3. Church members for publishing houses, overseas work, etc.

"Sustain the publishing institution with your prayers and your means. Pray every morning and evening that it may receive God's richest blessings" (77 182).

"All who could not personally engage in the work in mission lands would yet sustain it with their means, their sympathy, and their prayers" (SC 81 emphasis added).

4. Hospital workers (and others) for the sick

"When you neglect to pray for the sick, you deprive them of great blessings; for angels of God are waiting to minister to these souls in response to your petitions" (*MR* 195).

5. Workers for fellow laborers—2 Timothy 1-3

"Too often we forget that our fellow laborers are in need of strength and cheer. Take care to assure them of your interest and sympathy. Help the fellow-workers by your prayers, and let them know that you do it" (*MH* 492).

Family Worship

"O magnify the Lord with me; let us exalt His name together" (Psalms 34:3).

"I know of nothing that causes me so great sadness as a prayerless home. I do not feel safe in such a house for a single night; and were it not for the hope of helping the parents to realize their necessity and their sad neglect, I would not remain. The children show the result of this neglect, for the fear of God is not before them" (Signs of the Times August 7, 1884).

I. Benefits of family worship when rightly conducted and responsibility for conducting family worship

"Before leaving the house for labor, all the family should be called together, and the father, or the mother in the father's absence, should plead fervently with God to keep them through the day. Come in humility and with a heart full of tenderness and with a sense of the temptations and dangers before yourselves and your children; by faith bind them upon the alter, entreating for them the care of the Lord. Ministering angels will guard children who are thus dedicated to God" (1T 397-98). See also 7T 44.

II. How and when to schedule

"In every family there should be a fixed time for morning and evening worship. How appropriate it is for parents to gather their children about them before the fast is broken, to thank the heavenly Father for His protection during the night, and to ask Him for His help and guidance and watchcare during the day! How fitting, also when evening comes, for parents and children to gather once more before Him and thank Him for the blessings of the day that is past!" (77 43).

"Family worship should not be governed by circumstances. You are not to pray occasionally, and when you have a large day's work, neglect it. In thus doing you lead your children to look upon prayer as of no special consequence" (*ML* 29).

"At an early hour of the evening, when we can pray unhurriedly and understandingly, we should present our supplications, and raise our voices in happy, grateful praise" (MYP 342).

III. Suggestions about how to conduct family worship

"The service should be short. When a long chapter is read and a long prayer offered, the service is made wearisome, and at its close a sense of relief is felt. God is dishonored when the hour of worship is made dry and irksome, when it is so tedious, so lacking in interest, that the children dread it" (77 43).

"Fathers and mothers, make the hour of worship intensely interesting. There is no reason why this hour should not be the most pleasant and enjoyable of the day. A little thought given to preparation for it will enable you to make it full of interest and profit. From time to time let the service be varied. Questions may be asked on the portion of Scripture read, and a few earnest, timely remarks may be made. A song of praise may be sung. The prayer offered should be short and pointed. In simple, earnest words let the one who leads in prayer praise God for His goodness and ask Him for help. As circumstances permit, let the children join in the reading and the prayer" (UT 43).

"Let not those who kneel around the family alter put their faces in their hands close down to the chair when they address God. Let them lift up their heads and with holy awe speak to their heavenly Father, uttering their words in tones that can be heard" (*6T* 381).

Variety in Family Worship

"Your words were found and I ate them, and Your Word was to me the joy and rejoicing of my heart" (Jeremiah 15:16).

Most of the following suggestions were contributed by members of a summer "Ministry of Prayer" class during a class discussion.

- 1. **Use a modern speech version** and read one or more of the gospels through a few paragraphs or a chapter at a time. Have all who are old enough participate in the reading by changing readers every paragraph or two. The one leading out should ask questions that will spark discussion.
- 2. **Develop PowerPoint presentations to use occasionally**. Use digital photos or scan pictures of memories—family trips, a birthday, etc. You can also build programs around specific themes—the glory of the stars, for example—by searching the Internet for possibilities.
- 3. Occasionally have a worship built around music, using the varied skills of family members. One or more appropriate Bible and Spirit of Prophecy statements about song could be incorporated into the presentation. Some songs—"This Is My Father's World," for example—can be beautifully illustrated with color slides. If there is someone in the family who has taken digital pictures or color slides, a good Sabbath afternoon project could be to put together one or more illustrated songs that could then be used from time to time as the worship presentation.
- 4. In families where there are children ages 9-11, **prepare a worship notebook** as a Sabbath afternoon activity. Each page could contain a song, text, picture, story, or poem and, depending on the ages of the children, finger plays or other illustrative materials. Cover the completed pages with plastic. Then let children take turns choosing which page they want for worship.
- 5. With primary-age children, **collect leaves and press them**. Use spray paint to transfer leaf images to the pages of a notebook. Write a Bible promise within each leaf image. The notebook can be constructed as a Sabbath afternoon activity and then used periodically for worships.

As a variation, use snowflake patterns and write promises on them. Include Isaiah 1:18 and other statements having to do with personal salvation.

- 6. Occasionally conduct a thanksgiving service. Invite each person to mention one or more things they are thankful for. As a variation, invite a neighbor or other church members—especially new converts—to join you. Explain ahead of time to your guests what the worship will consist of and invite them to share.
- 7. Use **Bible story recordings** periodically. Provide opportunity for questions and discussion. Sometimes read a paragraph with an appropriate spiritual lesson from the

Family Time

"Let the members of the family forget not, as they gather round the family altar, to pray for the men in positions of responsibility in God's work. The physicians in our sanitariums, the ministers of the gospel, those in charge of our publishing houses and schools, need your prayers. They are tempted and tried.

As you plead with God to bless them, your own hearts will be subdued and softened by His grace" HP 211 (R&H Jan. 28, 1904).

As a family, consider choosing an elementary school teacher, academy or college staff member, conference office staff member, literature evangelist or physician to include in your prayer list. Choose one this week and different ones in following weeks.

Conflict of the Ages book that goes with the story.

- 8. Use **the 10 volumes of** *The Bible Story*, possibly using one book at a time and then going to something else for a while. When appropriate, select a song that goes with the story.
- 9. As a family, **memorize one Scripture passage** or statement per week. During one of the worships early in the week select a Scripture and take time for each person to copy it on a 3x5 card to carry until it is memorized. Review during the week, perhaps by an interesting question related to the passage. Periodically—perhaps at the end of a quarter—review all the memorized passages.
- 10. **Memorize a brief Ellen White statement** once or twice a week, and review these periodically. Here are some suggestions for a beginning:
 - a. "Our prayers should be more fervent; then they will be more effectual. Stronger and stronger should be our confidence that God's Spirit will be with us, making us pure and holy, as upright and fragrant as the cedars of Lebanon" (77 251).
 - b. "Prayer is the key in the hand of faith to unlock heaven's storehouse, where are treasured the boundless resources of omnipotence" (SC 94-5).
 - c. "When you neglect to pray for the sick, you deprive them of great blessings, for angels of God are waiting to minister to these souls in response to your petitions" (*MM* 195).
 - d. "He is a lover of the beautiful, and above all that is outwardly attractive He loves beauty of character; He would have us cultivate purity and simplicity, the quiet graces of the flowers" (SC 85).
 - e. "The surrender of all our powers to God greatly simplifies the problem of life. It weakens and cuts short a thousand struggles with the passions of the natural heart" (*MYP* 30).
- 11. When your children are old enough to participate, develop a plan to **systematically read aloud the books in the Conflict of the Ages** set for evening worship. Each person should have his or her own copy of the selected book. The amount of time spent in reading can vary, but probably should not exceed 10 or 15 minutes on a weekday evening. Rotate the reading by changing readers every couple of paragraphs. Encourage each member to underline thoughts they especially want to remember.
- 12. When children are old enough to participate, **use the Testimonies for evening worship**. Develop a plan that will actively involve each member of the family. Here's one plan: Place a set of the Testimonies on a table in the living room. As the family gathers for worship, each person selects a book and reads silently until they find a statement they feel would be especially good to share. After a few minutes of silent reading, each person reads aloud the sentence or statement they have selected. As time permits, statements will often spark discussion.

A variation of this plan, good for Friday evening when there is more time for reading and discussion, is to select a topic such as prayer, Sabbath observance, etc., and have each person find a statement on that topic by using the index at the back of each volume.

"The hours of morning and evening worship should be the sweetest and most helpful of the day. Let it be understood that into these hours no troubled, unkind thoughts are to intrude; that parents and children assemble to meet with Jesus, and to invite into the home the presence of angels. Let the service be brief and full of life, adapted to the occasion, and varied from time to time. Let all join in the Bible reading, and learn and often repeat God's law. It will add to the interest of the children if they are sometimes permitted to select the reading. Question them upon it, and let them ask questions. Mention anything that will serve to illustrate its meaning. When the service is not thus made too lengthy, let the little ones take part in prayer, and let them join in song, if it be but a single verse" (Ed 186).

Teaching Children Good Devotional Habits

"Train up a child in the way he should go, and when he is old he will not depart from it" (Proverbs 22:6).

I. A wonderful promise-Proverbs 22:6

"Only let the truth for this time be cordially received and become the basis of character, and it will produce steadfastness of purpose, which the allurements of pleasure, the fickleness of custom, the contempt of the world-loving, and the heart's own clamors for self-indulgence are powerless to influence" (57 43).

NOTE: The above encouraging statement is from a message entitled "Parental Training" (5T 36-45). See the entire message for more practical counsel.

II. Establish the habit of family prayer

"In too many households prayer is neglected. Parents feel that they have no time for morning and evening worship. They cannot spare a few moments to be spent in thanksgiving to God for His abundant mercies—for the blessed sunshine and the showers of rain, which cause vegetation to flourish, and for the guardianship of holy angels. They have no time to offer prayer for divine help and guidance and for the abiding presence of Jesus in the household. They go forth to labor as the ox or the horse goes, without one thought of God or heaven. They have souls so precious that rather than permit them to be hopelessly lost, the Son of God gave His life to ransom them; but they have little more appreciation of His great goodness than have the beasts that perish" (*PP* 143).

"Like the patriarchs of old, those who profess to love God should erect an altar to the Lord wherever they pitch their tent. If ever there was a time when every house should be a house of prayer, it is now. Fathers and mothers should often lift up their hearts to God in humble supplication for themselves and their children. Let the father, as priest of the household, lay upon the altar of God the morning and evening sacrifice, while the wife and children unite in prayer and praise. In such a household Jesus will love to tarry" (*PP* 144).

III. Encourage personal devotional habits-Deuteronomy 6:4-7

The following is probably the most important child-training instruction given in Scripture: "And these words which I command you this day shall be upon your heart; and you shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise" (Deuteronomy 6:6, 7).

This kind of teaching- "here a little and there a little" (1T 390)—makes religion a natural part of daily life. It creates an atmosphere in which good personal devotional habits are readily established. Note, in addition, the practical suggestions given below:

1. Remember that right pre-natal influences give children good spiritual qualities

"If before the birth of her child she is self-indulgent, if she is selfish, impatient, and exacting, these traits will be reflected in the disposition of the child...But if the mother unswervingly adheres to right principles, if she is temperate and self-denying, if she is kind, gentle, and unselfish, she may give her child these same precious traits of character" (*MH* 372-3).

2. Give the Holy Spirit opportunity, through you, to mold your little ones from their earliest moments

"Even the babe in its mother's arms may dwell as under the shadow of the Almighty through the faith of the praying mother. John the Baptist was filled with the Holy Spirit from his birth. If we live in communion with God, we too may expect the divine Spirit to mold our little ones, even from their earliest moments" (DA 512).

3. Expect little ones to develop an experience "in accordance with their years"

"Little children may be Christians, having an experience in accordance with their years. They need to be educated in spiritual things, and parents should give them every advantage" (DA 515).

"In working for the conversion of our children, we should not look for violent emotion as the essential evidence of conviction of sin. Nor is it necessary to know the exact time when they are converted. We should teach them to bring their sins to Jesus, asking His forgiveness, and believing that He pardons and receives them as He received the children when He was personally on Earth" (DA 515).

4. Clearly explain how a person becomes a Christian

"Parents should explain and simplify the plan of salvation to their children that their young minds may comprehend it. Children of eight, ten, or twelve years are old enough to be addressed on the subject of personal religion. Do not teach your children with reference to some future period when they shall be old enough to repent and believe the truth. If properly instructed, very young children may have correct views of their state as sinners and of the way of salvation through Christ" (1T 400).

5. Give sour children an example of cheerfulness and gratitude

"Smile, parents; smile, teachers. If your heart is sad, let not your face reveal the fact. Let the sunshine from a loving, grateful heart light up the countenance. Unbend from your iron dignity, adapt yourselves to the children's needs, and make them love you. You must win their affection if you would impress religious truth upon their heart" (CG 148).

6. Encourage in your children the expression of love, gratitude, and thankfulness

"Encourage the expression of love toward God and toward one another...If we wish our children to possess the tender spirit of Jesus, and the sympathy angels manifest for us, we must encourage the generous, loving impulses of childhood" (DA 516).

"Parents, let the sunshine of love, cheerfulness, and happy contentment enter your own hearts; let its sweet, cheering influence pervade your home. Manifest a kindly, forbearing spirit; and encourage the same in your children, cultivating all the graces that will brighten the home life" (CC 146).

7. Use nature to help children develop a devotional spirit

"Teach the children to see Christ in nature. Take them out into the open air, under the noble trees, into the garden; and in all the wonderful works of creation teach them to see an expression of His love" (DA 516).

8. Make the Sabbath a day of delight

"Thus parents can make the Sabbath, as it should be, the most joyful day of the week. They can lead their children to regard it as a delight, the day of days, the holy of the Lord, honorable" (67 359).

9. Show by your example that you find the Bible intensely interesting

"But if they would interest their sons and daughters in the word of God, they must be interested in it themselves" (*PP* 504).

10. Study the Bible with your children

"Parents, set apart a little time each day for the study of the Sabbath School lesson with your children...Let the more important passages of Scripture connected with the lesson be committed to memory, not as a task, but as a privilege. Though at first the memory be defective, it will gain strength by exercise, that after a time you will delight thus to treasure up the words of truth" (CC 512).

"Do not think that the Bible will become a tiresome book to the children. Under a wise instructor the Word will become more and more desirable. It will be to them as the bread of life; it will never grow old. There is in it a freshness and beauty that attract and charm the children and youth" (CG 514).

NOTE: Probably the worst enemy of Bible study is the TV. Experience has proven, again and again, that children can be brought up to love the Lord and His word much more successfully if there is no TV set in the home, and if they are kept so occupied with good things that they do not watch TV with the neighbors.

11. Keep family worship brief, interesting, and to the point

"In arousing and strengthening a love for Bible study, much depends on the use of the hour of worship. The hours of morning and evening worship should be the sweetest and most helpful of the day. Let it be understood that into these hours no troubled, unkind thoughts are to intrude; that parents and children assemble to meet with Jesus and to invite into the home the presence of holy angels. Let the services be brief and full of life, adapted to the occasion, and varied from time to time" (CG 522).

12. Encourage children to read the Bible on their own

"Let the youth be taught to love the study of the Bible. Let the first place in our thoughts and affections be given to the Book of books" (CG 513).

"Encourage the children and youth to seek out its treasures, both of thought and of expression" (CC 513).

"They should supply them with useful and interesting books, and should teach them to work, to have hours for physical labor, and hours to devote to study and reading" (UT 399).

13. Encourage personal prayer

"Let the youth follow His example in finding at dawn and twilight a quiet season for communion with their Father in heaven" (*Ed* 259).

In Preparing the Man and the Church-

What We Should Pray For!

- 1. We are to ask for Christ again to be revealed in His fullness through the Holy Spirit's power (COL 121).
- 2. We are to plead for this "added power," addressing our petitions to the Lord of the harvest (AA 45, 55).
- 3. We are to pray for the "ripening of the harvest" and the promised seasons of refreshing (AA 35, 45).
- 4. We are to pray for multiplied thousands quickly to take their stand with us, as promised (GC 611-612).
- 5. We are not to look for this vaguely, sometime in the future. We are to pray for and seek it now (*R&H*, March 19, 1985).
- 6. We are to ask God to prepare His saints to stand during the period of the seven last plagues when there is no intercessor (*EW* 65, 66).
- 7. We are to ask God to break the shackles that hold people back from accepting His liberating message of truth (*Ibid.* 271).
- 8. We are to ask God to lighten the earth with His glory, and for the blazing light to penetrate everywhere (*R&H*, November 29, 1892).
- 9. We are to ask for the coming of the blessed angel of Revelation 18 to give the added power and augmenting force to our message and for its fearless proclamation (*EW* 277).
- 10. We are to plead for a new revelation of Christ and His righteousness, a realizing sense of His personal presence and His enabling, energizing power, and the lightening of the earth with "the bright shining of the beams of His righteousness" (*R&H*, November 29, 1892). That involves a new emphasis, based on a new experience. And most of all, we are to pray first of all for a personal Pentecost, the conversion of the early rain, and then for genuine sanctification, the perfecting grace of the latter, lest we ourselves become castaways, and the responsibility for the souls of others lie at your door (*TM* 507, 508).

Hindrances to Receive the Latter Rain!

- 1. The heavenly refreshing will not come to those who are unready for it, because they have been wasting their time by giving attention to trifles (*R&H*, March 29, 1892).
- 2. The divine power and the great things of God will not be received so long as we are satisfied with small things" (*Ibid.*, November 15, 1892).
- 3. The operation of the Spirit will not come upon those who "do not appropriate the righteousness of Christ" (*Ibid.*, November 29, 1892; Ev 697).
- 4. It is impossible for men to be endowed with the Holy Spirit when they are set in their ideas and doctrinal views (*R&H*, March 19, 1895).
- 5. The outpouring of the Spirit without measure will not come upon the selfish and self-indulgent and those who fail to live up to the light that has been given to them. That is most vital. That involves known carelessness and personal indulgence (*Ibid.*, October 6, 1895).
- 6. The church will never be clothed with power until "envy, evil surmising, and evil-speaking" are put away (*Ibid.*, October 6, 1896).
- 7. We shall never be filled with the spirit so long as we rest "content with small blessings," and are "satisfied with a ripple on the surface" (*Ibid.*, June 10, 1902).
- 8. The Spirit will not fall upon us until our hearts are in unity with Christ and our lives in harmony with His work (*Ibid.*, June 30, 1903).
- 9. The showers of the latter rain will never refresh and invigorate the spiritually indolent and indifferent (*Ibid.*, May 17, 1906).
- 10. The power that lightens the earth with His glory will not move those who do not humble themselves before the Lord and open the door by confession and repentance or who think this work of the Spirit is something "dangerous" (*Bible Training School*, May 1907).
- 11. The Spirit will not be poured out so long as men are striving for highest honor, place, or position, as before Pentecost (Signs of the Times, February 17, 1914).

Power of the Latter Rain!

- 1. Pentecostal results will be repeated when the loud cry sounds forth, and there will be as many converted in a day as back at Pentecost (*R&H*, June 29, 1905).
- 2. Under the loud cry thousands will step out from the shadows into the light, surmounting all obstacles and breaking all ties that bind (*R&H*, July 23, 1895).
- 3. At that time many backsliders will return to the church as these wandering sheep again hear and heed the voice of the great shepherd (67 401; Ev 694).
- 4. The light of God will penetrate and illuminate "every city and town," and the earth will then be "filled with the knowledge of salvation" (*R&H*, October 13, 1904; Ev 694).
- 5. Divine power will cooperate effectively with human effort (R&H, November 15, 1892).
- 6. Many, many of the inhabitants of earth will be brought to take their stand (GC 612).
- 7. The shackles that have bound a host of souls will be broken, and they will eagerly lay hold of truth (EW 271).
- 8. The study of the Bible will absorb the mind, and its truths will feast the soul (*R&H*, February 25, 1890).
- 9. The Lord's people will be sealed in their foreheads (Ibid., June 10, 1902).
- 10. The saints will be prepared to stand through the seven last plagues (EW 86).
- 11. The seed, sown long ago and seemingly dormant, will spring up and bear its blessed fruit (GC 612).
- 12. Christ will again be revealed in His fullness, and His righteousness will be preeminent (*R&H*, November 29, 1892).
- 13. The message will be carried by conviction and the deep moving of the Spirit rather than by argument, logic, or form and force of words and by men qualified by the unction of the Spirit rather than by mere training in literary institutions (GC 606; Ev 699, 700).
- 14. A great many hesitant ministers, not of our faith, will be impelled to take their stand with us, and preach the truth for this time (DA 266; Ev 562, 563).

15. Even uneducated adults and children will be impelled to give this message from heaven, and multitudes will "receive the faith and join the armies of the Lord" (*R&H*, July 23, 1895; *Ev* 700).

An understanding of our true condition is imperative!

- 1. "I was shown that God's people are waiting for some change to take place- a compelling power to take hold of them. But they will be disappointed, for they are wrong. They must act: They must take hold of the work themselves, and earnestly cry to God for a true knowledge of themselves" (1T 261 emphasis added).
- 2. "The time is not far distant when the test will come to every soul. The mark of the beast will be urged upon us. Those who have step by step yielded to worldly demands, and conformed to worldly customs, will not find it a hard matter to yield to the powers that be, rather than subject themselves to derision, insult, threatened imprisonment, and death. The contest is between the commandments of God and the commandments of men. In this time, the gold will be separated from the dross in the church. True godliness will be clearly distinguished from appearance and tinsel of it. Many a star that we have admired for its brilliancy will then go out in darkness. Chaff like a cloud will be borne away on the wind, even from the place we see only floors of rich wheat. All who assume the ornaments of the sanctuary, but are not clothed with Christ's righteousness, will appear in the shame of their own nakedness" (5T 81 emphasis added).
- 3. Every individual must realize his own necessity. The heart must be emptied of "every defilement, and cleansed for the indwelling of the Spirit" (*TM* 507).
- 4. "Now is the time to prepare. The seal of God will never be placed upon the forehead of an impure man or woman. It will never be placed upon the forehead of the ambitious, world-loving man or woman. It will never be placed upon the forehead of men or women of false tongues or deceitful hearts. All who receive the seal must be without spot before God—candidates for Heaven" (57 216).
- 5. "Wherefore, beloved, seeing that ye look for such things, be diligent that ye may be found of Him peace, without spot, and blameless" (2 Peter 3:14).
- 6. "Before honor is humility. To fill a high place before men, Heaven chooses the worker who, like John the Baptist, takes a lowly place before God. The most childlike disciple is the most efficient in labor for God. The heavenly intelligences can cooperate with him who is seeking, not to exalt self, but to save souls" (DA 436).
- 7. "When you return from doing missionary work, do not praise yourself, but exalt Jesus; lift up the cross of Calvary" (57 596).

Power!

- 1. "At this very hour His Spirit and His grace are for all who need them and will take Him at His word" (87 20 emphasis supplied).
- 2. "The promise of the Holy Spirit is not limited to any age or to any race" (AA 49).
- 3. "The Lord is more willing to give the Holy Spirit to those who serve Him than parents are to give good gifts to their children" (AA 50).
- 4. "The Holy Spirit will come to all who are begging for the bread of life to give to their neighbors" (67 90).
- 5. "The Spirit awaits our demand and reception. Christ is again to be revealed in His fullness by the Holy Spirit's power" (COL 121).
- 6. "For the daily baptism of the Spirit, every worker should offer his petition to God" (AA 50).
- 7. "Let Christians put away all dissension and give themselves to God for the saving of the lost. Let them ask in faith for the promised blessing, and it will come" (87 21).
- 8. "The disciples did not ask for a blessing for themselves. They were weighted with the burden of souls. The gospel was to be carried to the ends of the earth, and they claimed the endowment of power that Christ had promised. Then it was that the Holy Spirit was poured out, and thousands were converted in a day" (Southern Watchman, August 1, 1905).

9. "The presence of the Spirit with God's workers will give the proclamation of truth a power that not all the honor or glory of the world could give" (AA 51).

—Compiled by Dr. Philip Willis

is the dress in the church. Thus codiness will be dead with district from



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THE LORD'S PRAYER

A MODEL FOR PRAYER

Focus upon God

- a. Hallowed be Your name
 - (1) Praise God for His character
 - (2) Praise God for His works
- b. Your kingdom come (acceptance of Christ as Savior and Lord)
 - (1) in my own life
 - (2) intercede for others
 - a. family
 - b. friends
 - c. church
 - d. country/world
- c. Your will be done
 - (1) lay out my plans before the Lord
 - (2) intercede for others

Present our needs

- d. Give us this day our daily bread
 - (1) present specific physical needs before the Lord
 - (2) claim His promises to provide
- e. Forgive us our debts
 - (1) confess specifics personal sins and sins of family
 - (2) claim His promises of forgiveness, cleansing and healing
- f. Deliver us from evil
 - (1) accept power from God through the anointing of the Holy Spirit
 - (2) put on the whole armor of God.

Focus upon God

- g. conclude by giving praise and glory to God
- h. trust in his abiding presence