

Dear Sisters,

As we are AHPT Sisters committed to praying for the upcoming weekend, please consider how you might spiritually prepare your heart for this essential ministry! These are *suggestions* to help ground you, and support your desire to pray with intention. May God bless you as you pray.

1. Look into a mirror and speak out your mission statement, slowly and with confidence. Let the TRUTH of your mission be a declaration against the lies of the enemy.
2. Read and select scriptures to pray. These can be taken directly from the scripture attachment, or from your own study. Visualize the verses being spoken to you by God. (A great resource is Praying God's Word, Breaking Free from Spiritual Strongholds, by Beth Moore.)
3. Communicate with your AHPT partner, so you can support each other prayerfully. Use this as an opportunity to connect with another WWWC Sister.
4. Listen to the songs listed with each protocol. Pray/praise songs that minister to you. **“I am hard pressed on every side, but I don’t have to be crushed; I am perplexed, but I do not have to be in despair.” 2 Corinthians 4:8**
5. Share the ways you desire to pray for /with your AHPT partner. Sharing blesses both of you, as you may learn and grow from another Sister’s way of praying, praising and worshiping.



6. Consider using this medley as a prayer and a reminder of the God's power in prayer! Caleb & Kelsey singing “Oceans/You Make Me Brave” <https://youtu.be/LDU351DOZt8>