God has offered us complete forgiveness, and we can receive it at any time. When we turn away from our sins and receive His forgiveness, our hearts are more prepared to forgive others as well.

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 JOHN 1:9

Ask God to check your heart and life and show you areas where you might need to ask for forgiveness from Him. Then, it is your turn to forgive those who have offended you. We can even choose to forgive people in advance. Ask God to forgive you and to help you forgive others.

PRAYER:

“God, thank You so much for offering me the gift of forgiveness. Show me any areas in my life that I need to bring before You in order to receive forgiveness and healing. I confess that I have been struggling with sin (talk to God about any areas of sin in your life), and I know that You want me to be clean again. Please forgive me for my sin. Thank You for showing me unfailing grace. As You have so freely forgiven me, I also want to freely forgive others. Please help me let go of all of my offenses. I release to You those who have hurt me, and I trust You to handle those situations according to Your perfect will.”

06. ENGAGE IN SPIRITUAL WARFARE

“And do not lead us into temptation, but deliver us from the evil one”

Spiritual warfare can seem difficult to understand, but the Bible makes it very clear that we have an enemy who is trying to steal from us, kill us, and destroy us. As we pray, we take our stand against the enemy and fight from a place of victory through Jesus as we're empowered by His Holy Spirit. There is power in God's Word, and every lie the enemy has told us can be replaced with God's truth.

For our struggle is not against flesh and blood, but against the

rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

EPHESIANS 6:12

By recognising that the enemy wants to destroy you, you can shed light on his lies and claim God's truth over your life. Ask God to show you any lies you're believing or areas of warfare happening in your life. Ask Him to expose the enemy and to help you understand and receive His truth. Simply speaking the Name of Jesus has great power in the spiritual realm. The Bible tells us in James 4:7 that if we resist the devil, he will flee from us. Through prayer, we can resist him and walk forward in freedom.

PRAYER:

“God, I recognise that my struggles today aren’t against the people or circumstances around me, but against the enemy. Please help me to see how the enemy is lying to me. Help me to recognise his lies, take them captive, and make all of my thoughts obedient to the truth of Your Word (list out any specific areas God shows you where you have believed a lie that needs to be replaced with His truth). While the enemy wants to destroy me, I know that You came to give me life to the fullest. I speak the name of Jesus over my life and declare that no weapon formed against me will prosper. I don’t have to fear the enemy because the One who is in me is greater than the one who is in the world.”

07. EXPRESS FAITH IN GOD'S ABILITY

*"For yours is the Kingdom and the power
and the glory forever."*

God is more than able to move in every situation, and ending our prayer time claiming His authority and power focuses our minds on the truth and hope of who He is and what He can do.

*Ah, Sovereign LORD, you have made the heavens
and the earth by Your great power and outstretched arm. Nothing is
too hard for You.*

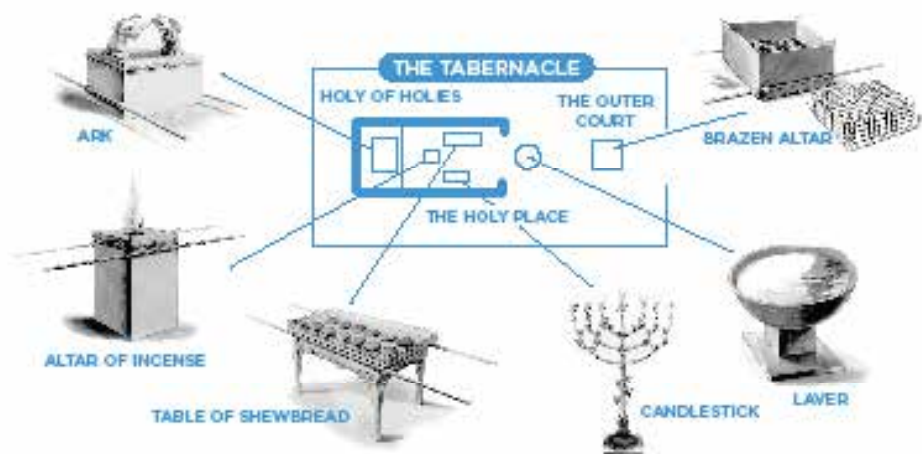
JEREMIAH 32:17

Remind yourself of God's limitless power and then return to praising Him and declaring your faith in Him:

- "Yours is the Kingdom" – *all authority belongs to You*
- "Yours is the Power" – *all mightiness flows from You*
- "Yours is the Glory" – *Your victory will be complete*

PRAYER:

"Father God, nothing is too hard for You! Through Your great power, all things are possible. All authority is Yours, all might is Yours, and I know that Your victory will be complete. You are amazing, and I worship You. I praise You for Your power and presence in my life. You are my God, and You are worthy of all praise."



TABERNACLE PRAYER

In the Old Testament, the Tabernacle was the dwelling place of God, built to His specifications, where He would meet His people. As they entered the Tabernacle, they passed through seven stations, following God's instructions, to experience His presence. Today, even though we no longer need the physical Tabernacle to meet with God, these same steps can help us connect with Him. This prayer model will take us through each station of the Tabernacle and use the purpose of each station to guide our prayers.

01. THE OUTER COURT

THANKSGIVING AND PRAISE

The Israelites entered the Tabernacle with thanksgiving and praise, and we start our prayer time the same way.

Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name.

PSALM 100:4

Spend some time really thinking about all the blessings in your life for which you're thankful. You can write down a list, sing your own song of praise, or just spend quiet moments reflecting on your gratitude and praise toward God.

PRAYER:

“Father God, You are good, and You deserve all my praise and more. Thank You for the many ways You have blessed me and for watching over me (tell Him specific things in your life that you're grateful for. Thank Him for something new that you've never thanked Him for before). I want to experience Your presence and Your love in a fresh way today, Jesus. I thank you that Your mercies are new every day. I thank you for Who You are and all You have done for me.”

02. THE BRAZEN ALTAR

THE CROSS OF JESUS

In the Old Testament, everyone had to regularly bring animal sacrifices as payment for their sins. Today, we don't have to do that because Jesus paid for our sins once and for all with His blood on the cross.

Praise the LORD, my soul, and forget not all His benefits— who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.

PSALM 103:2-5

Thank God for the gift of Jesus. Thank Jesus for His sacrifice and love. Let the power of the cross and what it means for your life really settle in your spirit. In addition to expressing your gratitude, claim the power of transformation and healing that the cross of Jesus has in your life.

The cross provides us with five major benefits:

- Salvation - *God forgives all my sin*
- Healing - *God heals all my diseases*
- Redemption - *God rescues me and restores me*
- Transformation - *God changes me into His likeness*

- Blessing - *God provides everything I need*

PRAYER:

“Thank You, God, for making a way for me through Your Son. Jesus, thank You for the sacrifice You made for me on the cross. You saved me, and You set me free. I praise You for being my Healer. You have power over all disease and harm in my life (list specific areas where you need to experience God’s healing power). Thank You for being my Redeemer. You rescue me and give my life purpose. Thank You for transforming my life with Your love, for making me new. I want to grow to be more like You (give Him access to every area of your life). Thank You for blessing me. I know You have good plans for me and all that I have comes from You (thank Him for specific blessings in your life).”

03. THE LAVER

CLEANSING AND PREPARING

The next step in the Tabernacle was a bowl of water where people were reminded of their sinfulness and their need to be cleansed and forgiven by God. Checking our hearts and motives and surrendering our lives to God is an important part of daily prayer.

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

ROMANS 12:1 ESV

Because of what Jesus did on the cross, we can confess our sins to Him and receive complete forgiveness and a fresh start. In prayer, humbly and sincerely turn away from your sins and allow God to cleanse and renew you. Then, surrender your life and every part of yourself to Him.

PRAYER:

“God, I confess my sins to You and turn away from them (tell God any sin you know is in your life and confess it to Him with a sincere heart. Ask Him to show you any other areas that need His cleansing). Thank You, God, for freely forgiving me. As I turn away from my sin, I turn toward You, and I offer myself to You:

- *I give You my tongue, to speak good and not evil*
- *I give You my eyes, to focus on You and the needs of others*
- *I give You my ears, to be sensitive to Your voice*
- *I give You my hands, to do good for others*
- *I give You my feet, to walk in Your ways and follow Your footsteps*
- *I give You my mind, to be transformed and used by You*

I ask You, Lord, for the fruit of the Spirit found in Galatians 5:22-23, so that I can grow closer to You and

make a
difference in the lives of others. I ask for: love, joy,
peace, patience, kindness, goodness, faithfulness,
gentleness, and self control.”

04. THE CANDLESTICK

THE HOLY SPIRIT

The next piece of the Tabernacle was a seven-branched golden candlestick. The fire represents the Holy Spirit and how we are called to be light in the world's darkness.

The Spirit of the LORD will rest on him – the Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of the knowledge and fear of the LORD.

ISAIAH 11:2

When Jesus left the earth, Christians were given the gift of the Holy Spirit. He calls the Holy Spirit our “advocate.” We cannot do what God has called us to do without His supernatural power. It is through the Holy Spirit that God comforts us, guides us, and empowers us.

PRAYER:

“Holy Spirit, I ask You to fill me up. I need Your presence in my life, guiding, directing, comforting, and counselling me. I know that You, Holy Spirit, are God, in the Trinity with God the Father and the Son, Jesus. You are the Spirit of Wisdom, Understanding, Counsel, Might, and Knowledge. Give me a holy fear of the Lord, helping me to be in awe of who God is and what God does. Work in me, Holy Spirit. Teach and transform me (pray through any areas where you feel the need for transformation

today). I honour You and ask You to empower me with Your spiritual gifts for the good of the church.”

05. THE TABLE OF SHEWBREAD

THE WORD OF GOD

In the Tabernacle, a table with twelve loaves of bread represented the importance of reading God’s Word for daily sustenance.

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

JOSHUA 1:8

God’s Word is an incredible gift and a powerful tool, and it has great relevance and impact in our prayer life. Here is how you can incorporate God’s Word into your prayer time:

- Take time to read and think about the Word
- Claim God’s many great promises for your life and the world around you
- Ask Him for fresh revelation of His Word
- Ask Him for a Word to help you as you go throughout your day

“Thank You, God, for giving me Your Word. I commit to reading it, and I ask You to reveal Yourself to

me through it. I want to know You more. Help me to grow more in love with Your Word and to be more dependent on it. I claim the promises You have for me, and I meditate on the truth of Your Word (pray any Scriptures that are on your heart or that God has given you in your current season). Give me fresh revelation from your Word today and every day! I am hungry to see You more clearly through Your Word.”

06. THE ALTAR OF INCENSE

WORSHIP

A small altar of burning incense stood at the entrance to the Holy of Holies, where God’s presence dwelled. The people of God entered God’s presence as they worshipped His Names. This altar represents worship and the pleasure it gives God when we worship Him.

*The name of the LORD is a strong tower;
the righteous run to it and are safe.*

PROVERBS 18:10 NLT

Thank God for making His presence available to you. Praise His Names and worship Him personally and specifically for Who He is and how He has moved in your life.

PRAYER:

“Thank You, God, for Your presence. I know that You are here with me. I worship You and You alone. I know God, that You are:

My Righteousness - Jeremiah 23:6

My Sanctifier - Leviticus 20:7-8

My Healer - Exodus 15:26

My Provider - Genesis 22:14

My Banner of Victory - Exodus 17:15

My Peace - Judges 6:24

My Shepherd - Psalm 23:1

(As you pray through the different Names of God, focus on a few aspects of who He is that have been especially meaningful in your current season of life.) I know that You are always with me, God, and Your presence is life to me. You give me breath, joy, and purpose. I love you, God.”

07. THE ARK OF THE COVENANT

INTERCESSION

The final place in the Tabernacle was the Holy of Holies, where God’s presence dwelled. There, the priest interceded by praying on behalf of the people of God. In the same way, we intercede on behalf of those around us.

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone— for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.

This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth.

1 TIMOTHY 2:1-4

We can make a difference when we spend time praying for others. Pray for those with whom you interact and connect, including:

- Those in authority - *leaders in church, government, family, and workplace*
- Your family - *both immediate and extended family members*
- Your church - *pastors, Small Group leaders, members, and missionaries*
- Your community - *people in your city, nation, and world*
- Your relationships - *friends, co-workers, acquaintances*

PRAYER:

“Thank You, God, for creating a way through Jesus for me to have Your presence wherever I go. I want to specifically ask You to watch over those in authority over me - my spiritual leaders, the leaders

of our government, the leaders in my family, and my employers (pray for these people by name).

I ask that You give them wisdom and grace, watch over and protect them, help them to know and love You more. I ask You, God, to be present with my family. Bless them and keep them from harm (pray for any specific needs in your family right now). For those in my family who don't know You, I ask that You meet them where they are and guide their hearts toward You. I ask You to watch over my church, God. Give my pastor wisdom and vision, bless the Small Groups and everyone who steps foot into our buildings. I pray that You will bring the lost into our church, and that they will have a positive experience and come to know You. Keep our vision rooted in who You are and moving toward Your goals.

I ask You to watch over my city, my nation, and our world. Bring peace and help us all take steps toward You (name areas where you feel a burden for your city, nation, and the world). I pray for anyone who comes across my path to see Your light in me. I lift up my friends, neighbours, and coworkers. I thank You for them and pray for Your blessing over them (pray for any specific needs of others).

Lastly God, I ask You to provide for my needs. I know that You sustain me, and that You care for me. I lift up my physical, emotional, and spiritual needs to You (share the needs on your mind right now). I lay my

cares at Your feet. Thank You for loving me, choosing me, and calling me Yours.

Amen.”

THE PRAYER OF JABEZ

Jabez cried out to the God of Israel, "Oh, that You would bless me and enlarge my territory! Let Your hand be with me, and keep me from harm so that I will be free from pain." And God granted his request.

1 CHRONICLES 4:10

The Prayer of Jabez is a helpful model of a prayer we can pray every day.

01. BLESSING

Jabez begins his prayer by asking God for His blessing. We need more of God's blessing to be better equipped to make a difference for His Kingdom. We need more provision, more spiritual gifting, more wisdom, so that we can bless others with what God has given us. James 4:2-3 tells us, "You do not have because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures." God wants to bless us, but He is often waiting for us to ask with the right heart. We have a big God, and we can be bold in asking for His blessing. As James points out, God sees our heart, and when we ask for blessing with the motivation not only to help

ourselves but to help others, this gets His attention.

“Oh, that You would bless me...”

1 CHRONICLES 4:10

Ask God for His blessing. Recognize your need for His provision, and set your heart toward wanting more than you need so that you can be a blessing to others.

PRAYER:

“Father God, I pray that You would bless me with more than I need so that I can bless others. I pray for more provision, that You would equip me to give generously to others and meet their practical needs in Your Name. I ask You to give me greater spiritual gifting so that I can strengthen the church and be more effective for the Kingdom of God. I pray for an abundance of wisdom and discernment so that I can point others to You and make decisions that honour You. Help me keep Your generous blessings in perspective, so that I never become self-serving but stay focused on using what You’ve given me to serve other people.”

02. **INFLUENCE**

Next, Jabez asks for more influence. As God’s blessings increase in our lives, we ask for and experience greater opportunity to influence the world around us for Him. God has the power to bless us greatly, and He also has

the power to open doors of opportunity for us to make a difference. We want to walk through doors that only He can open, and He responds when we specifically ask Him to give us more influence for His Name.

“Enlarge my territory...”

1 CHRONICLES 4:10

Pray for more influence. Knowing that God can make a way, trust in Him to open doors and lead you on the best path for your life and for His glory.

PRAYER:

“God, make me effective in my sphere of influence, and open new doors for me to be able to influence and reach even more people (name any particular areas where you’d like to have more influence). Help me to be a good steward of the responsibility You’ve entrusted to me. I pray for greater territory to impact for Your glory.”

03. **PRESENCE**

In order to have lasting influence, we need God’s presence in our lives. Through His power at work within us, God can do more than we could ever ask or imagine (Ephesians 3:20). As we ask for blessing and influence, we also need to ask for His presence as Jabez did so that we are not operating out of our own strength but through the presence and the hand of our Almighty God.

“Let Your hand be with me...”

1 CHRONICLES 4:10

In humility, acknowledge your need for God's presence. Depend on Him and ask for more of Him in your life today.

PRAYER:

“Lord, I know that without You, I am nothing. I cannot do what You’ve called me to do on my own. I am desperate for Your presence in my life. I depend on You completely. I recognize that the same Spirit who raised Christ Jesus from the dead lives in me. Through the power of Your Spirit, I pray that You will help me succeed in the opportunities You’ve given me. Thank You for being with me. I would never want to face today without You.”

04. **PROTECTION**

Finally, Jabez asks the Lord to protect him. If we are influencing the world for Jesus, we must understand the enemy will try to stop us. This leads us to pray that God will not only help us if the enemy attacks, but that He will protect us from the enemy attacking us in the first place. Jesus has already won the victory so we don't need to fear destruction. God promises to be with us and protect us, and because He is with us we have nothing to fear.

“Keep me from harm”

1 CHRONICLES 4:10

Trust God to protect you. Tell Him specific areas where you feel the need for His protection and ask Him to cover areas that you can't yet see.

PRAYER:

“God, as I walk out the purpose You have for my life, I pray that You will stop any and every attack of the enemy against me. Please protect my body, my mind, and my emotions. Don't let the enemy get a foothold in my life. I pray, too, that You will protect my family and community from harm. I know that the One who is in me is greater than the one who is in the world, so I have nothing to fear. Thank You for watching over me. I love You and I trust You.”

WARFARE PRAYERS

Prayer is not only communion with God; it is also confrontation with the enemy. When Jesus was on the earth, He came face-to-face with the devil when He was tempted in the wilderness (see Matthew 4 and Luke 4), and every time the enemy tried to tempt Him, Jesus responded with a reference from the Bible. He used the Sword of Truth to defend Himself from the enemy's attacks. Consider that in

these exchanges, Jesus didn't confront the devil as God. He confronted the devil as a man with the Word of God. We should do the same thing.

These spiritual warfare prayers and verses are examples we can use and adapt to our specific situations when we or someone we know is under attack from the devil.

THE ARMOR OF GOD

Based on Ephesians 6:13-17

Knowing that we are in a spiritual battle, God provides spiritual armor and equips us to take a stand when battles come our way.

Put on the full armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the Gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the Word of God. And pray in the Spirit on all

occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

EPHESIANS 6:11-18

Acknowledge that you're in a spiritual battle. Then, claim the protection God has given you by praying through the different pieces of armor described in Ephesians 6.

PRAYER:

“Thank You, Lord, for my salvation. I receive it in a new and fresh way from You, and I declare that nothing can separate me from the love of Christ and the place I have in Your Kingdom. I wear Your righteousness today against all condemnation and corruption. Cover me with Your holiness and purity—defend me from all attacks against my heart.

Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Expose the lies I have believed, and show me Your truth today. I choose to live for the Gospel in every moment. Show me where You are working and lead me to it. Give me strength to walk daily with You. I believe that You are powerful against every lie and attack of the enemy and I receive and claim your power in my life. Nothing is coming today that can

overcome me because You are with me. Holy Spirit, show me the truths of the Word of God that I will need to counter the traps of the enemy. Bring those Scriptures to mind today. Finally, Holy Spirit, I agree to walk in step with You in everything as my spirit communes with You in prayer throughout the day.”

THE WEAPONS OF WARFARE

Based on 2 Corinthians 10:4-5

When we are aware of spiritual warfare, we can be active in praying through it. God has given us victory and power to fight through the blood of Jesus.

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge

of God, and we take captive every thought to make it obedient to Christ.

2 CORINTHIANS 10:4-5

You can command anything that comes against the truth of God and His Word to bow to the Name of Jesus. Take a bold stand, praying specifically and confidently through God's power and His Spirit.

PRAYER:

“Father, Your Word says that no weapon formed against me will prosper (Isaiah 54:17), and I declare it in Jesus' Name. Your Word says that trouble will not arise a second time (Nahum 1:9). So I declare in Jesus' Name that satan cannot make trouble for me again, like he has in the past. I declare in the Name of Jesus that all of these prayers are answered and taken care

of by trusting You.

I stand on Your Word. The enemy is driven out from me; from my home, workplace, church family, children, and loved ones. I declare that he is not able to stand against me. No weapon formed against me will prosper, because the Spirit of the Lord is with me, protecting me. I declare these truths in the Name of Jesus. Anything that comes against me or my family that is not in line with the truth and will of God, I command to bow to the powerful Name of Jesus. Father God, I give You all of my thanksgiving, praise, glory, honor, and worship. Thank You for loving me, making me clean, and giving me purpose.”

PROTECTION PRAYER

2 Thessalonians 3:3; 2 Corinthians 6:14-7:1, 10:3-5; Romans 12:1-2

We often worry about our safety and protection. When we feel this way, we can immediately come to God in prayer, pouring out our heart to Him, and battling in the heavenlies by asking for and claiming protection for ourselves and our families in Jesus’ Name.

But the Lord is faithful, and He will strengthen and protect you from the evil one.

2 THESSALONIANS 3:3

Share your thoughts and concerns with God. Ask Him for His supernatural protection. He says He will command His angels concerning you to guard you in all your ways (Psalm 91:11). Claim this promise and lay everything down before Him trusting His good plans and His power to protect you and those you love.

PRAYER:

“God, I bow in worship to praise You. Thank You for making a way for me through Your Son, Jesus. I surrender myself completely in every area of my life to You. I submit myself to the true and living God and refuse any involvement of the enemy in my life. I choose to be transformed by the renewing of my mind. I reject every thought that tries to compete against the knowledge of Christ. I pray and thank You for a sound mind, the mind of Christ.

Today and every day I ask for protection over my family and loved ones; all immediate family members, relatives, friends, acquaintances, and myself. I ask for protection during all of our travels. I ask You to watch over our financial security, possessions, health, and safety (be as specific here as you like). All that I have is Yours God, and I declare that satan cannot touch me or anything You have given me. I rebuke the enemy and tell him to bow to the blood of Jesus that covers me and my family. He will not take what You have given us and we are protected and provided for

by You, God, and You alone.”

CONFESSION PRAYER

Based on Romans 10:10; James 5:16; I John 1:7-9, 3:8

Our sin separates us from God, but Jesus made a way for us to be reunited with God by covering our sin by dying on the cross. When we accept the gift of salvation we confess our sin, and as Christians, confessing and repenting of sin is something we continue to do. By coming clean and repentant before God, He is able to work in our lives and transform us to be more like Him.

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 JOHN 1:9

Assume a posture of humility, and without fear of condemnation or punishment, come sincerely to God confessing your sin on a regular basis. Whether your sin feels big or small to you, your sin is still sin and affects your relationship with God. You get His attention when you tell Him your sin and turn from that sin to follow Him. After you confess, remind yourself and claim the power of the blood of Jesus in your life to wash you clean and make you new.

PRAYER:

“Lord Jesus, I confess all of my sins to You. I repent and turn away from them. I’m sorry for the wrong I have done. I confess the times I should have stepped up to do right and did nothing instead. I lay it all down at Your feet. I submit my thoughts, words, actions, and inactions to You. Thank You, God, for forgiving and making a way for me through Your Son, Jesus.

Lord Jesus, I believe that You are the Son of God. You died on the cross for my sins and rose to life again on the third day. I confess all my sins and repent. I receive Your forgiveness and ask You to cleanse me from all sin. Thank You for redeeming me, setting me free, making me holy, and giving my life purpose.”

FORGIVENESS PRAYER

Based on [Matthew 6:14-15](#); [Leviticus 19:18](#)

Forgiveness can feel challenging, but God makes it clear in the Bible that He freely forgives us and we are expected to do the same for others.

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.

MATTHEW 6:14-15

Come before the Lord with humility, honesty, and sincerity. Share the areas in your life where you need to forgive others. Even if you aren’t able to settle a

situation with that person, you can settle it with the Lord, letting them off the hook by forgiving them. As you choose to forgive those who have hurt or offended you, you can also praise and thank God for forgiving you when you didn't deserve it.

PRAYER:

“Lord, I have a confession to make. I haven't loved others well. I have resented certain people and have not forgiven them in my heart. God, I know that You have forgiven me for so much, and I need Your help to follow You and forgive others. In faith, I now forgive (name them). I also forgive and accept myself because You have made me new in the Name of Jesus.”

PRIDE PRAYER

Based on Proverbs 11:2, 16:18, 26:12; 1 Timothy 3:6

The Bible tells us that pride comes before the fall. Pride can be a very real issue in our lives, but we have the power to overcome it through Jesus.

When pride comes, then comes disgrace, but with humility comes wisdom.

PROVERBS 11:2

Practicing humility requires overcoming pride in our lives. Just as you confess other sins, regularly confess your pride to God. Submit it to Him, asking Him to help you

walk in humility, free of pride and self-absorption. If you feel like pride is an issue that continues to surface in your life, confess it daily and bring it before God.

PRAYER:

“Father God, I come to You in the Name of Jesus. I know pride only keeps me from You. I put down anything that would cause me to have pride in my heart in dealing with other people. Help me to prioritize others over myself. I ask you God, to remind me daily that true humility is not thinking less of myself, it’s thinking of myself less. I humble myself before You and come to You like a child.”

Note: One of the best ways to humble ourselves is to mix prayer with fasting.

GENERATIONAL BONDAGE PRAYER

Based on Exodus 20:4-6, 34:7; Numbers 14:18;
2 Corinthians 5:17; Romans 8:1, 12:1

Generational bondage is sin that can be passed down from generation to generation. Whether it’s pride, addiction, divorce, abandonment, sexual sin, or something else, through spiritual warfare, you can claim the power of Jesus to stop the sin with your generation not passing it on to anyone else in your family.

You shall not make for yourself an image in the form of anything

in heaven above or on earth beneath or in the waters below. You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments.

EXODUS 20:4-6

Recognize the generational bondage that might be in your life and bring it before God. Ask for His power to defeat the sin that has affected generations of your family. Ask for it to stop right now, with you, and rebuke any sin or anything that tries to pull you away from your relationship with Christ. Pray for protection, healing, and a new path for you and your family.

PRAYER:

“Father God, I understand that I have inherited certain consequences from my family, and in the Name of the Lord Jesus Christ, I proclaim Your power to break any hold of mental or physical illness, pride, addiction, and anything else on me and my family that are a result of sin being passed down through parents, grandparents, or other family members (if specifics come to mind, talk to God about it). I proclaim that all generational sin ends here and now, and that I will not pass these on to anyone in my family. Thank You, Lord, for setting me free and making a new way for me and my family.”

HEALING PRAYER

Based on 1 Peter 2:24; Psalm 103:2-5; Luke 1:37

Our God is a God of miracles. Just as we read about in the Bible, we still see Him perform miraculous healing today. He is our healer, and we can confidently approach Him asking for healing for ourselves or someone we know.

Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.

PSALM 103:2-5

In faith, ask God for healing. Proclaim His power and goodness, believing and trusting Him to take care of you or those you're praying to be healed.

PRAYER:

“Father, in the Name of Jesus, I come before You asking for healing (name yourself or someone you are praying to experience healing). My hope is in You as our healer. I believe You are able to do this. Your name is Jehovah Rapha, the God who heals, and I believe every knee will bow to You including the name of (name disease or disorder). Thank You, Jesus, for dying on the cross so that we can receive healing. You say that You forgive our sins and heal our diseases, and I praise You for this. Thank You that the spirit that raised Jesus from the dead lives in us. I stand in faith

believing for healing for (yourself or someone you're praying for). Nothing is impossible for You, God! Give us peace and direction as You work in our lives. In Jesus Name, Amen."

MARRIAGE PRAYER

Based on Ephesians 5:25-30

God created marriage, and His design for it is good. In marriage, just as in any human relationship, we have to work to love well. We can't do this successfully in our own power. We need God, who is love Himself, to give us His Holy Spirit and to guide us in our marriage. Marriage is a picture of Jesus Christ and His bride, the Church. As Christian husbands and wives, we have the high honor to represent the love and commitment Christ has for the Church through our love and commitment to each other.

Husbands, love your wives, as Christ loved the church and gave Himself up for her, that He might sanctify her, having cleansed her by the washing of water with the Word, so that He might present the church to Himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church.

EPHESIANS 5:25-30 ESV

Thank God for your marriage. Start by asking Him to help you be the best spouse you can be. Ask Him to help you love well and to see your spouse as He sees them. Then, pray for your marriage, asking God to use your marriage to impact the world for Him. Ask Him for protection physically, spiritually, and emotionally. Pray for unity in your marriage and wisdom from Him about how to live your lives as one. Bring to Him anything in your marriage that concerns you, and trust Him to work on your behalf.

PRAYER:

“Thank You, God, for loving us, and for creating marriage to be an illustration of Your love for us here on earth. Help me, God, to love my spouse (call them by name) the way You love me. Help me to listen to my spouse, give honor, and put my spouse before myself. Protect us physically, mentally, emotionally, and spiritually. We ask You to build greater unity between us, make us stronger as a couple, more devoted to one another and to You. Use us God, build us up to be an example of what Godly marriage can look like. Use us together to do more than we could ever do apart. We ask for greater influence and more impact on the people around us. We ask you to work through us in the lives of our friends, family, and even those far away. Fill us with Your Holy Spirit and move through us to bring those far from You closer, so that they can have an encounter with the Living God, who seeks and saves the lost, and who sets us free and gives us purpose.

We choose as a couple to love You first, God. We put our relationship with You before anything and everything else. We confess our need for You. Thank You for bringing us together. We choose to love one another today and every day. Thank You for our marriage. We ask You to bless it, build it, and be present in it always.”

PRAYING FOR THOSE WHO NEED GOD

God desires everyone to know Him. He says in His Word that He would leave the 99 to go after the one who doesn't know Him. As followers of Christ, we are called to partner with Him praying for those who don't know Him to come to know Him.

01. ASK THE FATHER TO DRAW THEM TO JESUS

God draws people to Him. It's not something we can make happen out of our own efforts, so we need to be faithful in praying that the Father would draw those He's placed on our hearts to Jesus.

No one can come to me unless the Father who sent me draws them...

JOHN 6:44

Think about the people you know who are far from God. Let your heart be open to God and anyone He may bring to your mind. It may help to write down their names as you focus on praying for them.

PRAYER:

“Father, I pray for the people around me (list specific names), that you would supernaturally draw their hearts to you. Send your Holy Spirit to them, and give them the desire to give their lives to You. Help them to recognise their longing for more in life as a spiritual thirst only you can quench. Open their ears to hear your voice.”

02. **BIND THE SPIRIT THAT BLINDS THEIR MINDS**

The truth can be right in front of some people, and they still can't see it because something is in the way blocking their view of God.

The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God.

2 CORINTHIANS 4:4

We can pray against whatever is in their way so that they can see the light of God. We can pray that they would see the truth without any obstacles or distractions interfering.

PRAYER:

“Father, bind the evil spirits that are blinding the minds of the people around me. In the name of Jesus, I pray that they would be able to see clearly, to recognise who You are, and to give their hearts to You. Remove all hindrances the enemy would use to distract them from Your truth. Open their eyes, Lord, that they might see Jesus.”

03. **PRAY THAT THEY MAY HAVE A PERSONAL RELATIONSHIP WITH GOD**

Many people think Christianity is just another religion. They only see God through the lens of the organisation and institution of the church. They may even feel frustrated, angry, or betrayed by people in churches they have encountered or by religious legalists and their hypocrisy. But God didn't come to build an organisation. He came to have a relationship with his children.

The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “Abba, Father.”

ROMANS 8:15

God wants His beloved sons and daughters to come home. Praying for people to have personal encounters with the living God makes a huge difference.

PRAYER:

“Father, I pray that people will understand how

much You love them. Loose the spirit of adoption for the people around me, so that they come into a meaningful relationship with You. Stir in their hearts a longing to come home, to hear Your voice, and to see You welcoming them with open arms. Let them know You are always running to meet them and hold them close.”

04. **PRAY FOR BELIEVERS TO CROSS THEIR PATHS**

This is twofold: we can pray for other Christians to influence the people around them positively, and we can also look for opportunities to influence others positively ourselves. God’s plan to reach people is worked through those who already know and love Him. Jesus asked us to pray for people to go into the world to be salt and light. He came to bring the good news of the Gospel to all people, and His desire is that everyone would know and love Him.

*Ask the Lord of the harvest, therefore,
to send out workers into his harvest field.*

MATTHEW 9:38

As his “spiritual farmers,” we should be attuned to opportunities to plant spiritual seeds in the lives of the people we encounter each day. We may have no idea who has already been praying for them and the culminating impact our kind word, compassionate act, or loving attitude can have to draw someone to Christ.

PRAYER:

“Father, I pray for the lost around me to meet believers who will influence them in a positive way. Lord, let my life shine in such a way that people want to know the God I serve. Allow others to see my genuine love and concern for them in all that I say and do. Let me be Your hands and feet to serve them and let them know just how much You love them.”

05. **RELEASE THE SPIRIT OF WISDOM AND REVELATION ON THEM, SO THEY MAY KNOW GOD BETTER**

It's that “eureka” moment, that “aha!” when it finally clicks. The most important moment to have this kind of revelation is when the lights come on spiritually. People need to see their own sin, see what Jesus did on the cross, and see the hope that comes from giving their life to God.

I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.

EPHESIANS 1:17

People need wisdom, not just knowledge, of spiritual things and insight into how spiritual realities directly impact them. We can pray for this kind of supernatural revelation that only comes from God.

EXTENDED FAMILY _____

MY CHURCH

PASTOR _____

SMALL GROUP LEADER _____

SMALL GROUP MEMBERS _____

MY LIFE

EMPLOYER _____

CO-WORKERS _____

EMPLOYEES _____

TEACHERS _____

CLOSE FRIENDS _____

THOSE WHO NEED GOD
