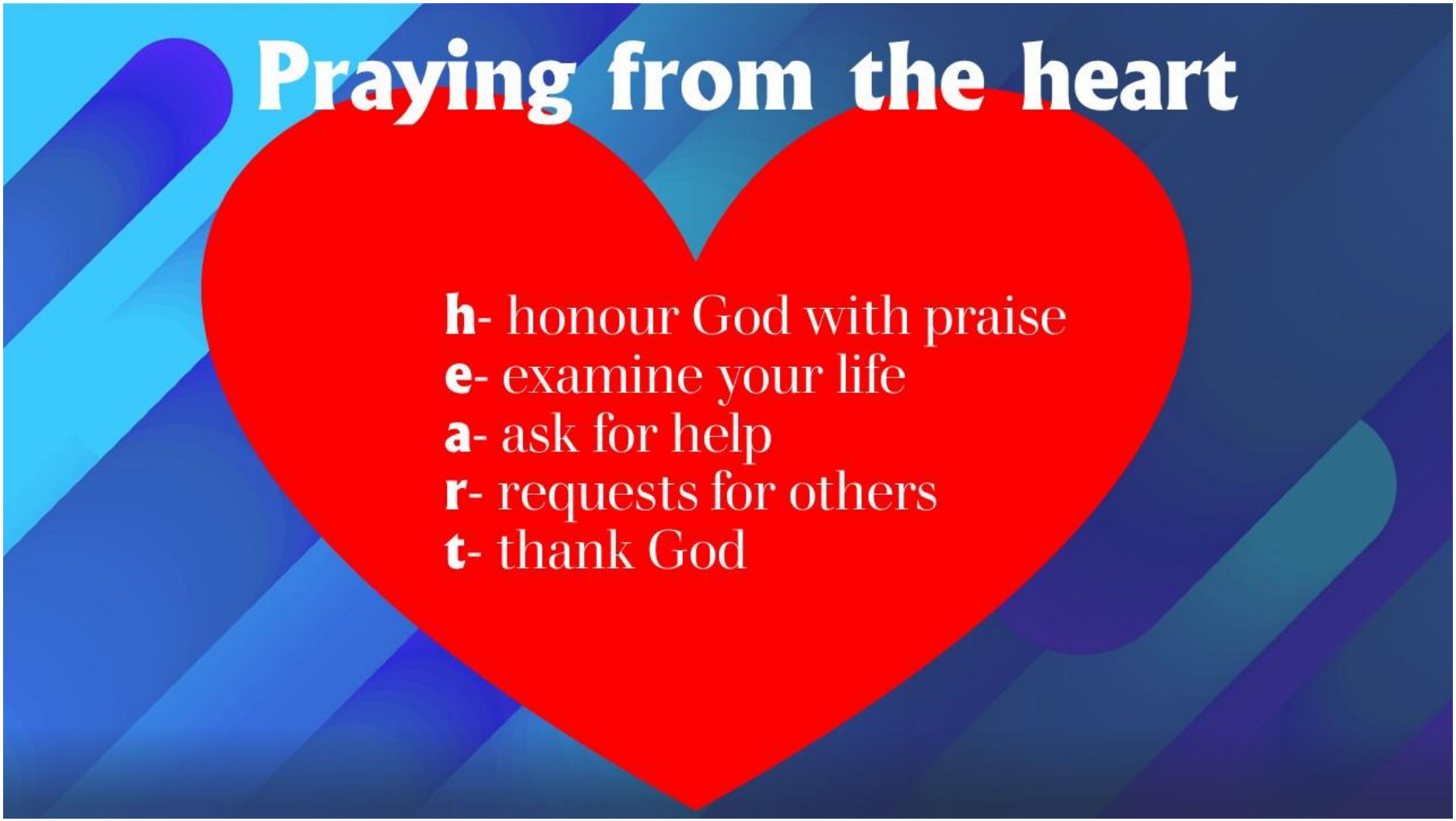
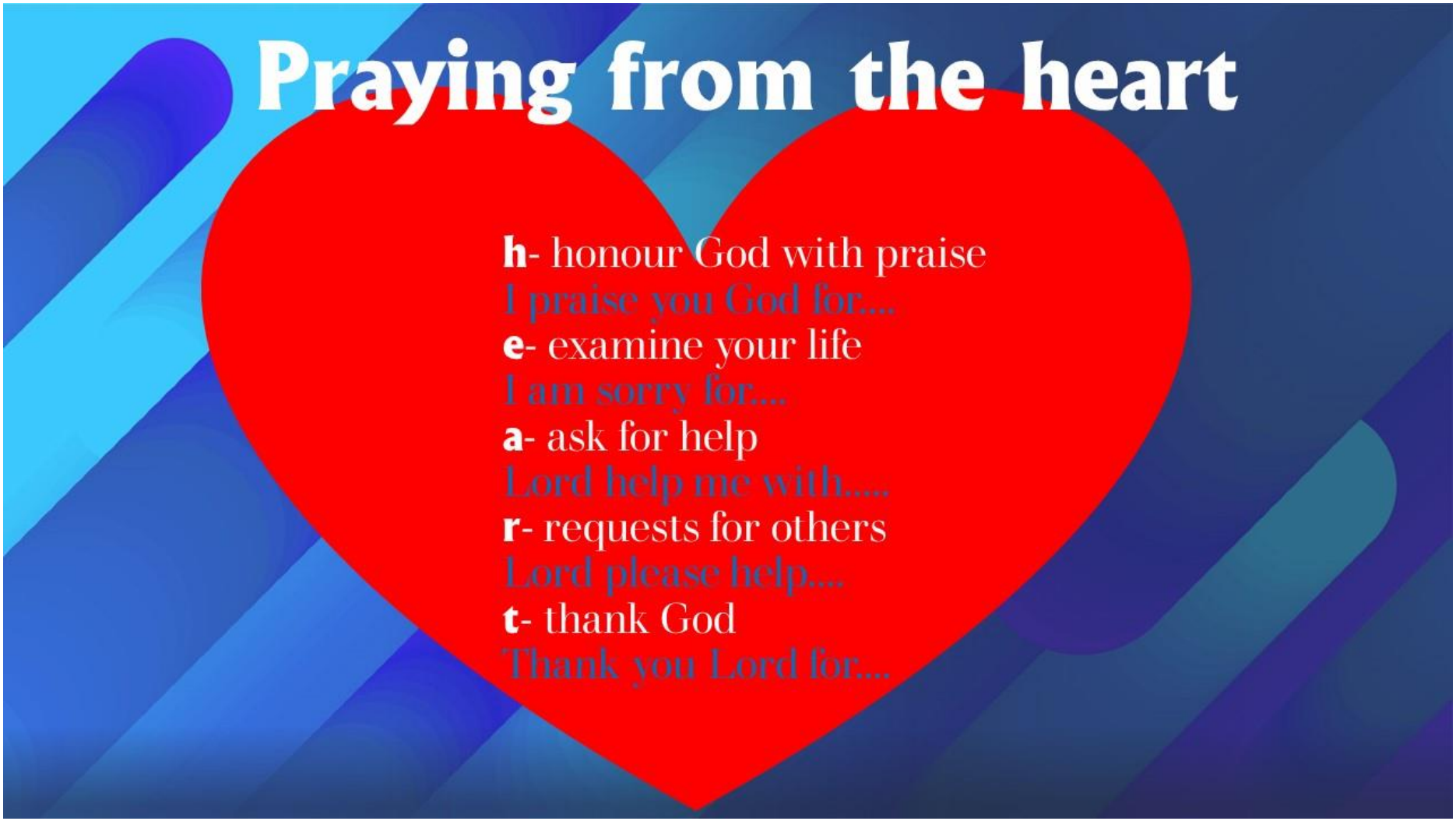

Praying from the heart
h- honour God with praise
e- examine your life
a- ask for help
r- requests for others
t- thank God


Praying from the heart
h- honour God with praise
I praise you God for....
e- examine your life
I am sorry for....
a- ask for help
Lord help me with.....
r- requests for others
Lord please help....
t- thank God
Thank you Lord for...