



WAKEUP DEBORAH

# PRAYING FOR YOUR CHILDREN

LEARN POWERFUL STRATEGIES  
TO PRAY FOR YOUR CHILDREN

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YFC CALGARY

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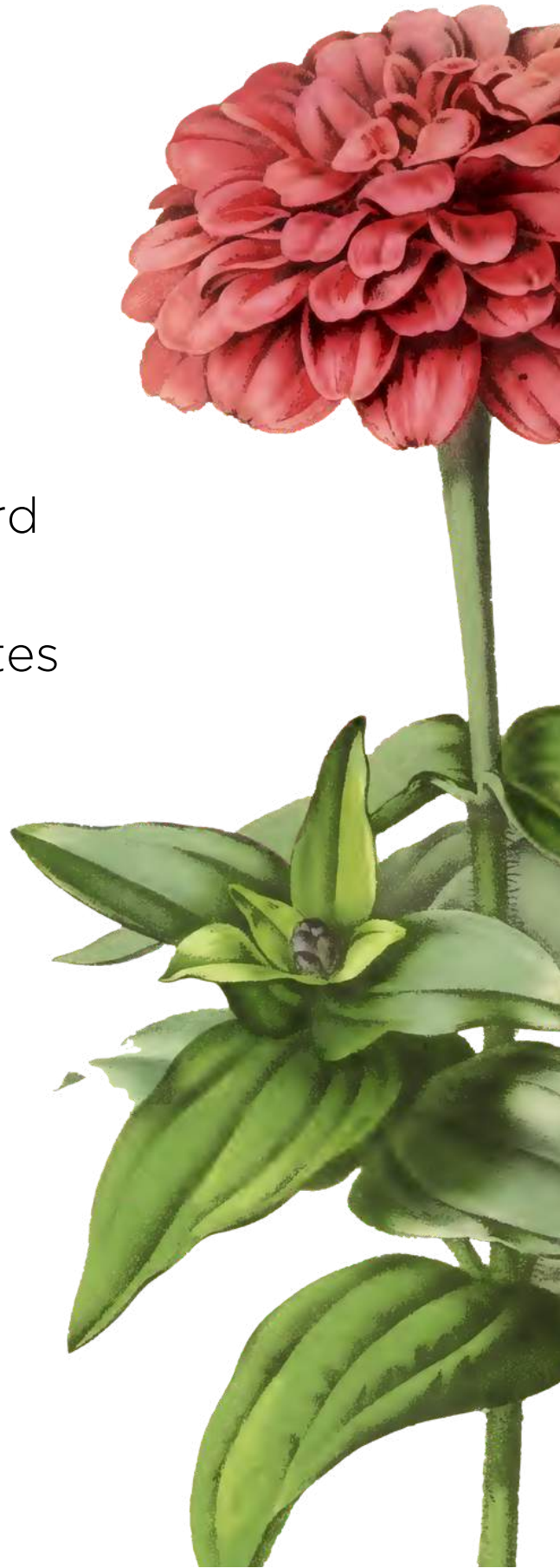
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# INTRODUCTION

There is a group of mothers who have decided to partner with one another in educating their children. Realizing that it would be difficult to do it alone, they decided to share the responsibility. During this process, they also learned to partner with God in this task. They pray for God direction, wisdom and leading each day and He answers!

The ability to reach out in prayer and have our prayers answered in return, this is made possible only through the Lord Jesus Christ.

I am part of this group of mothers. We have learned that everything can be discussed with God in a simple way. We do not need to use big words or elaborate phrases in our conversation with Him. We can talk to Him as we would with a friend or a father. The bible says that God is, in fact, our heavenly father. God desires to hear from us, and as we ask, he answers and will guide us day by day in raising and teaching our children.

This book was created with the intent of helping parents to build a partnership with Christ and to begin a daily prayer routine. When you build the habit to pray everyday you experience the liberation and freedom of knowing that you do not have to do everything alone and the understanding that you are not alone!

The group of mothers I mentioned is part of a mothers' movement called "WakeUp Deborah". These ladies are committed to pray 15 minutes each day for their children. To learn more about these "Deborah's" mothers, you can access the website [www.yucalgary.ca](http://www.yucalgary.ca), to learn more on how to register to be officially part of this group that brings together more than 150,000 mothers worldwide.

My prayer is that every time you open this book, you will encounter God in a new way as you pray for your children and will witness the precious fruit of those answered prayers in the lives of your children!



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# TOOLS TO PRAY

This section provides some groundwork on what prayer is and how to pray. If you are new to prayer, you will find some simple strategies on how to get started.

## What is Prayer?

Prayer is a conversation between you and God. It may sound simple but in reality it can be a little overwhelming if you are just starting out, especially if you are trying to pray for 15 minutes and don't know what to say.

Here are some tools that can help you build a strong prayer life:

## Prayer Notebook

I have found that it is helpful to have a notebook for each child I am committed to praying for. I recommend that you have one as well. Write down the date and areas you feel your child's life needs to be covered in prayer. If you need some ideas, look at section 04: 40 Reasons To Pray.

Be specific and write detailed prayer requests and how you would like God to bless your child. We have created a template that you can print out and add to your notebook to begin.

## Templates:

MY COMMITMENT TO PRAY CARD:

This card will help you remember your commitment of praying every day for your child.

MY PRAYER LIST:

This template can help you start praying strategically for each child.

PRAYER NOTES:

As you start praying and the Holy Spirit directs you, write down other prayer requests for your child.





# HOW TO PRAY

It can sometimes be a struggle to know how to pray, especially if we've allowed our prayer to become routine. Fortunately, the Bible outlines many different types of prayers we can use as a pattern.

The Lord's Prayer is a passage from Jesus' longest, most detailed sermon. Here, Jesus gives us specific direction on how to pray. How amazing is that? This is the exact format of prayer that Jesus tells his disciples to use.

In addition to a formula, Jesus gives further direction in the verses prior to the Lord's Prayer.

## Matthew 6: 5-8

"And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask Him."

Jesus instructs us not to pray for the sake of impressing others but to pray in secret for our own reward.

He also tells us not to be repetitive or to babble on and on as we pray.

Our prayers do not need to be lengthy, extravagant or wordy to be effective.



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# THE LORD'S PRAYER

## Step One: Start With Praise & Worship

“Our Father in heaven, hallowed be your name.”

The word “hallowed” here means “honored as holy.” The first step to any prayer is to give God glory, honor and praise. This positions our hearts to be aware of God’s presence as we pray.

Here, Jesus also directs us to acknowledge God as our Father in heaven. God is the Creator of the universe, the Alpha and Omega, the King of Kings, the Almighty. But, He is also our good, good Father who loves us and wants an intimate relationship with us.

Beginning praying by calling him “Father” and praising His name brings us into His presence the right way; with reverence and awe, but also with intimacy and relationship.

You aren’t just praying to a distant, powerful King. You are praying to the loving, tender God of your heart, who knows you fully and loves you deeply. The words we choose have power; don’t be hesitant or afraid to call Him your Heavenly Father.

## Step Two: Pray God’s Will Be Done

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

Jesus tells us to pray God’s will over our own because the ultimate goal of prayer is not to convince God of our heart but to align it with His. Praying God’s will to be done in our situation puts His agenda before our own. This is the mark of a truly surrendered heart. We can certainly pray specifically for our hearts desires, He knows them anyway. But ultimately our main desire should be for God’s will to prevail, even if His will is the opposite of our desire.



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# THE LORD'S PRAYER

## Step Three: Pray For Your Needs

“Give us this day our daily bread,”

Here, Jesus transitions into instructing us to pray for the provision of our needs, no matter how seemingly insignificant or mundane. We need daily bread in the sense that we need God to daily dwell with us and guide us, but also that we need literal daily bread to stay alive. Pray for both His physical and spiritual provision in your life and the lives of those you love. God created us with bodies and souls and each needs daily substance to sustain it. Pray for the things that you need and thank Him for all that He has already blessed you with.

## Step Four: Confess Sin & Ask For Forgiveness

“..and forgive us our debts,”

Many times when we pray, we forget these next two steps but they are vitally important to our walk with God. We need to regularly ask God to search our hearts and reveal our sin to us. We need to regularly be confessing those sins to God and asking Him to forgive us.

Prayer is about cultivating a relationship with Jesus and in any relationship, part of intimacy is humility and openness. Humble, open, teachable hearts apologize when they are wrong. Do not leave any sin unconfessed; unrepented sin erodes relationship with God and hinders intimacy with Him. Ask the Lord to search your heart and reveal and any unrepented sin to you.



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# THE LORD'S PRAYER

## Step Five: Ask For Help Forgiving Others

"..as we also have forgiven our debtors."

You may not think that you regularly need to forgive others, but this doesn't just refer to obvious conflicts. This can mean forgiving someone for disappointing you or letting you down as well as forgiving someone who has wronged you. This is not an easy task. Our flesh will fight against this unrelentingly so we need to regularly pray for the strength to forgive others.

## Step Six: Pray For Safety, Protection & Deliverance

"And lead us not into temptation, but deliver us from evil."

Pray for protection and safety, as we have a real enemy who lives to attack God's people. Pray, as Jesus says, for "deliverance from evil."





# NOTES

WHAT STEPS CAUGHT YOUR HEART'S ATTENTION?

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HOW I EXPECT TO SEE GOD MOVE IN THIS AREA?



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GOD SHOWS HIS MERCY TO ME IN THESE WAYS

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# PRAYING SCRIPTURES

When you pray, you often talk to God about your own needs and concerns. But did you know that you can also pray scripture back to God? This is a powerful way to connect with God and declare His truth over your life.

## Here's how to do it:

**CHOOSE SCRIPTURE VERSES** that resonates with you. It could be a verse that speaks to your current situation or one that is a personal favorite. Meditate on the verse for a few minutes. What is God saying to you through this verse? How does it apply to your life or your children?

As you reflect on the verse, ask God to help you understand it fully and to apply it to your life in a way that will be pleasing to Him. As you meditate on the scripture and pray it back to God, you will be amazed at how He speaks to you through His Word and how He uses it to transform your life.

**READ OR SAY THE VERSES TO GOD.** This is a good way to begin your prayer time, especially if you are feeling lost or confused. Tell God about what you are struggling with and ask Him to help you through it. Be open and honest with Him, and let Him know what you need.

As you pray, declare the truth of the scripture over your life and your children. "Remind" God of His promises and thank Him for His faithfulness towards you. When praying scripture back to God, it is important to remember that it's not about "doing it right." Just start praying, and let God work in your life!



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# PRAYING SCRIPTURES

REPHRASE THE VERSE using your own words. This can be a helpful way to really personalize the scripture and make it your own. For example, here's a verse that I often pray: "Come to me, all you who are weary and burdened, and I will give you rest." (Matthew 11:28)

You might pray this verse by saying something like this: "Lord, I am so tired and overwhelmed. Please come to me and give me rest. Thank you for your promises of peace and restoration." Or, I might change it up a bit depending on my current situation: "Lord, I need Your help right now. Come to me and give me the strength I need to face this challenge. Thank You for Your faithfulness."

TALK TO GOD about what the verse means to you. Share your thoughts and feelings with Him. Thank Him for the truths in the scripture and ask Him to help you apply them to your life.

When you pray scripture back to God, you are opening yourself up to His guidance and wisdom. You are allowing Him to speak directly to your heart and mind, and this is a beautiful way of growing closer to Him. Be open to what He has for you, and let Him show you how powerful His Word can be in your life!



# NOTES



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# WakeUp Deborah

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## Commitment Card



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[www.yucalgary.ca/wakeup](http://www.yucalgary.ca/wakeup)  
[wakeupcalgary@yfc.ca](mailto:wakeupcalgary@yfc.ca)



# WakeUp Deborah

## My Commitment to Pray

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Name

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Email and phone

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Church Name

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Name of Child I'm praying for

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Commitment duration and frequency

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Signature



[www.yucalgary.ca/wakeup](http://www.yucalgary.ca/wakeup) [wakeupcalgary@yfc.ca](mailto:wakeupcalgary@yfc.ca)

# MY PRAYER LIST



## TOP PRAYERS

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## WHAT SITUATION TO PRAY FOR

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## SCRIPTURE TO STAND ON

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# 40 REASONS TO PRAY

## PRAYER 1: BELIEF

Pray for our children to accept Jesus as their Savior. May he or she feel the love God has for them;

“Believe in the Lord Jesus, and you will be saved – you and your household.” Acts 16:31

## PRAYER 2: SALVATION

Pray for our children to love the Lord with all their heart and all their strength;

“For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life.” John 3:16

## PRAYER 3: KINDNESS

May our children take pleasure in intercession for their brothers and sisters and others in need, and be transformed by the power of prayer;

“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” Ephesians 4:32

## PRAYER 4: PROTECTION

I pray that our children will be free from spiritual attacks through music, television programs, magazines and books that contradict Christian concepts;

“He who 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.” He will cover you with his feathers, and under his wings you will find refuge; His faithfulness will be your shield and rampart... He will command his angels concerning you to guard you in all your ways.” Psalm 91:1-2, 4, 11

A photograph of a young woman with dark hair and glasses, seen from the side, looking out at night. The background is dark with some blurred lights, suggesting an outdoor setting.

**TOGETHER let's rise up**



# PRAYER NOTES



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DATE \_\_\_\_\_

## PRAYER 5: SERVANT HEART

I pray for the awakening of our children to missions. May they be sensitive to God's call and supporters of missionary work;

"For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another."

Galatians 5:13

## PRAYER 6: STRENGTH

I pray that our children will know how to reject everything that displeases God;

"Be strong in the Lord and in His mighty power. Put on the full armor of God so that you can take your stand against the devil's schemes."

Ephesians 6:10-11

## PRAYER 7: WISDOM

May they have wisdom from God, taking advantage of every opportunity that arises to witness and, in everything, be grateful to the Father;

"The fear of the Lord is the beginning of wisdom..."

Proverbs 9:10

## PRAYER 8: ENDURANCE

I pray that our children will be moved in everything by the Holy Spirit of God, so that they will have love for the Word and commitment to Jesus. I pray for them to have a responsive heart and joy in being in the presence of God;

"Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, fixing our eyes on Jesus..."

Hebrews 12:1-2

## PRAYER 9: LOVE GOD

May our children love the Word of God more and more, always following in all its' ways;

"How great is the love the Father has lavished on us, that we should be called children of God." 1 John 3:1



THOSE WHO TRUST  
IN THE LORD  
ARE LIKE MOUNT ZION,  
WHICH CANNOT BE SHAKEN  
BUT ENDURES FOREVER.

PSALM 125:1





**let's SUPPORT and ENCOURAGE each other**

### **PRAYER 10: FRIENDSHIP**

I pray that our children will find joy in fellowship with their brothers and sisters as well as in Christ. May they have a joyful heart for serving God and grow in faith, so that their lives may be like the light of dawn. May they shine brighter and brighter in the eyes of the Lord;

“Whoever walks with the wise becomes wise, but the companion of fools will suffer harm.” Prov. 13:20

### **PRAYER 12: SELF-ESTEEM**

I pray for the healing of traumas of any origin, such as: rejection, inferiority or superiority complex, need due to lack of love, acceptance and any other feeling that can generate rebellion;

“Be strong and courageous. Do not be afraid, do not be discouraged, for the Lord your God will be with you wherever you go.” Joshua 1:9

### **PRAYER 11: HEALING**

May God mold our children’s lives, transforming and healing timidity, fear, anxiety and any feeling that does not allow them to grow in any areas of their lives, in the name of Jesus;

“Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.” 3 John 1:2

### **PRAYER 13: THE MARGINALIZED**

I pray for abandoned children, street children and orphans who live in government institutions. May God, with His immense love, assist them and supply each of their needs;

“Remember those in prison as if you were their fellow prisoners, and those who are mistreated as if you yourselves were suffering” Hebrews 13:3





## PRAYER 14: TRUST

I pray that our children will grow stronger in Christ Jesus, showing commitment to God in every action. May they allow, search and feel a burning desire to be molded by Jesus;

“Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.” Proverbs 3:5-6

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## PRAYER 15: SEEK FORGIVENESS

I pray for our children’s spiritual growth. Let there be no unconfessed sins, bitter feelings, unforgiveness or discouragement. Let nothing hinder their perfect communion with God;

“If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness” 1 John 1:9

## PRAYER 16: INFLUENCE

I pray for the schools and colleges where our children spend most of their day. I pray for every person that has contact with them such as teachers, educational advisors and friends as well as any discipline taught to our children. May the Lord remove any bad company and bad influence trying to penetrate their lives;

“How can a young man keep his way pure? By guarding it according to your word.”  
Psalm 119:9

## PRAYER 18: PROVISION

I pray for intellectual capacity and good learning. May our children take pleasure in their studies, at all stages of their lives;

“And my God will supply every need of yours according to His riches in glory in Christ Jesus.”  
Philippians 4:19

## PRAYER 17: STABILITY

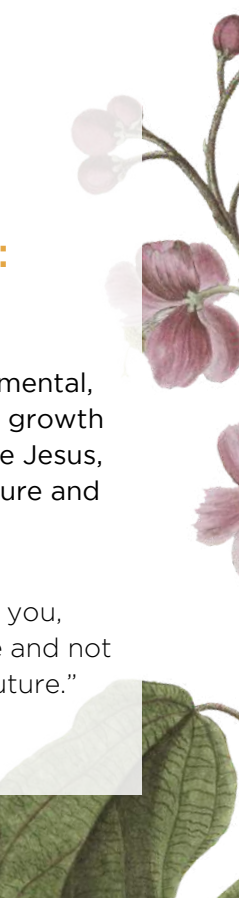
I pray that God gives our children understanding to reject concepts that are contrary to the word of God - either by teachers or peers;

“You are to hold fast to the Lord your God”  
Joshua 23:8

## PRAYER 19: PURPOSE

I pray for our children’s physical, mental, emotional and spiritual health. For growth and maturity in all these areas. Like Jesus, may they increase in wisdom, stature and favor with God and man;

“For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you hope and a future.”  
Jeremiah 29:11



# MY PRAYER LIST



## TOP PRAYERS

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## WHAT SITUATION TO PRAY FOR

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## SCRIPTURE TO STAND ON

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## PRAYER 20: SUBMISSION

I pray for the character, temperament and personality of our children. That in their way of being and living they give a good testimony of Christ;

“Submit yourselves therefore to God. Resist the devil, and He will flee from you.”  
James 4:7

## PRAYER 21: RESPECT

I pray for the good relationship between brothers: of blood and in Christ. Let there be harmony, forgiveness, camaraderie and mutual respect between them;

“Show proper respect to everyone: Love the brotherhood of believers, fear God, honor the king.” 1 Peter 2:17

## PRAYER 22: OBEDIENCE

I pray for peace, harmony, unity, joy, love and prosperity in our homes. May our children take pleasure in our company and be obedient to us parents as well as their caretakers;

“Children, obey your parents in the Lord, for this is right.”  
Ephesians 6:1

## PRAYER 23: CONFIDENCE

I pray for every child, teen, and youth in our church. May they have joy and feel happy and privileged for belonging to a Christian family;

“Whoever walks in integrity walks securely, but he who makes his ways crooked will be found out.”  
Proverbs 10:9

## PRAYER 24: GENTLENESS

I pray for the extinction of social and racial prejudices among our young people.

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”  
Ephesians 4:29

## PRAYER 25: FREEDOM

I pray that God will free our children from addictions of any kind. May they be sensitive to the suffering of those who are addicted and intercede for these lives;

“For you bless the righteous, O Lord; you cover him with favor as with a shield.”  
Psalm 5:12



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## PRAYER 26: RESTORATION

I pray for the restoration of those who are backslidden inside and outside the churches. I call for these lives to be touched by the Holy Spirit of God and turn to Jesus with greater thirst and desire, so that the Enemy never again prevents them from seeing and following the true path;

"The Lord will watch over your coming and going both now and forevermore."

Psalm 121:8

## PRAYER 28: FRUITFULNESS

I pray for our children's friends. I present the life of each one of them on His Father altar, so that they can all know Jesus as their only Savior and through the good testimony of our children, those who do not know you, become thirsty for you;

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control."

Galatians 5:22-23

## PRAYER 27: COVERING

I pray that God will deliver our children from the influence from the lies of this world.

"And you will know the truth, and the truth will set you free."

John 8:32

## PRAYER 29: PARENTING

I pray that God gives wisdom to us parents, so that we know how to deal with the individuality of each child;

"Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord."

Ephesians 6:4



let's

**WAKEUP**

**AND MAKE A DIFFERENCE**

Follow  
-US-



wakeupdeborah\_calgary





FOR THE LORD SHALL BE  
YOUR CONFIDENCE, AND  
SHALL KEEP YOUR FOOT  
FROM BEING TAKEN.

PROVERBS 3:26





## PRAYER 30: PATIENCE

I pray that we parents, have patience with our children and seek wisdom and grace, in order to live a life consistent with the will of God, inspiring our children to be our imitators, as we should be of Christ;

“Know this, my beloved brothers: let every person be quick to hear, slow to speak, and slow to anger.”  
James 1:19

## PRAYER 31: PEACE

I pray that God fills our homes with peace, and good relationship with one another.

“You keep him in perfect peace whose mind is stayed on you, because he trusts in you.”  
Isaiah 26:3

## PRAYER 32: MISSIONARY'S KIDS

I pray for the children of missionaries and all who are engaged in the Work of God. For their physical, material, psychological and educational needs, among others.

“May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all.”  
2 Corinthians 13:14

## PRAYER 33: JOY

I declare joy over our children's lives. I pray that our children will have a happy life in the Lord.

“...for the joy of the LORD is your strength.”  
Nehemiah 8:10

## PRAYER 34: HOPE

I pray for the children of prisoners, terminally ill patients and for all those who live outside their parents' home for health or circumstantial reasons.

“But those who hope in the Lord will renew their strength. They will soar on wings like eagles, they will run and not grow weary, they will walk and not be faint.”  
Isaiah 40:31



# NOTES



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## PRAYER 35: FAITHFULNESS

I pray that my children children, youth and adolescents may love the Lord and search for Him.

“Only fear the Lord and serve him faithfully with all your heart. For consider what great things he has done for you.” 1 Sam. 12:24

## PRAYER 36: HUMILITY

I pray that my children be humble to hear and learn from others.

“Do nothing from rivalry or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.” Philippians 2:3-4

## PRAYER 37: THANKFULNESS

I pray that our children can grow to have a thankful heart for all that the Lord does.

“And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through Him.” Colossians 3:17

## PRAYER 38: PROVISION

I pray for broken homes and those feeling neglected or abandoned. May God fill the voids and absences in their lives;

“The Lord bless you and keep you, the Lord make His face shine upon you and be gracious to you, the Lord turn His face toward you and give you peace.” Numbers 6:24-26



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## PRAYER 39: PEACE AT HOME

I pray for families in conflict, for homes without harmony, without joy, without peace. May God make His home in everyone's heart, transforming each one's life in a special way, bringing repentance, forgiveness, healing and total restoration;

"The Lord gives strength to His people, and the Lord blesses His people with peace." Psalm 29:11

## PRAYER 40: GOD'S PRESENCE

I pray that our children's time—from infancy to adulthood—will be managed by the Holy Spirit of God;

"The God of peace will soon crush Satan under your feet. The grace of our Lord Jesus be with you." Romans 16:20

IN JESUS NAME, AMEN!



For other resources please visit [www.yucalgary/wakeup](http://www.yucalgary/wakeup) or contact us at: [wakeupcalgary@yfc.ca](mailto:wakeupcalgary@yfc.ca)

# NOTES

WHAT CAN WE LAY AT JESUS' FEET?

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HOW I EXPECT TO SEE GOD MOVE IN THIS AREA?



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WHAT PROMISES WILL I LEAN ON?

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# MY PRAYER LIST

THE PRAYERS OF MY HEART

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WHAT SITUATION CAN I PRAY OVER?

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SCRIPTURE TO STAND ON

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WAKE UP, WAKE UP,  
DEBORAH! WAKE UP,  
WAKE UP, SING A SONG!

JUDGES 5:12







THIS RESOURCE IS BROUGHT TO YOU  
FROM THE LEADERSHIP TEAM OF WAKEUP  
DEBORAH/ YOUTH UNLIMITED CALGARY.

MUCH LOVE AND PRAYERS WERE POURED  
INTO THIS BOOKLET AND WE TRUST IT  
WILL BE A BLESSING TO YOU AND TO THE  
LIVES OF YOUR CHILDREN.