

HEAR OUR PRAYER

14 Day Prayer Guide

Elizabeth Jordaan





www.watchandpray.co.za
watchandpray100@gmail.com

Prayer Guidelines

- ✠ **Market Place:** Multiply prayer groups in the marketplace - start a prayer group or join a prayer group in your sphere of influence.
- ✠ **3 Unsaved people:** Pray for at least 3 unsaved individuals you know.
- ✠ **Local churches:** Every local church to pray at least one day a year for 24 hours. Start with a few hours and increase it to 24 hours.
- ✠ **24/7 City wide watches:** Groups of 5-7 congregations can form a fully operating 24/7 prayer watch where each church will take one day a week to pray, filling all 168 hours.
- ✠ **Schools/Colleges/Universities:** Encourage schools/universities to take 2 days per quarter to pray for 12 or 24 hours in an easily accessible area/room.
- ✠ **Prisons:** Start as many prayer groups as possible inside prisons. Work towards establishing night-and-day prayer in the prisons. Begin to fill at least one day a week with prayer.
- ✠ **Individual:** Increase your own personal time with God through prayer or reading the Word.

How to Pray

- ✠ Pray with faith. God promised -therefore I believe, for God cannot lie.
- ✠ Pray humbly. (If possible, kneel before God as you humble yourself).
- ✠ Pray with hope. Nothing is impossible for God.
- ✠ Trust in the power of the name of the Lord Jesus Christ.
- ✠ Trust in the power of the blood of the Lord Jesus Christ.
- ✠ Trust the Holy Spirit to pray through you.
- ✠ Pray boldly, reminding God of his promises.
- ✠ Pray without judgment, accusation, or condemnation.
- ✠ Base your prayer on the love, mercy, and grace of our heavenly Father, who wants people to turn to Him, repent of their sin, receive his forgiveness and be saved.
- ✠ Allow brokenness in your heart when the Holy Spirit leads you to repentance through godly sorrow for the condition of the church and the nation.
- ✠ Focus your prayer on God's honour and glory, on the salvation of the lost and then only on yourself and your needs.
- ✠ Pray God's word back to Him.
- ✠ Express your desire and longing for Jesus to be honoured in our nation.

Calling on the Name of the Lord Jesus Christ

Take a minute or two to silence your heart and mind before the Throne of Grace.

- ✠ Express your intention to pray for the Church and the Nation in the Name of Jesus Christ.
- ✠ Give yourself to God as an instrument in his hand.
- ✠ Ask the Lord Jesus Christ to reveal Himself and his burden for the nation to you.
- ✠ Should anything come to mind, pray it back to the Lord.
- ✠ Pray the following slowly and with reverence:
 - ✓ Lord Jesus Christ, Son of God, have mercy on me, a sinner.
 - ✓ Lord Jesus Christ, You are the Head of the Church.
 - ✓ Lord Jesus Christ, You are our High Priest, seated at the right hand of the Father.
 - ✓ Lord Jesus Christ, You are the King of kings and the Lord of lords.
 - ✓ Lord Jesus Christ, You will build your church and the gates of hell will not prevail against it.
 - ✓ Lord Jesus Christ, You are worthy of all honour, glory and blessing.
 - ✓ Lord Jesus Christ, hear our prayer.

Lord, Jesus Christ, hear our prayer according to Your Word, for the Church...

To know God

- ✠ For a spirit of wisdom and revelation in the knowledge of Him (Eph.1:17).
- ✠ To be filled with the knowledge of his will in all spiritual wisdom and understanding (Col.1:9-12).
- ✠ For the Son of God to give us understanding, so that we may know Him who is true (1Jn.5:20).
- ✠ That we may know Him (Jesus), the power of his resurrection, and may share his sufferings, becoming like Him in his death and resurrection (Php.3:10,17).
- ✠ To grow in the grace and knowledge of our Lord and Saviour Jesus Christ (2Pe.3:18).

To experience God's love

- ✠ Direct our hearts to the love of God and to the steadfastness of Christ (2Th.3:5).
- ✠ To be rooted and grounded in love and may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge (Eph.3:17-19).
- ✠ God is love, and whoever abides in love abides in God, and God abides in him (1Jn.4:16).

- ✠ For Jesus and the Father to come to us and make their home with us (Jn.14:23).
- ✠ For God's love to be poured into our hearts through the Holy Spirit who has been given to us (Rom.5:5).
- ✠ For God shows his love for us in that while we were still sinners, Christ died for us (Rom.5:8).

To be cleansed, purified, and sanctified

- ✠ For the God of peace Himself sanctify us completely (1Thes.5:23-24).
- ✠ To cleanse our hearts by faith (Act.15:9).
- ✠ To sanctify her (the Church), having cleansed her by the washing of water with the Word (Eph.5:26).
- ✠ For the blood of Christ, who through the eternal Spirit offered Himself without blemish to God, to purify our conscience from dead works to serve the living God (Heb.9:14).
- ✠ For the Father to sanctify us in the truth; Your Word is truth (Jn.17:17).
- ✠ Wash me thoroughly from my iniquity, and cleanse me from my sin! (Ps.51:2).
- ✠ For us to draw near to God, and He will draw near to us. Let us cleanse our hands, us sinners, and purify our hearts, us double-minded (Jas.4:8).

Lord Jesus Christ, hear our prayer according to Your Word, for the Church...

To be transformed into the image of Christ

- ✠ For Christ to dwell in our hearts through faith - (Eph.3:17).
- ✠ That through God's promises we may become partakers of the divine nature (2 Pet.1:4).
- ✠ For us to all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ (Eph.4:13).
- ✠ For Christ to be formed in us (Gal.4:19).
- ✠ To not be conformed to this world, but to be transformed by the renewal of our minds (Rom.12:2).
- ✠ That we all, with unveiled face, beholding the glory of the Lord will be transformed into the same image from one degree of glory to another through the Holy Spirit (2 Co.3:18).
- ✠ To know the riches of the glory of God's mystery which is Christ in us, the hope of glory (Col.1:27).
- ✠ For God to give us a new heart and a new spirit and to remove the hearts of stone (Ezek.11:19).

To be filled with hope

- ✠ That we will know what the hope to which God is has called us (Eph.1:18).
- ✠ For God to remember his word in which He has made us hope (Ps.119:49).
- ✠ For God to reveal the plans He has for us, plans for welfare and not for evil, to give us a future and a hope (Jer.29:11).
- ✠ For the God of hope to fill us with all joy and peace in believing, so that by the power of the Holy Spirit we may abound in hope (Rom.15:13).
- ✠ That we may not grieve as others do who have no hope (1Thes.4:13).
- ✠ To wait for our blessed hope, the appearing of the glory of our great God and Saviour Jesus Christ (Tit.2:13).
- ✠ To have an anchor of the soul, hope that enters behind the curtain (Heb.6:19).

To know God's power

- ✠ To believe: that power belongs to God (Ps.62:11).
- ✠ To know what the immeasurable greatness of his power toward us, who believe, is (Eph.1:19).
- ✠ To be strengthened with power through his Spirit in our inner being (Eph.3:16).
- ✠ For our faith to rest in the power of God (1 Co.2:5).
- ✠ That Jesus is the exact imprint of God's nature. He upholds the universe by the word of his power (Heb.1:3).

Lord Jesus Christ, hear our prayer according to Your Word, for the Church...

For unity

- ✠ For the God of endurance and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, that together you may with one voice glorify the God and Father of our Lord Jesus Christ (Rom.15:5-6).
- ✠ For the Church to have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind (1Pe.3:8).
- ✠ To endeavour to keep the unity of Spirit in the bond of peace (Eph.4:2-3).
- ✠ That we will not only look out for our own interests but also for the interests of others (Phil.2:2-4).
- ✠ To have equal concern for each other and suffer together as well as rejoice when other members are honoured (1 Cor.12:24-27).
- ✠ For it is in unity where the Lord bestows his blessing – Life forevermore! (Ps.133:1-3).

To love one another

- ✠ For our love not to grow cold (Mat.24:12).
- ✠ That we will love one another so that the world will know we are the followers of Jesus (Jn.13:34-35).
- ✠ That we will love enough to lay down our lives for others (Jn.15:13).
- ✠ That we will outdo one another in showing honour (Rom.12:10).
- ✠ That we will bear with one another in love (Eph.4:2).
- ✠ That our love will cover a multitude of sins (1Pe.4:8).
- ✠ That we will not destroy one another by our lack of love (Gal.5:14-15).
- ✠ That we will love our enemies, do good to those who hate us (Luk.6:27).

To bear fruit

- ✠ That we will abide in Jesus, and He in us, so that we can bear fruit (Jn.15:4,5).
- ✠ That God will prune us so that we will bear more fruit (Jn.15:2).
- ✠ To be filled with the fruit of righteousness that comes through Jesus Christ (Phil.1:11).
- ✠ To walk in a manner worthy of the Lord, fully pleasing to Him, bearing fruit in every good work and increasing in the knowledge of God (Col.1:10).
- ✠ To bear fruit in keeping with repentance (Mat.3:8).
- ✠ That our fruit will abide (Jn.15:16).
- ✠ That we will bear the Spirit's fruit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control (Gal.5:22,23).

Lord Jesus Christ, hear our prayer according to Your Word, for the salvation of the lost...

- ✠ God desires all people to be saved and to come to the knowledge of the truth (1Ti.2:4).
- ✠ God does not take any pleasure in the death of the wicked but are pleased when they turn from their ways (Ezek.18:23).
- ✠ God is patient with us, not wanting anyone to perish, but everyone to come to repentance (2 Pet.3:9).
- ✠ Jesus came not to be served, but to serve and to give his life as a ransom for many (Mark 10:45).
- ✠ In the name of Jesus, the Gentiles will hope (Mat.12:21).
- ✠ Remember, you were also separated from Christ, having no hope and without God in the world (Eph.2:12).
- ✠ For the Holy Spirit to convict the world of sin, and of righteousness, and of judgment (Jn.16:7-8).
- ✠ For God the Father to draw the hearts of people to Him (Jn.6:44).

- ✠ Through God's mercy, repentance and forgiveness of sins are still available for unbelievers today (Luk.24:47).

Names of 3 unbelievers to pray for:

Lord Jesus Christ, hear our prayer according to Your Word, for the preaching of the Gospel...

- ✠ I am not ashamed of the gospel, for it is the power of God for salvation (Rom.1:16).
- ✠ For Christians to lift their eyes to see that the fields are ripe for harvest (Jn.4:35).
- ✠ For the Church to grasp in a new way that our calling is to proclaim the good news (Mark 16:15).
- ✠ Lord of the harvest: send workers into the harvest fields (Mat.9:37-38).
- ✠ "Here am I. Send me!" (Isa.6:8).
- ✠ For the gospel of salvation to spread rapidly and be honoured (Act.13:49).
- ✠ For an open door for the message (Col.4:3-4).
- ✠ For boldness to fearlessly make known the mystery of the gospel (Eph.6:19-20).
- ✠ For God to open the eyes of unbelievers, so that they may turn from darkness to light and from the power of Satan to God (Act.26:18).
- ✠ For the conduct of the Church to be honourable amongst the unbelievers (1Pet.2:11-12).
- ✠ For the sharing of our faith to be effective (Phm.1:4-6).

Lord Jesus Christ, hear our prayer according to Your Word, for the power of the Holy Spirit...

- ✠ For us to know the Holy Spirit (Jn.14:17).
- ✠ For the Holy Spirit to empower the Church to be faithful, effective witnesses (Act.1:8).
- ✠ For the Holy Spirit to guide us into all the Truth (Jn.16:13).
- ✠ For the gifts of the Holy Spirit to be restored to the Church and used for the work of the Kingdom (Heb.2:4).
- ✠ For the Holy Spirit to work in signs and wonders to confirm the preaching of the Word (Rom.15:19; Heb.2:4).
- ✠ For forgiveness for the Church who had many times quenched and grieved the Holy Spirit (Eph.4:30; 1Thess.5:19).
- ✠ For the Spirit of prayer and supplication to be poured on the Church (Zech.12:10).

- ✠ For the Holy Spirit to bring revival and a time of refreshing for the people of our nation (Act.3:20).
- ✠ For the living water of the Holy Spirit to quench the thirst of many in our nation (Jn.7:37-39).
- ✠ We declare that revival, reformation, and restoration will not come by power but by the Spirit of the Lord (Zech.4:6).

Lord Jesus Christ, hear our prayer according to Your Word, for our nation...

- ✠ Blessed is the nation whose God is the Lord! (Ps.33:12).
- ✠ Let Your Kingdom come, establish Your righteousness and justice (Luk.11:2; Isa.9:7).
- ✠ God ordained this nation and the people to live in it (Deut.32:8; Act.17:26).
- ✠ God is ultimately in control of nations (2 Chron.20:6; Job 12:23).
- ✠ For our nation to be cleansed from idolatry, immorality, bloodshed and injustice (Lev.18:24).
- ✠ For God's saving power to be made known in our nation (Ps.67:2).
- ✠ For our nation to respond when God disciplines us (Ps.94:10).
- ✠ For God to remove the veil of sin and ignorance over this nation (Isa.25:7).
- ✠ That God's name will not be profaned in our nation (Ezek.20:9).
- ✠ That God will set his glory in our nation (Ezek.39:21).
- ✠ That our nation shall join herself to God (Zech.2:11).
- ✠ That our nation shall entreat the favour of the Lord (Zech.8:22).
- ✠ For repentance and forgiveness to be proclaimed in this nation (Luk.24:47).

Lord Jesus Christ, hear our prayer according to Your Word, for our government...

- ✠ God is in control for it is He who set up kings and deposes them. He knows what lies in darkness. (Dan.2:20-22).
- ✠ We pray for those in authority, so that that we may live peaceful and quiet lives, for God wants all people to be saved and to come to a knowledge of the truth (1Tim.2:1-4).
- ✠ Our rulers' hearts are in Your hand, Lord; direct it like a watercourse wherever You please (Prov.21:1).
- ✠ For wicked councillors to be removed from the presence of our government leaders (Prov.25:5).
- ✠ For all darkness and secret dealings to be exposed and brought into the light (Eph.5:13).

- ✠ For our leaders to listen to God's voice and not the voice of any occult practitioners (Deut.18:14).
- ✠ For forgiveness of our government for any bloodshed, injustice, immorality, and idolatry (Jn.20:23).
- ✠ That our government will not set themselves against Jesus, but align themselves with the truth (Ps.2:2).
- ✠ For the stability of our government (Prov.28:2).
- ✠ For our leaders to be wise and to serve the Lord with fear and rejoice with trembling (Ps.2:10-11).

Names of leaders:

Lord Jesus Christ, hear our prayer according to Your Word for our community...

For justice system:

- ✠ For God's justice to be established in our nation (Isa.9:7).
- ✠ For forgiveness and mercy for the Church taking part in perverting justice (Ex.23:2).
- ✠ For forgiveness and mercy for the Church in showing partiality and accepting or paying bribes (Deut.16:19).
- ✠ That justice will be restored in our nation so that evildoers will be stopped, and God can deliver us (Deut.16:20; Prov.21:3; Isa.56:1).
- ✠ For God to hear our cry for justice and answer us (Luke 8:7).

For safety and security:

- ✠ For us to find our safety in the Lord alone (Ps.4:8).
- ✠ For the Lord to protect us (Ps.91:14).
- ✠ For the wicked to fall into their own nets (Ps.141:10).
- ✠ For the Lord's presence to be with us when we go through difficult circumstances (Isa.43:2).
- ✠ For the Lord to remove fear from us (Luk.12:4; 2 Ti.1:7).
- ✠ For our faith to increase when things happen that cause us to fear (Mat.8:26; Heb.13:6).
- ✠ For us to stay faithful even when we suffer wrong (Rev.2:10).
- ✠ For the peace of God to be with us (Jn.14:27).
- ✠ For God's presence to fill our land so that there will be no cry of distress heard in our streets (Ps.144:14).

For reconciliation:

- ✠ For all to recognize that all races have the same origin and that no one is superior to another (Act.17:26).
- ✠ For God to heal the wounds of racial conflict through the Body of Jesus, the Church (2 Cor.5:18).
- ✠ For the Church to embrace all races, regardless of colour, background, or social standing (Rom.10:12: Col.3:11).
- ✠ For forgiveness and restitution to be offered in a godly way (Ex.22:6-15).

For health:

- ✠ For the Sun of Righteousness to rise over our nation with healing in his wings (Mal.4:2).
- ✠ For the Lord to again be our Healer and to remove the diseases from among us (Ex.15:26).
- ✠ For the Fear of the Lord to be in our nation so that we turn from our wicked ways and receive healing for our flesh (Prov.3:7-8).
- ✠ For the power of the Gospel to be demonstrated with healing (Mat.9:35).
- ✠ For the Lord to have mercy and to remove epidemics and pestilences (1 Ki.8:37-39).

Lord Jesus Christ, hear our prayer according to Your Word, for the healing of our land...

- ✠ We confess that our land is sick and needs healing (2 Chron.7:13-14).
- ✠ For the truth and knowledge of God to enter our country so that bloodshed, stealing and immorality will be restrained (Hos.4:1-2).
- ✠ For the blood of Jesus to speak forgiveness and silence the voices that cry for revenge (Heb.12:24; Gen.4:12).
- ✠ For God to forgive the worship of other gods that cause the land to be spiritually defiled (Ezek.36:18).
- ✠ For God's forgiveness because we have trusted in our own ways and have reaped injustice (Hos.10:13).
- ✠ For bloodshed to stop so that those who are wanderers and refugees can settle on the land (Gen.4:11-12).
- ✠ For God to have mercy on us and remove the droughts, famines, tribal conflicts and ecological disasters from our land (Ezek.14:12-21).
- ✠ For God to restore the potential of our land to yield harvests (Gen.4:12; Rom.8:21).
- ✠ For God to give us rain in the right seasons for harvest (Zech.10:1).
- ✠ For the just distribution of land and resources (Is.5:8).

Lord Jesus Christ, hear our prayer according to Your Word, for the poor and needy...

- ✠ For God to hear the cries of the poor and answer them (Ps.12:5).
- ✠ For those who are poor to put their trust in God who can supply in all our needs (Ps.9:18; Phil.4:19).
- ✠ For God to deliver the poor from all those who exploit them (Ps.72:4).
- ✠ For God to forgive us because we do not aid the poor as we should, even though we have sometimes excess of food and comfortable ease (Ezek.16:49).
- ✠ For the Church to heed the command of God for us to '...open wide your hand to the needy and to the poor in your land.' (Deut.15:11).
- ✠ For our government to deal honestly and with fairness towards the poor (Prov.29:14).
- ✠ For those who are in poverty to get the opportunity to learn skills, find a job to provide for themselves, and be willing to do so (Prov.10:4; 28:19).
- ✠ For God to remove the spirit of laziness and idleness from our people (Prov.20:13).
- ✠ For the people of our country to become known for their generosity and willingness to share with others (2 Co.8:2; Act.4:34).

Lord Jesus Christ, hear our prayer according to Your Word, for orphans and the elderly...

- ✠ For God who is a Father of the fatherless and a Defender of widows; to bring justice (Ps.68:5; Ps.10:2;14).
- ✠ For orphans and the aged to put their trust in God (Jer.49:11).
- ✠ For any mistreatment of orphans and elderly to be exposed and stopped (Ex.22:22).
- ✠ For those in the marketplace to allot a certain amount of finance for the ministry of the poor and needy, orphans and elderly (Deut.24:19; 26:12).
- ✠ For the Government to uphold the cause of the orphans and elderly (Jer.5:28).
- ✠ For the Church to remember that pure and undefiled religion is to not neglect the orphans and elderly (Jas.1:27).
- ✠ For the elderly to be respected and treated with honour (Lev.19:32).
- ✠ For the older generation to share their wisdom and take up their prophetic responsibility (Job 12:12; Joel 2:28).

Lord Jesus Christ, hear our prayer according to Your Word for marriages and families...

- ✠ For marriages to reflect Christ's relationship with the Church (Eph.5:22-33).
- ✠ For husbands to love their wives, as Christ loved the church and gave Himself up for her (Eph.5:25).
- ✠ For husbands to take up their responsibility in prayer (1Pe.3:7).
- ✠ For wives to respect their husbands and submit to them (Col.3:18; 1Pe.3:1).
- ✠ For marriages to be untainted by sexual immorality (Heb.13:4).
- ✠ For marriages to bring forth godly offspring (Mal.2:15).
- ✠ For the restoration of families and the turning of the hearts of the fathers and the children back to each other (Mal.4:6).
- ✠ That families will worship the Lord together (Deut.14:26; Act.16:31).
- ✠ For families to cleanse themselves from idolatry and establish the word of the Lord in their homes (2 Ki.23:24).
- ✠ For fathers to take up the responsibility as head and priest of the family (1Ti.3:4-5).
- ✠ For all families in our nation to become households of faith (Gal.6:10).

Lord Jesus Christ, hear our prayer according to Your Word, for the youth...

- ✠ For children to receive godly training (Pro.22:6).
- ✠ For children to be disciplined in a godly way (Pro.23:13).
- ✠ Children will not be left on their own but have proper care (Pro.29:15).
- ✠ Parents will see children as a blessing and not abort them (Ps.127:3).
- ✠ The next generation will know the works of God (Ps.78:6).
- ✠ The young generation should set their hope in God (Ps.78:7).
- ✠ For children to understand that obedience to and honouring of parents holds a blessing (Ex.20:12).
- ✠ Parents will not provoke their children and cause them to stumble (Eph.6:4-6).
- ✠ The young generation keep themselves pure according to God's Word (Ps.119:9).
- ✠ For the young generation to hear the invitation of Jesus and come to Him to receive a blessing (Mark 10:14).
- ✠ For the youth to be taught by God (Ps.71:17).

Lord Jesus Christ, hear our prayer according to Your Word, against the Evil One...

- ✠ For this purpose, the Son of God was manifested, that He might destroy the works of the devil (1Jn.3:8).
- ✠ We declare Jesus had been given the name above all names, and at the name of Jesus every knee shall bow, and every tongue confesses that Jesus is Lord (Phil.2:10-11).
- ✠ We declare that we have been given authority over all the power of the enemy (Luk.10:19).
- ✠ We declare that the weapons of our warfare have divine powers to destroy strongholds, arguments and every lofty opinion raised against the knowledge of God (2 Co.10:5-6).
- ✠ We declare that Jesus Christ had disarmed the principalities and powers on the cross (Col.2:13-15).
- ✠ We declare that we have been delivered from the power of darkness and been conveyed into the kingdom of the Son of God's love (Col.1:13-14).
- ✠ We declare that through the death of Jesus Christ, the devil, who had the power of death, was destroyed, and those who through fear of death were all their lifetime subject to bondage, are now released (Heb.2:14-15).
- ✠ We declare: Greater is He that is in us, than he that is in the world (1Jn.4:4).
- ✠ For the God of peace to soon crush Satan under our feet (Rom.16:20).
- ✠ For the Church to stand against the evil clothed in God's armour: Belt of Truth, Breastplate of Righteousness, Helmet of Salvation, and Preparation for the Gospel of Peace (Eph.6:10-18).
- ✠ To extinguish the fiery darts of the evil one with our shield of faith (Eph.6:16)
- ✠ To take up the sword of the Spirit, the Word of God as we pray and advance into the territory of the enemy (Eph.6:17-18).
- ✠ That we will overcome because of the blood of the Lamb and by the word of our testimony, and because we do not love our lives to the death (Rev.12:11).
- ✠ We ask now, Father, in the Name of Jesus Christ, make known Your manifold wisdom through us, the church, to the principalities and powers in our nation, as we confess that Jesus Christ is King of Kings and Lord of lords (Eph.3:10; Phil.2:10; Rev.19:16).

Ask yourself: Where do I stand with God?

- ✚ Is there any unconfessed sin in my life?
- ✚ Do I harbour unforgiveness and bitterness in my life?
- ✚ Are there any doubtful practices/activities in my life?
- ✚ Am I obeying the Holy Spirit in all things?
- ✚ Am I confessing Jesus unashamedly?

Ask yourself: Am I living a life of integrity?

Let every Christian live in a way worthy of Christ:

- ✚ Do not pay or except bribes.
- ✚ Pay your taxes.
- ✚ Do not be involved in any form of injustice towards other people.
- ✚ Keep to speed limits and obey traffic rules.
- ✚ Live holy with your husband/wife. Break with any form of sexual immorality.
- ✚ Be Godly fathers and mothers to your children.
- ✚ Pay fair wages and do an honest day's work.
- ✚ Do not speak negatively or derogatively about the church or the nation.
- ✚ Be involved in at least one project or initiative of compassionate outreach in your community.

**Hear my prayer,
O Lord,
Give ear to my
supplications!
In Your faithfulness
answer me,
and in Your
righteousness.**

(Ps 143:1)