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P R A Y E R & F A S T I N G



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Fasting Scriptural Guidelines and Tips

Today many of us are beginning a CORPORATE FAST for the next 21 days. Many of us will be doing the Daniel Fast, as found in Daniel 10:2-3.

“In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.” The Daniel Fast is made up of only fruits, vegetables, whole grains (but no breads), nuts and seeds, legumes and water.

Fasting (defined)= refraining from food or other daily habit (Facebook, watching TV, etc.) for a spiritual purpose.

What is at the heart of fasting?

1. Denying your flesh. 1 Corinthians 9:27
2. Presenting your body a living sacrifice, holy and acceptable unto God, which is your reasonable service.” – Romans 12:1
3. Desiring God even more than food. Job 24:12

Practical Tips:

1. Declare/ write down the specific purpose for your fast!
2. Ask the Holy Spirit to give you specific scriptures relating to your purpose for fasting. STIW on the scriptures that He reveals.
3. Provide yourself with the best environment to hear from God by following the Lifestyle Prayer model. (page 2)
4. Drink lots of water.
5. If under medical care, follow the directions from your doctor.
6. Your fast is not only Corporate but it is personal. Follow the leading of the Holy Spirit for your life. Our Father is an expert at customizing your time of fasting to do a special work in your life as He deems necessary.
7. Listen to your body. No need to compete with others, this only leads to condemnation from the evil one. In other words, do what you can do and leave the results up to your Heavenly Father.
8. EXPECT RESULTS! - Hebrews 11:6
9. Know that this is helping you to LOVE, LIVE and LEAD!

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If you would like to join us in a prayer devotional time each morning, please email us, or register on One Living Church's app to be put on the prayer call.

info@onelivingchurch.org

Weekdays at 6am Saturdays at 9am
Devotional on Sunday during service at OLC.

Revised 1-10-2026

PRIOR TO STARTING YOUR 21 DAY JOURNEY, WE ENCOURAGE YOU TO MAKE LIFESTYLE PRAYER A PART OF YOUR DAILY ROUTINE.

WEEK 1

THE LORD'S PRAYER

DAY 1: CONNECT WITH GOD RELATIONALLY

DAY 2: WORSHIP HIS NAME

DAY 3: PRAY HIS AGENDA FIRST

DAY 4: DEPEND ON HIM FOR EVERYTHING

DAY 5: GET YOUR HEART RIGHT WITH GOD AND PEOPLE

DAY 6: ENGAGE IN SPIRITUAL WARFARE

DAY 7: EXPRESS FAITH IN GOD'S ABILITY

WEEK 2

TABERNACLE PRAYER

DAY 8: THE OUTER COURT- THANKSGIVING AND PRAISE

DAY 9: THE BRAZEN ALTER- THE CROSS OF JESUS

DAY 10: THE LAVER- CLEANSING AND PREPARING

DAY 11: THE CANDLESTICK- THE HOLY SPIRIT

DAY 12: THE TABLE OF SHEWBREAD- THE WORD OF GOD

DAY 13: THE ALTAR OF INCENSE- WORSHIP

DAY 14: THE ARK OF THE COVENANT- INTERCESSION

WEEK 3

PRAYING SCRIPTURE

DAY 15: 2 TIMOTHY 1:7

DAY 16: ACTS 4:31

DAY 17: PSALM 27:14

DAY 18: PSALM 144:1-2

DAY 19: ACTS 4:29-30

DAY 20: JOSHUA 1:9

DAY 21: PROVERBS 28:1



We are praying that this 21 days of prayer and fasting will grow you as a disciple of Jesus and create even more love, fire and courage to

**Love like the Father loves &
Living like Jesus in power &
Leading in the Spirit to Impact the World**

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LIFESTYLE PRAYER

LIFESTYLE PRAYER

LOVE like the Father Loves, LIVE like Jesus in Power & LEAD in the Spirit to
Impact the World!

At OLC, we want to help you to LOVE, LIVE and LEAD every day. One way to equip you is to show you more about prayer throughout these next 21 days. How do we make prayer a part of our everyday life? We can learn from three things that Jesus did, and begin to LOVE, LIVE & LEAD...

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).

- A CERTAIN TIME

Jesus got up very early in the morning to spend time with His Heavenly Father. We should do the same, and try to increase our time in prayer. Make a daily appointment with God and keep it.

- A CERTAIN PLACE

Jesus had a prayer place. Your prayer place needs to be an undistracted environment where you can pray out loud and perhaps have some worship music playing in the background. Although we can pray anywhere, having a designated place can help you focus.

- A CERTAIN PLAN

Go into your prayer time with a plan. If it changes that's fine. When Jesus taught His disciples how to pray, He gave His disciples a prayer outline. We call it the Lord's Prayer. This outline along with several other tools are available in this booklet .



THE LORD'S PRAYER

THE LORD'S PRAYER

One day Jesus was praying in a certain place. When He finished, one of His disciples said (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 today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one, for yours is the kingdom and the power and the glory forever"
(Matthew 6:9-13).

1. CONNECT WITH GOD RELATIONALLY

"...Our Father in heaven..."

You have not received a spirit that makes you fearful slaves. Instead, you call Him, "Abba, Father"
(Romans 8:15 NLT).

God loves for us to call Him our Father. Establish your intimate relationship with Him and thank Him for the relationship you have with Him.

2. WORSHIP HIS NAME

"...Hallowed be Your Name..."

God's name is a place of protection—the righteous can run there and be

What are His Names?

Righteousness – He makes me clean

Sanctifier – He has called me and set me apart

Healer – He heals all my diseases

Banner of Victory – He has defeated my enemy

Shepherd – He speaks to me and leads me

Peace – He is my peace in every storm

Provider – He supplies all of my needs

3. PRAY HIS AGENDA FIRST

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

But seek His kingdom, and these things will be added to you. (Luke 12:31 NASB)

God's priorities:

Saving the Lost

Guiding those in authority – parental, spiritual, governmental, workplace

His will in us

4. DEPEND ON HIM FOR EVERYTHING

“...Give us this day our daily bread...”

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 and then trust Him for the answer.

5. GET YOUR HEART RIGHT WITH GOD AND PEOPLE

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

*If we confess our sins, He is faithful and righteous to forgive us our sins and
cleanse us from all unrighteousness*

(1 John 1:9 NASB).

Ask God to check your heart and motives. Confess the sin/unrighteousness and receive His forgiveness for any area that He brings to mind.

Forgive anyone who has offended you in any way. You can even forgive people in advance.

6. ENGAGE IN SPIRITUAL WARFARE

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

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).

There are struggles against evil in our lives. We need to be strong, stand firm in the Lord and put on the full armor of God. The schemes of the devil are rooted in lies. Every lie that the enemy has told you should be replaced with the truth of God's Word.

7. EXPRESS FAITH IN GOD'S ABILITY

“...For yours is the Kingdom and the Power and the Glory forever.”

“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).

End your prayer time by reminding yourself of God's ability. Return to praise and make your faith declarations.

“Yours is the Kingdom” – all rule belongs to You

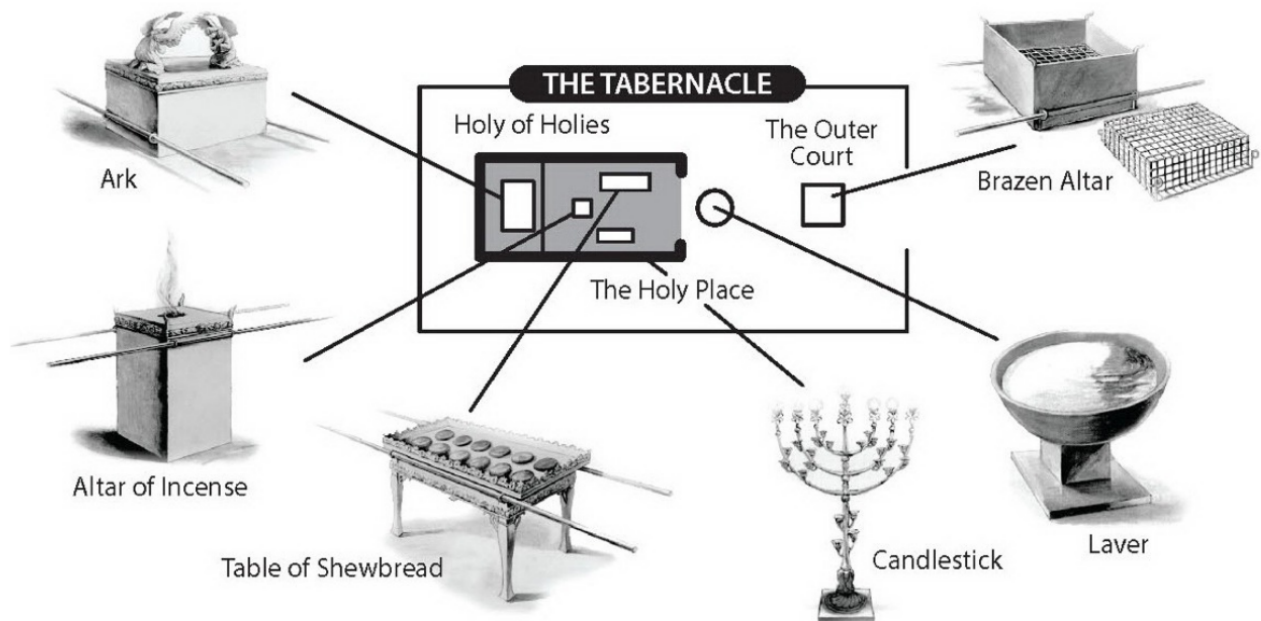
“Yours is the Power” – all mightiness flows from You

“Yours is the Glory” – Your victory shall be complete



TABERNACLE PRAYER

TABERNACLE PRAYER



The Tabernacle was the dwelling place of God where He met His people. As they entered the Tabernacle, they passed through seven stations as a protocol to God's presence. Today, these same steps can help us to connect with God and lead us through important elements of prayer.

8. THE OUTER COURT – THANKSGIVING AND PRAISE

Enter His gates with thanksgiving and His courts with praise; give thanks to Him, bless His name (Psalm 100:4 NASB).

As the people of God entered the Tabernacle, they came in with thanksgiving on their lips. Thanking God for all the blessings in your life is a great way to begin. Every day, think of a fresh reason why you love and appreciate God. Thank Him for His lovingkindness, and faithfulness.

9. THE BRAZEN ALTAR – THE CROSS OF JESUS

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 the Old Testament, everyone who committed sin had to bring animal sacrifices to be sacrificed to bring atonement. Jesus paid for all your sins once and for all, He was the perfect ultimate sacrifice. You simply need to receive the benefits of what Jesus did for you.

Salvation – God forgives all my sin

Healing – God heals all my diseases

Redemption – God rescues me from every attack

Transformation – God puts His love in me

Provision – God provides everything I need

10. Laver- Cleansing and Preparing

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship (Romans 12:1).

The next step in the Tabernacle was a bowl of water where people could wash. Checking your hearts and motives and then surrendering/offering your life to God is an important part of daily prayer. Here are some ways to keep your heart right with God.

Repent from any known sin by confessing and renouncing it.

Offer your body to God.

Your tongue – to speak good and not evil

Your eyes – to see God and the needs of others

Your ears – to be sensitive to His voice

Your hands – to do good to others

Your feet – to walk in God's ways

Offer your mind to God (Philippians 4:8; Romans 12:2).

Ask God to give you the fruit of the Spirit (Galatians 5:22-23).

11. THE CANDLESTICK – THE HOLY SPIRIT

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).

The next piece of furniture in the Tabernacle was a seven-branched golden candlestick. The fire from the candlestick represents the Holy Spirit. Every day you should invite the presence of the Holy Spirit into your life.

The Spirit of the Lord
The Spirit of Wisdom
The Spirit of Understanding
The Spirit of Counsel
The Spirit of Might
The Spirit of Knowledge
The Fear of the Lord

*You should also ask God to give you spiritual gifts
(1 Corinthians 12:8-10).*

12. THE TABLE OF SHEWBREAD – THE WORD OF GOD

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).

The table with twelve loaves of bread represents the importance of meditating and obeying God's Word daily. Allowing His Word to be your daily bread, not the things of this world. With this in mind, here are ways to nourish your soul:

Read God's Word everyday
Claim His many great promises.
Ask for fresh revelation of the Word.
Take time to meditate and obey God's Word each day.

You can search for a verse that relates to an area you want to overcome (fear, finances, purity, passion etc.). Meditate on the verse day and night and ask God how you can live that verse out every day. Then obey Him.

13. THE ALTAR OF INCENSE – WORSHIP

*The name of the LORD is a strong tower; the righteous run to it and are safe
(Proverbs 18:10).*

A small altar of burning incense stood at the entrance to the Holy of Holies, where God's presence dwelt. This altar represents worship. The people of God literally entered God's presence worshipping the Names of God, including:

God is My Righteousness – Jeremiah 23:6
God is My Sanctifier – Leviticus 20:7-8
God is My Healer – Exodus 15:26
God is My Provider – Genesis 22:14
God is My Banner of Victory – Exodus 17:15
God is My Peace – Judges 6:24
God is My Shepherd – Psalm 23:1
God is Always There – Ezekiel 48:35

14. The Ark of the covenant - Intercession

*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).*

The final place in the Tabernacle was the place where God's presence dwelt. It was there that the priest interceded on behalf of the people. In the New Testament, you and I are all called priests and instructed to intercede for others.

Those in authority – spiritual, civil, family,
and workplace
My family My church – Pastors, Living Group, members,
LOVE, LIVE, LEAD My city, nation, and world
My needs

21

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PRAYING SCRIPTURE

PRAYING SCRIPTURE

Praying with scripture is the most powerful prayers that we can pray.

When we include God's Word in our prayers, we are including His promises and His decrees. God's Word will never fail. Let's use His Word to intercede for ourselves and for others within our lives. You can make the scripture as personal as you desire, even putting your name within the scripture as you pray.

"Heaven and earth will pass away, but My words will not pass away"
Matthew 24:35

15. 2 Timothy 1:7

"For God has not given us a spirit of fear, but of power and of love and of a sound mind."

I know that any anxiety, fear, or doubt does not come from you, Lord. It comes from my flesh and from the enemy. Therefore, I will not give room for those thoughts to linger. I receive, instead the Holy Spirit's power, love and self-discipline to forge ahead. Thank you, Lord, for filling me with Your power and love to make the right decisions and move forward with courage today.

16. Acts 4:31

"And when they had prayed, the place where they were assembled together was shaken; and they were all filled with the Holy Spirit, and they spoke the word of God with boldness."

Father I ask that you fill me with Your Spirit. Too that I may speak Your Word with boldness. My flesh is weak and only You have this power. Fill my mouth with words from heaven so that I can speak without fear and testify without hesitation.

17. Psalm 27:14

“Wait on the Lord; be of good courage, and He shall strengthen your heart; Wait, I say, on the Lord!”

As I wait on You, Lord, strengthen my hear and my resolve to do what is right. Help me to not rush ahead but to wait for Your perfect timing.
Fine-tune my heart to hear Your directives and follow Your every command.

18. Psalm 144:1-2

“Blessed be the Lord my Rock, who trains my hands for war, and my fingers for battle- My lovingkindness and my fortress, my high tower and my deliverer, my shield and the One in whom I take refuge, who subdues my people under me.”

Father God, train me in this battle. Teach me how to war in the spirit and not in my flesh. Show me how to wield the sword of Your Word with power and accuracy. You are my Champion and Hero of faith. As my Strong Tower and Deliver, empower me to stand strong for the honor of Your name.

19. Acts 4:29-30

“Now, Lord, look on their threats, and grant to Your servants that with all boldness they may speak Your word, by stretching out Your hand to heal, and that signs and wonders may be done through the name of Your holy Servant Jesus.”

Holy Spirit, speak through me! I ask that you fill me with Your righteous zeal, and your fire, to answer those who oppose You. May my witness and my testimony demonstrate the supremacy of Your Kingdom and the power of Your Spirit. May signs, wonders, and miracles come as a result of taking a righteous stand for truth.

20. Joshua 1:9

"Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go."

Thank you for going before me, Lord. I will not give in to fear or anxiety because You are with me in this battle. I refuse the voices that tell me to retreat or give up. I will not yield to my flesh that is telling me to stop hoping for victory. You are my Courage and my Strength to go on. With you, I can do this, Lord.

21. Proverbs 28:1

"The wicked flee when no one pursues, but the righteous are bold as lions."

Forgive me, Lord, for being weak of heart and wanting to run from my troubles. Help me to remain steadfast and trust in You. Lord I ask for a boldness that defies the enemy and stand up to my opposition. Take my hesitation and transform it into a holy passion that is backed by heaven. May my voice be as a roaring lion to Your enemies and silence their empty threats.

Testimony **TUESDAY**

LET'S CELEBRATE TOGETHER TONIGHT

7 PM SERVICE
POTLUCK DINNER AFTER

Remember that when you STIW you need to do the following things:

S- SCRIPTURE Write out the scripture exactly

T- TO TELL Write out in your own words what the scripture means and anything God is revealing to you. In this section, you will write out something like a summary. Something you could read to someone else explaining the scripture. Next, you need to go and tell someone about this scripture.

I- I WILL Ask the Lord how He wants you to obey this scripture. Then write out a promise that you will do to obey this scripture in your everyday life.

W- WE WILL This is for when you are leading someone else, you can write out what you all will do to obey this scripture.

Here is an example of a STIW completed by one of the members of OLC.

S	T	I	W
Acts 22:16 And now why do You delay? Arise, and be baptized and wash away your sins, calling on His name.	After looking up this phrase in other places in the bible (call on His name) I realized that this is not just saying His name. To call upon the name of the Lord is to worship Him, to call for the presence of God in your life and even to call Him to do something specific in you. It is also to pray to Him and surrender to His ways (baptism). It is making Him your God. When the scripture says why do you delay, stop procrastinating, you must obey the Lord now.	I will not delay in my obedience to the Lord. I will obey Him by being in His word every day, pray each day and find ways to worship Him	We will obey the Lord by including scripture in each thing that we do.



P R A Y E R & F A S T I N G



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**ADDITIONALS PRAYERS THAT YOU CAN
REVIEW AND ADD WITHIN YOUR PRAYER LIFE**

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).

THE ARMOR OF GOD

(based on Ephesians 6:13-17)

"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 assaults 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 the truths I need 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 assault of the enemy. You have good in store for me. 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."

PROTECTION PRAYER

(based on 2 Corinthians 6:14-7:1, 10:3-5; Romans 12:1,2)

“Heavenly Father, I bow in worship and praise before You. I cover myself with the blood of the Lord Jesus Christ as my protection. I surrender myself completely and unreservedly in every area of my life to You. I submit myself only 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 pull down every thought that exalts itself against the knowledge of Christ. I pray and thank you for a sound mind, the mind of Christ.

Today and everyday I ask for protection over my spouse; each of my children; our

immediate family members, relatives, friends, acquaintances and myself. I also ask today for protection during all of our travels; for our provision, finances, possessions, health, safety, and welfare. I pray these things so that you will be glorified in all of their lives and that they are able to advance your kingdom with power from the Holy Spirit.

GENERAL CONFESSION PRAYER

(based on Romans 10:10; James 5:16; I John 1:7-10, 3:8)

Take a moment and write out the sins that are weighing you down and continue to occur within your life that you want to get rid of at the bottom of this page. Pray this prayer:

“Lord Jesus, I believe that You are the Son of God and that you came to destroy the works

of the devil. Thank you for dying on the cross for my sins and raising me on the third day from the dead. Lord, I renounce the acts of ____ (list out the sins). Lord, forgive me & I forgive myself. I choose today to give to you these sins.”

Now gather up the sins in your mind and put them in a bag, or a box or whatever you

FREEDOM PRAYER

(based on Ephesians 4:26-27, 4:31, Colossians 3:8 & 1 Peter 5:7)

Make a list of the people that you have negative emotions for (ex: anger, disappointment, hurt and hatred) below. Take some time and renounce these emotions and give them to the Lord, so that you are not allowing the devil to take a foothold. You can follow this prayer:

“Lord, I renounce the ____ (negative emotion) that I have for ____ (name of person) I feel this

way because ____ (tell the Lord why you have these negative emotions, what happened or what did that person do to you). I forgive and bless him/her in the name of Jesus. I choose today to give you all of these negative emotions.

Now gather up that negative emotion in your mind and put it in a bag, or a box or whatever you choose and give it to the Lord.

"He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress; My God, in Him I will trust." Surely He shall deliver you from the snare of the fowler And from the perilous pestilence. He shall cover you with His feathers, And under His wings you shall take refuge; His truth shall be your shield and buckler. You shall not be afraid of the terror by night,

Nor of the arrow that flies by day, Nor of the pestilence that walks in darkness, Nor of the destruction that lays waste at noonday. A thousand may fall at your side, And ten thousand at your right hand; But it shall not come near you. Only with your eyes shall you look, And see the reward of the wicked. Because you have made the Lord, who is my refuge, Even the Most High, your dwelling place, No evil shall befall you, Nor shall any plague come near your dwelling; For He shall give His angels charge over you, To keep you in all your ways. In their hands they shall carry you up, Lest you dash your foot against a stone. You shall tread upon the lion and the cobra, The young lion and the serpent you shall trample under foot.

"Because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he has known My name. He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him. With long life I will satisfy him, And show him My salvation."

Psalm 91

Lord, I thank you that I can abide in your shadow and make you my refuge. You are my fortress and I trust in you. The things that are coming against me will not be able to stand against your truth. I will not be afraid because you are my Lord and my refuge. You are my dwelling place and your word says that no evil or plague shall come near to me. Thank you for delivering me and setting your love upon me. I will call upon your name, the name above all names and your word says that you will answer me. Thank you for loving me and giving me my salvation. To you be the glory! In Jesus name, Amen.



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PERSONAL PRAYERS

PERSONAL PRAYERS

*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).*

Pray for those in authority and those under your authority. Take some time to list out these people so that you can be praying over them during your time of prayer.

MYGOVERNMENT

PRESIDENT

NATIONAL LEADERS

STATE LEADERS

CITY LEADERS

MY FAMILY

SPOUSE CHILDREN

PARENTS SIBLINGS

EXTENDED FAMILY

MY CHURCH

PASTORS

LIVING GROUP LEADER

LIVING GROUP MEMBERS

MYLIFE

EMPLOYER

CO-WORKERS

TEACHERS/PROFESSORS

CLASSMATES

THOSE I INFLUENCE

CLOSE FRIENDS

NEIGHBORS

OTHERS

THOSE WHO NEED JESUS

MY PERSONAL NEEDS

PERSONAL GROWTH IN CHRIST

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