**DEAR READER**

As 2022 begins I can think of no better way of starting a new year than to emphasize prayer. So today we begin our “21 Days of Fasting and Prayer.”

A few years ago we shared a five-week series of messages on prayer and as I introduced the series I stated, *“As I have prepared for this series, a nagging question has rattled in my brain, ‘Gary, why are you doing a series of messages about something so very basic to our journey of faith? Everybody understands prayer. Its necessity, how to pray, etc! So why? What’s the point?’ Here’s what I concluded...My desire is that we would re-discover or discover for the first time how much prayer matters!”*

And so I say today, prayer matters! In fact it should one of the highest priorities in our lives. And we should be a people of faith, people of prayer.

Over the next 21 days let’s come together in unity and pray for our families, our nation, the world, our cities, and our leaders. Let’s pray in faith that God will do the miraculous, save those far from God, heal relationships, and encourage the hurting. Let’s pray that God will pour out His Holy Spirit in unprecedented ways over our lives and empower us as never before to be His people in our generation. Coupled with our praying I am encouraging us to fast. When we fast and pray God will do even more than we can think or imagine in us and in the lives of those we are praying for.

The following pages will provide for you, a pattern of prayer, people and needs to pray for, practical tools on fasting, quotes and scriptures, and a “21 Day Guide” to unify us in prayer.

Prayer matters! Let’s pray together and see God do great things in us and through in 2022!

**HOW TO USE THIS BOOK**

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.

**The 21-Day Plan**

For the next 21 Days we are praying together, fasting together, and

Believing for God to do wonderful things in us and through us. Use the following suggestions as a template for these 21 days. Is it less about how we pray and more about praying. Thank you for praying!

**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.

**Luke 11:1**

*One day Jesus was praying in a certain place. When He finished, one of His disciples said to Him, “Lord, teach us to pray...”*

**Matthew 6:9-13 (NKJV)**

*“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.”*

**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.

**Romans 8:15 (NLT)**

*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.”*

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.”*

**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*

**Proverbs 18:10 (ESV)**

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

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.”*

**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.

**Luke 12:31 (LB)**

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

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 Savior. 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.”*

**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.

**Psalm 121:1-2 (NLT)**

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

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.”*

**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.

**1 John 1:9**

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

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.”*

**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.

**Ephesians 6:12**

*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.*

By recognizing 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 recognize 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 recognize 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.”*

**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.

**Jeremiah 32:17**

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

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.”*

**FASTING**

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives.

In the Sermon on the Mount in Matthew 6 Jesus as He gives practical instruction regarding prayer and fasting He says to His disciples, “...when you fast...” He used similar language when speaking of prayer. So like prayer, fasting is to be a normal practice of the Christ-follower.

Remember, your personal fast should present a level of challenge, but it is very important to know your body, your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

**Types of Fasts**

Your personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

**Complete Fast**

In this type of fast, you drink only liquids, typically water with light juices as an option.

**Selective Fast**

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food. (http://daniel-fast.com/)

**Partial Fast**

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

**Soul Fast**

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

**PRAYING SCRIPTURE**

The Word of God is one of the most valuable tools we have to build a dynamic daily prayer life. It brings power, truth, and encouragement to our prayer time.

Let’s begin with King David’s Psalm 23. Take a moment to read it, and then use the prayer below as a way to use the psalm to have a conversation with God.

**Scripture**

**Psalm 23**

*The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. He guides me along the right paths for His name’s sake. Even though I walk through the darkest valley, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely Your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.*

**Prayer**

*“God, You are my Provider, and I know You will take care of me. Thank You for guiding me to places of rest. You are my source of energy and passion. You keep me going and lead me toward a life of purpose and freedom. I know that even when I experience my darkest seasons of difficulty and challenge, I have nothing to be afraid of because You are with me. Your presence and power are a constant comfort to me. I know that You are preparing the way for me and that my enemies cannot touch me because You are taking care of me. I know that You have blessed me, and I thank You for choosing me and anointing me with purpose. Your blessings are so much more than I could ask for. I know that You are good, God, and that You are with me all the days of my life. You have chosen me, and I have chosen You, and that means I will be with You, in Your presence, forever.”*

In the following section, we will use several Scriptures and claim their promises through prayer. You can make this as personal as you like. You will find the most benefit when you pray the Scriptures that God is showing you in His Word and that are connecting with you personally in your current season of life.

**Scripture**

**James 4:8**

*Come near to God and He will come near to you.*

**Prayer**

*“Heavenly Father, You have promised that if I draw near to You, You will draw near to me. I need more of Your presence today, and I am drawing near to You through prayer, worship, and reading Your Word. I open my heart to You and ask You to be near to me and change me to be more like You.”*

**Scripture**

**Psalm 139:23-24**

*Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.*

**Prayer**

*“Father God, I ask You to search my heart. If You find anything in me that is offensive, please show me and help me remove it from my life. Lead me to live a life that draws people to You. Help me live my life on earth in a way that impacts eternity.”*

**Scripture**

**Matthew 6:33**

*But seek first His Kingdom and His righteousness, and all these things will be given to you as well.*

**Prayer**

*“Your Word tells me that if I seek first Your Kingdom and Your righteousness, You will lead me to a life of blessing, purpose, and freedom. I am Yours today, God, and I give this day to You. Help me to focus on Your priorities first, sharing Your love and making Your Name known. I know that by focusing on You rather than myself, I will receive joy and peace.”*

**Scripture**

**James 4:10**

*Humble yourselves before the Lord, and He will lift you up.*

**Prayer**

*“God, You have promised that if I humble myself before You, You will lift me up. I recognize today that I cannot succeed on my own, and I need You in every moment. I humble myself before You, and I ask You to work in and through me today. My time, efforts, thoughts, and words are Yours today (name specific parts of your day and give them to God). Use me for Your purposes, Lord. I trust that You will be with me and lift me up.”*

**Scripture**

**2Timothy 1:7**

*For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.*

**Prayer**

*“Father, I know You have not given me a spirit of fear or timidity, but one of power, love, and self-discipline. When my mind feels out of control, I pray that You will renew my spirit and let power, love, and self-discipline fill me. Help me to look more like You every day. I declare that anything that is not of You has to leave me in Jesus’ mighty Name. I proclaim that I do not have a spirit of fear, but I have a sound and healthy mind.”*

**Scripture**

**Romans 8:28**

*And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.*

**Prayer**

*“God, You promise me in Your Word that in all things You work for my good. Right now, there are circumstances in my life that don’t feel good and that I can’t see an ounce of good in (talk to God about the specific situations that are causing you difficulty or pain). Even though this is how I feel, I choose to believe Your truth over my feelings. When you say You will work in all things for my good, I believe You. Even in situations that seem hopeless, I know You are working on my behalf and that You want more for me than I could ever want for myself. Thank You for having a purpose for me and for working all my life circumstances for good.”*

**Scripture**

**Psalm 62:8**

*Trust in Him at all times, you people; pour out your hearts to Him, for God is our refuge.*

**Prayer**

*“Father, in Your Word You invite me to pour out my heart to You. You are my refuge, and I know that anything I think, feel, or do is ok to bring to You. Knowing that You are a safe place for me, I come to*

*You and give You everything on my heart (talk to God about the specific things that are on your heart today). From what is worrying me to what is delighting me, what I hope for to what I’m afraid of, I bring it all to You because I know I can trust You. Help me and guide me in every area, in Jesus’ Name.”*

**Scripture**

**Deuteronomy 28:12**

*The Lord will open the heavens, the storehouse of His bounty, to send rain on your land in season and to bless all the work of your hands.*

**Prayer**

*“Lord, I believe You have everything I need and You want to bless me. You tell me in Your Word that You will open the heavens to bless the work I do. I know that without You, I can do nothing. I ask that You will open the heavens and pour out Your blessings and power over me. I give my work and my efforts to You and I ask You for favor and blessing in anything my hands touch (surrender specific efforts to Him). May it be for Your glory alone so that others may see Your power and goodness at work.”*

**Scripture**

**Romans 8:38-39**

*For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*

**Prayer**

*“God, I am in awe of Your love for me. You are so great, and I am so small, yet You love me fully. I remind my soul today that nothing can separate me from Your love—I am so grateful! There is nothing I can do to win or lose Your love; You love me without condition. Because I know nothing on earth, in time or space, or anything in existence can separate me from Your love, I will live confidently and peacefully knowing I have always been and will always be fully loved by You.”*

**Scripture**

**Isaiah 54:17**

*“No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the Lord, and this is their vindication from me,” declares the Lord.*

**Prayer**

*“Lord, I know that no weapon raised against me will succeed because I am Your child. I feel pressure in my life right now, and sometimes I feel as though life will overcome me (talk to God about the concerns weighing on you). Even though I feel this way, in faith, I claim. Your promise that no weapon can overcome me and that any accusations that come against me will be silenced. This truth is verified by Your love and saving power in my life.”*

**Scripture**

**Philippians 4:6-7**

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

**Prayer**

*“Father, my heart feels anxious (tell God what is giving you anxiety). I don’t like this feeling, but I’m thankful I can come to You and receive peace. You invite me to replace my anxiety with prayer, and even though my mind and heart are racing, I’m coming to You knowing that You provide healing and calm for my soul. Thank*

*You for giving me breath and life. I thank You that I am fearfully and wonderfully made in Your image. I lay down all worries, all my physical and mental anxiety, and any attempt at trying to control it all (tell Him the things you are laying down right now). I surrender it all to You. I need You. I need Your peace that transcends my human understanding. Even if things are unstable around me, I pray that Your peace will be evident in my heart and my life. Guard my heart and mind, God. I trust that You are faithful, and I receive Your peace in my life today.”*

**Scripture**

**Jeremiah 29:11-13**

*“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.”*

**Prayer**

*“My God, I try to make so many plans for my life, but I know Your plans for me are best. You tell me that You have plans for me to prosper and have hope and a future. Thank You for loving me enough to have a plan for my life. You have promised me that when I call on You, You will listen to me. Thank You for listening when I pray. I am confident knowing that I serve a God who cares about my life. I want to find You every day, and You say that if I seek You with all my heart, I will find You. Thank You for showing me the way to You. I lay my plans down at Your feet and receive Your plans for me (mention your plans and lay them down before God). I know that You see the big picture and You know what is better for me than I do. I trust You, and I ask You to guide me toward Your plans.”*

**Scripture**

**Hebrews 13:5**

*“Never will I leave you; never will I forsake you.”*

**Prayer**

*“Father, I am so comforted by the fact that You will never leave me. You are always with me, and I am safe with You. As I go through my life and take on each new situation, I’m comforted by knowing I’m not alone because You are by my side. Help me feel Your presence.*

*When I feel uncertain or afraid, I pray You will comfort me through Your Holy Spirit and remind me that I am never alone because You, the Almighty God, have promised to always be with me.”*

**Scripture**

**Matthew 11:28-30**

*Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.*

**Prayer**

*“Lord Jesus, I am so tired and worn out (tell God the areas that you’re tired and weary). I feel exhausted mentally and physically. Life feels hard, and I feel like I can’t keep up my current pace. You invite me to come to You when I am weary, and I fall at Your feet desperate for rest, peace, and perspective. Show me where I am trying to do things on my own. Show me where I need to rest instead of strive. Teach me Your ways. Show me how to walk in gentleness, humility, and rest. I know Your ways are higher than my ways, and I pray that You will transform my heart and mind to be more like You.”*

**Scripture**

**Psalm 91:1-2**

*Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, “He is my refuge and my fortress, my God, in whom I trust.”*

**Prayer**

*“God, I claim that I dwell in Your shelter, the Most High God, and I rest in Your shadow, the Almighty One. I claim that You alone are my refuge and fortress. You are my God and I trust You. When I face anything that brings me uncertainty or fear (confess these things to Him), I know that I can come to You as my safe place. Thank You for Your strength and protection in my life.”*

**Scripture**

**Psalm 145:13-14**

*The Lord is trustworthy in all he promises and faithful in all he does. The Lord upholds all who fall and lifts up all who are bowed down.*

**Prayer**

*“Almighty God, as I claim the promises in Your Word through my prayer time, I praise You for Your character. Trustworthy, faithful—that is Who You are. I thank You that I can trust You to be faithful to me. I know that when I come to You with humility and a surrendered heart that You will lift me up.”*

**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.*

**1Chronicles 4:10**

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

**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...”* **1Chonicles 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 honor 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.”*

**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...”* **1Chonicles 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.”*

**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...”* **1Chronicles 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.”*

**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”* **1Chronicles 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.”*

**Selected Quotes**

"Prayer should not be regarded as a duty which must be performed, but rather as a privilege to be enjoyed, a rare delight that is always revealing some new beauty." - E.M. Bounds

"Is prayer your steering wheel or your spare tire?" - Corrie ten Boom

"The prayer offered to God in the morning during your quiet time is the key that unlocks the door of the day. Any athlete knows that it is the start that ensures a good finish." - Adrian Rogers

"God shapes the world by prayer. The more praying there is in the world the better the world will be, the mightier the forces against evil." - Mother Teresa

"True prayer is neither a mere mental exercise nor a vocal performance. It is far deeper than that - it is spiritual transaction with the Creator of Heaven and Earth." - Charles Spurgeon

"Prayer is simply talking to God like a friend and should be the easiest thing we do each day." - Joyce Meyer

"It is not well for a man to pray cream and live skim milk."

Henry Ward Beecher

"Our prayers may be awkward. Our attempts may be feeble. But since the power of prayer is in the one who hears it and not in the one who says it, our prayers do make a difference." - Max Lucado

"God is looking for people to use, and if you can get usable, he will wear you out. The most dangerous prayer you can pray is this: 'Use me.'" - Rick Warren

"I have been driven many times upon my knees by the overwhelming conviction that I had nowhere else to go. My own wisdom and that of all about me seemed insufficient for that day." - Abraham Lincoln

"If you believe in prayer at all, expect God to hear you. If you do not expect, you will not have. God will not hear you unless you believe He will hear you; but if you believe He will, He will be as good as your faith." - Charles Spurgeon

"To be a Christian without prayer is no more possible than to be alive without breathing." - Martin Luther

"Prayer makes a godly man, and puts within him the mind of Christ, the mind of humility, of self-surrender, of service, of pity, and of prayer. If we really pray, we will become more like God, or else we will quit praying." - E.M. Bounds

"God speaks in the silence of the heart. Listening is the beginning of prayer." - Mother Teresa

"Prayer does not change God, but it changes him who prays."

- Soren Kierkegaard

"To get nations back on their feet, we must first get down on our knees." - Billy Graham

"Let no one profess to trust in God, and yet lay up for future wants, otherwise the Lord will first send him to the hoard he has amassed, before He can answer the prayer for more."

- George Muller

"There are parts of our calling, works of the Holy Spirit, and defeats of the darkness that will come no other way than through furious, fervent, faith-filled, unceasing prayer." - Beth Moore

"Rather than set aside daily time for prayer, I pray constantly and spontaneously about everything I encounter on a daily basis. When someone shares something with me, I'll often simply say, 'let's pray about this right now.'" - Thomas Kinkade

"Prayer is not asking. Prayer is putting oneself in the hands of God, at His disposition, and listening to His voice in the depth of our hearts." - Mother Teresa

"The Christian life is not a constant high. I have my moments of deep discouragement. I have to go to God in prayer with tears in my eyes, and say, 'O God, forgive me,' or 'Help me.'" - Billy Graham

“He who kneels the most, stands the best.” - Dwight L. Moody

"She (my mother) became a warrior far superior to any epic hero. She became a giant on her knees. With a sword in one hand she battled the enemies of death and disease, and with her other hand stretched toward heaven she kept beseeching God’s help and His mercy." - Bishop T.D. Jakes

"The reality is, my prayers don't change God.  But, I am convinced prayer changes me.  Praying boldly boots me out of that stale place of religious habit into authentic connection with God Himself."

- Lysa TerKeurst

"I know that the Lord is always on the side of the right; but it is my constant anxiety and prayer that I and this nation may be on the Lord's side." - Abraham Lincoln

"Any concern too small to be turned into a prayer is too small to be made into a burden." - Corrie Ten Boom

"You cannot pray for someone and hate them at the same time."

- Billy Graham

"Have you ever said, 'Well, all we can do now is pray?' ...When we come to the end of ourselves, we come to the beginning of God."

- Billy Graham

"I firmly believe God continues to answer the prayers of His people even after He has taken them to heaven. Never forget that God isn’t bound by time the way we are. We see only the present moment; God sees everything. We see only part of what He is doing; He sees it all. " - Billy Graham

"Every day has exactly 1,440 minutes; can't you find even 10 of them to be with your heavenly Father? Doesn't God deserve the best minutes of your day?" - Billy Graham

"True prayer is a way of life, not just for use in cases of emergency. Make it a habit, and when the need arises you will be in practice."

- Billy Graham

"We are to pray in times of adversity, lest we become faithless and unbelieving. We are to pray in times of prosperity, lest we become boastful and proud. We are to pray in times of danger, lest we become fearful and doubting. We are to pray in times of security, lest we become self-sufficient." - Billy Graham

“Prayer should be the key of the day and the lock of the night.” George Herbert

“[God](https://awakenthegreatnesswithin.com/50-inspirational-mufti-ismail-menk-quotes-on-god-and-success/) can handle your doubt, anger, fear, grief, confusion, and questions. You can bring everything to him in prayer.”

- Rick Warren

“If you only pray when you’re in trouble, you’re in trouble.”

- Anonymous

“Don’t forget to pray today, because God didn’t forget to wake you up this morning.” - Anonymous

“When you can’t put your prayer into words, God hears your heart.” - Anonymous

“When life is rough pray, when life is great pray.” - Anonymous

“Prayer is the nearest approach to God.” - William Law

**Selected Scriptures**

**1 John 5:14-16**

*This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him. If you see any brother or sister commit a sin that does not lead to death, you should pray and God will give them life. I refer to those whose sin does not lead to death. There is a sin that leads to death. I am not saying that you should pray about that.*

**1 Chronicles 16:11**

*Look to the LORD and his strength; seek his face always.*

**2 Chronicles 6:21**

*Hear the supplications of your servant and of your people Israel when they pray toward this place. Hear from heaven, your dwelling place; and when you hear, forgive.*

**2 Chronicles 7:14**

*If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.*

**Ephesians 1:18**

*I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people.*

**Ephesians 6:18**

*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.*

**Jeremiah 29:12**

*Then you will call on me and come and pray to me, and I will listen to you.*

**Job 22:27**

*You will pray to him, and he will hear you, and you will fulfill your vows.*

**John 17:15**

*My prayer is not that you take them out of the world but that you protect them from the evil one.*

**James 5:13**

*Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise.*

**Mark 11:24**

*Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.*

**Matthew 5:44**

*But I tell you, love your enemies and pray for those who persecute you.*

**Matthew 6:7**

*And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words.*

**Matthew 26:41**

*Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.*

**Proverbs 15:8**

*The LORD detests the sacrifice of the wicked, but the prayer of the upright pleases him.*

**Psalm 17:6**

*I call on you, my God, for you will answer me; turn your ear to me and hear my prayer.*

**Psalm 102:17**

*He will respond to the prayer of the destitute; he will not despise their plea.*

**Psalm 141:2**

*May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice.*

**Romans 12:2**

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.*

**Romans 12:12**

*Be joyful in hope, patient in affliction, faithful in prayer.*

**Psalm 4:1**

*Answer me when I call to you, my righteous God. Give me relief from my distress; have mercy on me and hear my prayer.*

**Psalm 145:18**

*The LORD is near to all who call on him, to all who call on him in truth.*

**Luke 11:2-4**

*He said to them, “When you pray, say: “ ‘Father, hallowed be your name, your kingdom come. 3 Give us each day our daily bread. 4 Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation.’ ”*

**Proverbs 15:29**

*Lord is far from the wicked, but he hears the prayer of the righteous.*

**Matthew 7:11**

*If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!*

**Luke 6:12**

*One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.*

**Luke 18:1**

*Then Jesus told his disciples a parable to show them that they should always pray and not give up.*

**Romans 8:26**

*In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.*

**Philippians 4:6**

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

**Colossians 4:2**

*Devote yourselves to prayer, being watchful and thankful.*

**1 Thessalonians 5:17**

*Pray continually.*

**1 Timothy 2:8**

*Therefore I want the men everywhere to pray, lifting up holy hands without anger or disputing.*

**Hebrews 4:14**

*Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess.*

**James 1:7**

*That person should not expect to receive anything from the Lord.*

**James 4:3**

*When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.*

**James 5:16**

*Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.*

**1 John 1:9**

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

**Tim Keller on Prayer**

“Prayer is both conversation and encounter with God. . . . We must know the awe of praising his glory, the intimacy of finding his grace, and the struggle of asking his help, all of which can lead us to know the spiritual reality of his presence.”

“Prayer is the only entryway into genuine self-knowledge. It is also the main way we experience deep change—the reordering of our loves. Prayer is how God gives us so many of the unimaginable things he has for us. Indeed, prayer makes it safe for God to give us many of the things we most desire. It is the way we know God, the way we finally treat God as God. Prayer is simply the key to everything we need to do and be in life.”

“A rich, vibrant, consoling, hard-won prayer life is the one good that makes it possible to receive all other kinds of goods rightly and beneficially. [Paul] does not see prayer as merely a way to get things from God but as a way to get more of God himself.”

“The infallible test of spiritual integrity, Jesus says, is your private prayer life.”

“Jesus Christ taught his disciples to pray, healed people with prayers, denounced the corruption of the temple worship (which, he said, should be a ‘house of prayer’), and insisted that some demons could be cast out only through prayer. He prayed often and regularly with fervent cries and tears ([Heb. 5:7](https://biblia.com/bible/esv/Heb.%205.7)), and sometimes all night. The Holy Spirit came upon him and anointed him as he was praying ([Luke 3:21–22](https://biblia.com/bible/esv/Luke%203.21%E2%80%9322)), and he was transfigured with the divine glory as he prayed ([Luke 9:29](https://biblia.com/bible/esv/Luke%209.29)). When he faced his greatest crisis, he did so with prayer. We hear him praying for his disciples and the church on the night before he died ([John 17:1–26](https://biblia.com/bible/esv/John%2017.1%E2%80%9326)) and then petitioning God in agony in the Garden of Gethsemane. Finally, he died praying.”

“Our prayers should arise out of immersion in the Scripture. [We] speak only to the degree we are spoken to. . . . The wedding of the Bible and prayer anchors your life down in the real God.”

“We would never produce the full range of biblical prayer if we were initiating prayer according to our own inner needs and psychology. It can only be produced if we are responding in prayer according to who God is as revealed in the Scripture. . . . Some prayers in the Bible are like an intimate conversation with a friend, others like an appeal to a great monarch, and others approximate a wrestling match. . . . We must not decide how to pray based on what types of prayer are the most effective for producing the experiences and feelings we want. We pray in response to God himself.”

“A triune God would call us to converse with him . . . because he wants to share the joy he has. Prayer is our way of entering into the happiness of God himself.”

“When life is going smoothly, and our truest heart treasures seem safe, it does not occur to us to pray.”

“To pray in Jesus’ name [is], essentially, to reground our relationship with God in the saving work of Jesus over and over again. It also means to recognize your status as a child of God, regardless of your inner state.”

“Prayer is like waking up from a nightmare to reality. We laugh at what we took so seriously inside the dream. We realize that all is truly well. Of course, prayer can have the opposite effect; it can puncture illusions and show us we are in more spiritual danger than we thought.”

“Prayer is not a passive, calm, quiet practice.” [Prayer] gives us relief from the melancholy burden of self-absorption.”

“Prayer—though it is often draining, even an agony—is in the long term the greatest source of power that is possible.”

“We must be able to existentially access our doctrinal convictions. If doctrinal soundness is not accompanied by heart experience, it will eventually lead to nominal Christianity—that is, in name only—and eventually to nonbelief. The irony is that many conservative Christians, most concerned about conserving true and sound doctrine, neglect the importance of prayer and make no effort to experience God, and this can lead to the eventual loss of sound doctrine. . . . Christianity without real experience of God will eventually be no Christianity at all.”

“To lose our grip on the costliness of forgiveness will result in a superficial, perfunctory confession that does not lead to any real change of heart. There will be no life change. To lose our grip on the freeness of forgiveness, however, will lead to continued guilt, shame, and self-loathing. There will be no relief. Only when we see both the freeness and the cost of forgiveness will we get relief from the guilt as well as liberation from the power of sin in our lives.”

“God will either give us what we ask or give us what we would have asked if we knew everything he knows.”

“Our time frames are not in touch with ultimate reality. Our perspective on timing compared with God’s is analogous to a two-year-old’s with an adult’s. God has good reasons for making us wait a long time to see some prayers answered.”

“We know God will answer us when we call because one terrible day he did not answer Jesus when he called. Jesus’ prayers were given the rejection that we sinners merit so that our prayers could have the reception that he merits.”

**PERSONAL PRAYER FOCUS**

God has put us on the earth at this specific time for a reason. He says in Acts 17:26 that He determined when and where we would live. Knowing this, we can look at those around us at this specific time in history and take personal responsibility to pray.

**1 Timothy2:1-4**

*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.*

Pray for those in authority and those under your authority. Pray for those in your family and your circle of influence (anyone you’re connected to). Write down the names of specific people and pray for them.

**My Government**

**Leaders of our Country**

**President** – Joe Biden

**Vice President** – Kamala Harris

**Supreme Court Justices** – John Roberts, Clarence Thomas, Amy Coney Barrett, Sonia Sotomayor, Stephen Breyer, Samuel Alito, Jr., Elena Kagan, Neil Gorsuch, Brett Cavanaugh

**U.S. Senators** - Diane Feinstein, Alex Padilla

**U.S. House of Representatives** – Darrell Issa

**State Leaders**

**Governor** - Gavin Newsome **Lt. Governor** - Eleni Kounalakis

**State Senate** – Melissa Melendez **State Assembly** – Ken Calvert, Marie Waldron

**City Leaders (Mayors)**

**Temecula** – Maryann Edwards **Murrieta** – Open Seat **Wildomar** – Dustin Nigg **Menifee** – Bill Zimmerman

**My Family**

Spouse \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Children \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grand-

Children \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parents \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Siblings \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Extended

Family \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**My Church**

**Leadership Board** – Bob LaCross, Chris Whelen, Dale Smith, Danny Carrillo, Dina Fowler

**Pastors** –Gary and Marcy Jones, Cori and John Park, Jacob and Jenessa Hoffman Hoffman, Jason and Imelda Johnson, Jeremiah and Carmela Heikkila, Laurie and Bob LaCross, Martin and Jaimie Bowman

**Staff –** Aaron and Lauren Jones, Christina and Chris Corcino, Dave and Pam Melton, Joe and Sandi Simon, Monique Archer, Nancy and Andy DeLaTorre, Patti and Al Cazarez

**My Life**

Employer \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Co-workers \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Employees \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Teachers \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Professors \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Close Friends \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Those Who Need God**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_