





## Foreword

**God has a big plan for Malaysia. The best part is that He has invited you to join Him. Whoever you are, wherever you're from, God wants to use you. Will you let Him?**

Maybe you're thinking, "I'm just a kid", or "I'm just a teen. How can God use me?" Well, Mary was a teenager when she was pregnant with Jesus, Samuel was a toddler when he heard God's voice, and Jeremiah wasn't even born when he was anointed! God has used many young people in the past; He can also use you.

Psalms 2:8 says, "Out of the mouth of babes and infants you have ordained praise, because of Your enemies, that You may silence the enemies and the avenger". See? Even babies can praise God and put the devil to shame. Today, too many children and teenagers are worshipping things and idols instead of God. It is time we really turn back to God.

God is looking for

young people who will follow after His heart. He isn't looking for people who are important or popular or good-looking. He is looking for children and teens like you who will get down on their knees and pray for Malaysia.

Our country needs your prayers. God wants your heart. Will you answer His call to fast and pray?

**If Jesus is not yet a part of your life (this applies to both Christians and non-Christians) and you really want Him to come into your heart and change you, then just pray along these lines. If you've accepted Jesus into your heart before, it doesn't hurt to do it again!**

*Dear Lord Jesus, I have done many wrong things against you. Please forgive me and come into my life. Thank you for dying for me and setting me free from sin. I ask you to be my Lord and Saviour. Change my life and fill me with Your Spirit. Amen.*



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## How to Fast

**Please be sure you read these first few pages together with your mother or father or an adult before you start the fast. It is really important that you understand what you are doing and why you are doing it.**

**FASTING MINUS PRAYER  
= STARVING!**

**So what is fasting? It is not starving yourself, in case you're planning to slim down. It is not to show off that you can *tahan* so long, so your friends will say "Wah".**

Fasting is going without something important in your life for a period of time for a specific purpose. It does not even have to be food. It might be television, entertainment, computer, a hobby, or a particular thing that you really enjoy, like ice cream.

Moses fasted while God gave him the Ten Commandments on Mount Sinai. In Nehemiah 9, the Jews fasted when they confessed their sins and repented. In the book of Esther, the Jews fasted while they prayed to God to save them. Jesus fasted 40 days before He began His ministry.

When you fast, you are showing God that you are really serious. You are humbling yourself before a holy God. You are putting away your own "wants and needs" and getting into what God wants. You become more serious about



God and His Word. You are able to understand things better and pray more sharply.

But fasting will only work when done with the correct motive and attitude. God must be glorified, not ourselves. If fasting makes us irritated and angry, we'd better get right with God.

Read Isaiah 58:1-5 and Matthew 6:16-18 for a bad example of fasting. Read Ezra 8:21-23 and Isaiah 58:6-11 for a good example of fasting. Remember that God will only honor fasting that honors Him.

Praying and fasting go hand in hand. They are partners. Fasting adds power to prayer. Prayer adds meaning to fasting.

You can fast in many different ways. Pray and ask God to show you how you should fast.



## FOOD FAST

**Total Fast** – Not recommended for young children. This means you don't eat solid food for at least 24 hours or more.

**1-meal Fast** – Skip one meal every day, like lunch or dinner (but you can't eat snacks to make up for it). You shouldn't skip breakfast.

**Partial Fast** – Skip solid food for some meals, such as lunch. Only drink water.

**Daniel Fast** – Avoid meat and delicacies (like desserts and snacks). Only eat veggies, fruits, rice or noodles. Drink fruit juices.



## ENTERTAINMENT FAST

**Some of us can go without food as long we have the TV or Internet access or computer games. Looks like we are more dependent on entertainment than**

**food! If you feel God is asking you to fast all entertainment, go ahead. You will be surprised how much you can enjoy yourself even without the TV.**

**Total entertainment Fast** – Go without TV, movies, computer (except for homework), music (except worship music), games (whether board, card, video, computer, hand phone, or Internet) and anything else that is distracting and engaging.

**Specific Fast** – Of course you can start small, like for example, don't watch TV for a few days. When you have overcome your "TV cravings", you can begin fasting other things as well.

**Hobby Fast** – Avoid something you really like to do (it may be sports, reading, drawing, dancing, playing an instrument or just chatting). If it is not possible to fast completely, at least spend less time on your hobby.

**Word Fast** – Be more careful about every word you say. Cut out all bad and unkind words. Let kindness and gentleness come out of your mouth. Of course what you say comes from your mind, so you must also guard what goes on inside your head.

Hi! I'm Chris Danks.  
My friends call me C.D.  
I'm a music junk. But  
for the 40-day fast, I've  
decided to fast from  
Music.



## How to enjoy the 40 days

**Set aside plenty of time to seek God in prayer. This is the special time of the day that belongs to just you and God. Also, praying will help to ease those hunger pangs. During your time with God, you should pray, read your Bible (Word), Worship, and try to live out what you read, pray, and sing (Works).**

Plug in a *worship* tape or CD and sing along (uninterrupted, of course). Really think about the words, and make a decision to live what you sing.

*Pray* aloud as often as you can. When you can't pray aloud (like when you are in class), try to keep an attitude of what you think Jesus would do in your situation. Keep praying to be like Him!

Read the scripture passage for each day. Think about what you have read and ask yourself, "What do I learn about God in this passage? What does He want me to do?" Be sure to write down what you've learned in the "puffy box" called "Insight".

Try your best to carry out the suggestions in the ACT box. Jesus said we shouldn't just hear His Word but we should also DO it. Some are good works, which will show God's love to others. Some are acts that have spiritual meaning and help you pray.

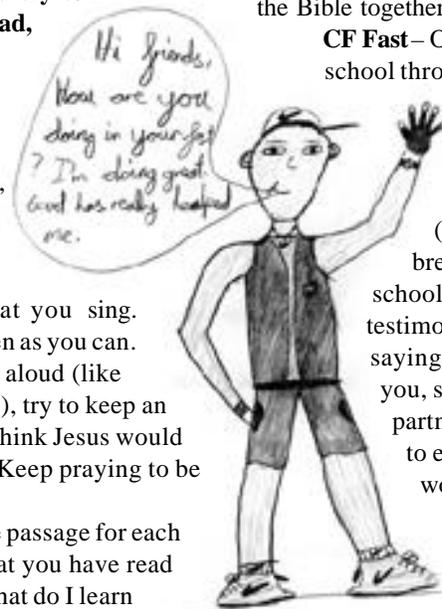
### GET OTHERS TO JOIN YOU

**Family Fast** – Encourage your family to take the challenge together, even though each one might do a different type of fast. Get your parents to set a time each day for your family to pray and read the Bible together.

**CF Fast** – Organise a fast at your school through your Christian Fellowship or Christian Union. Try to meet together for a few minutes everyday (if possible) during breaks, before or after school. If you have any testimonies about what God is saying to you or doing through you, share them with your partners. Gather once a week to encourage one another, worship, and pray.

**SMS Fast** – If you and your friends have hand phones, take turns sending each other reminders to fast. You can also send Scriptures to encourage your friends.

**Cell Group Fast** – If you regularly attend a cell group with your family, organize a time during the cell meetings when you can share with one another about any insights God has given you. If possible, find a partner to pray with during the week to encourage one another.





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DAY 1: 22 JULY

## You Will Never be Thirsty

John 4:7-15

**Jesus tells the woman about His living water. Whoever drinks it will never be thirsty again.**

The woman's water is like the many toys and games and pictures and things that we want. We are never satisfied with what we already have. We want more and more.

Jesus owns the whole world. If we know Jesus, and we know He loves us, we have everything. He will give us all that we need if we ask Him.

### PRAY:

- Ask God to help you love Him.
- Ask God to help you follow only Him, and not other things, activities or other people.
- Ask God to teach you to be kind and helpful to others, and not be selfish, caring only for your own things.

### ACT:

- Look around your house and write down 10 things that God has blessed your family with. Hang the list in your room to remind yourself to thank God for His love and many blessings.



### SRI LANKA

Sri Lanka is a beautiful country with sunny beaches and rich crops. But many children live on the streets because their parents have been killed in the war. There is no one to take care of them. Others had to work very hard and very long for little pay. Pray for churches to help these children.





DAY 2: 23 JULY

## God Hears Our Prayer

Acts 10:1-7; 23-33



### JAPAN

Japan is one of the top world producers of cars and electronic gadgets. Parents and children are very worried about excellent school grades. The young are mad about clothes, mobile phones, music and digital gadgets. But many do not know God. Pray that Japanese churches will be strong and reach out to those who need to know Jesus. Pray that young Japanese will have a chance to know God.

**Although Cornelius did not know the true God, he was kind and always helped the poor and prayed. God heard his prayer and sent Peter to tell him about Jesus. Cornelius and his family believed in Jesus. They then told their close friends and relatives about Jesus.**

### PRAY:

- *That every Christian home will be like Cornelius' – a home of kindness and prayer.*
- *That our relatives who do not know Jesus will come to know Him through our loving families.*

### ACT:

- *Invite your brothers, sisters, and parents to pray together for the rest of the 40 days of prayer and fasting. Remember, the family that prays together stays together.*



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DAY 3: 24 JULY

## Angry Jesus

Matthew 21:12-17



### VIETNAM

The Vietnamese Church is growing despite persecution from the government. The church leaders are young, under 20 years old. They are not afraid to go to prison for sharing about God. Pray that Vietnamese Christians will continue to trust God and be strong even when others bully them.

**Jesus was angry when people turned God's temple into a market. He barged in, overturned tables and sent doves flying! He chased the market sellers out with a whip. He reminded them that God's House is to be a House of Prayer. Instead, the people used it to earn money!**

Do we ever do that? Do we sometimes use the church as a playground? Do we go to church with the aim of looking for a boyfriend or girlfriend? Let us remember to make our Church a place to Pray and Worship God.

### PRAY:

- *That we will respect and love our church.*
- *That churches all over Malaysia will please God and show the way to find Him.*

### ACT:

- *Pray for the pastor, worship team and speaker who will minister in your church Worship Service tomorrow.*



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DAY 4: 25 JULY

## Come for Tea

Luke 19:1-10



### LAOS

Laos is a poor country where the drug trade is big business. Young people from all over the world come here for "drug holidays". The problem is they can't go home because they are addicted to drugs and do not have enough money to travel home. Pray that the Laotian Government will stop this drug trade and help the drug addicts.

**Zacchaeus was a very unpopular man. He collected money from his own people for the Roman rulers. People called him a traitor and a cheat. But Jesus accepted Zac. He invited Himself to dinner in Zac's home. Zac was so thrilled, he decided to give away his money to the poor and pay back those he had cheated.**

Jesus became friends with the not-so-nice people in his town. We can also be friends with the unhappy, and not-so-nice or naughty friends. Sharing a snack and talking to them can be a start.

### PRAY:

- *For the schoolmates you know who have no friends and who are naughty in class. Ask Jesus to help you find a chance to be their friends.*
- *For courage to tell your friends about Jesus.*

### ACT:

- *Invite a friend to share a snack during recess.*



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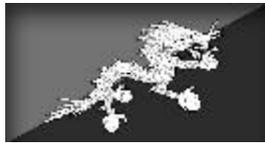




DAY 5: 26 JULY

## Don't Cry!

Luke 7:11-17



### BHUTAN

Bhutan is a country covered with mountains and hills. It is a Buddhist kingdom and the people celebrate colourful temple festivals every year. Traveling is expensive and only a few foreigners are allowed to visit Bhutan every year. Pray that Christians will be allowed to travel in Bhutan and share about Jesus. Pray for the secret churches that they will grow and become strong even when persecuted.

**The mother was so sad that she could not stop crying. Her husband had died years ago, leaving her with one son but now he has passed away. Many people came to the funeral. But they could not do anything. Jesus told her not to cry. He spoke to the dead youth and he sat up and started talking. Jesus gave him back to his mother.**

Are you sad? Turn to Jesus for comfort. Do you know someone who is grieving? Help him/her know Jesus.

### PRAY:

- *For someone you know who is sad and hurting. Ask God to comfort him/her.*

### ACT:

- *When your father comes back from work give him a hug and a drink. At night, thank your parents and pray for them.*



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DAY 6: 27 JULY

## Giving Orders!

Matthew 8:5-13

**The Roman centurion knows all about giving orders. He was a soldier and had a lot of people under him who obey his every command. But he recognised that Jesus had greater authority than him. Jesus had power over sickness and everything in the world. Jesus was impressed by his faith. So Jesus spoke and his servant was healed instantly.**

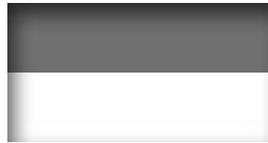
Do you understand authority? You may be big brother and your younger brother or sister obeys you. But you are under your parents and teachers and older brothers or sisters. Your parents and adults are under the government officers and the officers are under the Prime Minister. But in the end, all of us are under the Big Boss – Jesus.

### PRAY:

- *That we will respect and obey our parents, teachers and older people.*
- *That those giving orders will recognise that God is in charge.*

### ACT:

- *Make a thank you card to your parents or someone who has been taking wonderful care of you.*



### INDONESIA

Indonesia has the fourth largest number of people in the world. There is much fighting in different parts of the country, Christians and Muslims have sometimes killed each other. Pray for wisdom for good leaders to lead the nation. Pray that Indonesian children will understand the meaning of true peace.





DAY 7: 28 JULY

## Never Give Up

Matthew 15:21-28



### BANGLADESH

Bangladesh is one of the poorest countries on the planet. Every year, great floods sweep the countryside, bringing fertile soil but killing people and cattle at the same time. There are many homeless children living on the streets and women are sometimes abused. Pray that the leaders of Bangladesh will be honest and wise. Pray for Christian workers who will care for the unfortunate children and women there.

**The Canaanite woman was of a different race. She knew that she should not even talk to Jesus who was a Jew. But she asked Jesus to heal her sick daughter. Even though she was insulted and told to leave, she still wanted Jesus to heal her daughter. Jesus was touched by her faith. He healed her daughter that very hour.**

When we need Jesus and do not give up praying, He will hear our prayers. Like Jesus, we also must help everyone even if they're different from us.

### PRAY:

- *For those in your class who are from other races who need friends.*
- *For those who find their school work difficult to catch up.*

### ACT:

- *Get to know someone of a different race. Find out from them the history and tradition of their family and race, so you will understand and appreciate them better.*



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Did The Lord Speak to You in a Special Way?  
Take Some Time Now to Write Down What He Said:

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DAY 8: 29 JULY

## Abba Father

Romans 8:14-17



### NORTH KOREA

Most North Korean children go to bed hungry. Because floods, hail, and drought destroy the crops, there is never enough food to go around. Also, they are supposed to worship their leader. Many Christians suffer because they worshiped God only. Pray that our Heavenly Father will bless North Korea and that His children will continue to love Jesus.

**Jesus is the Son of God. Those who follow Jesus will become sons and children of God. Jesus taught us to pray "OUR FATHER". We can call God Abba Father because He has adopted us into His family. He loves us more than anyone else could. Imagine that! The Great Creator God is our Father!**

Life may be hard but we don't have to be afraid because our Abba Father is watching over us.

### PRAY:

- *That you will get to know God better each day by talking to Him and reading the Bible.*
- *That fathers and children across the world will love and forgive each other.*

### ACT:

- *Write down the fears in your life. Cross them out and write 'God loves me' instead. The next time you are scared, ask God for His love to cast out the fear.*



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DAY 9: 30 JULY

## Jehovah Shammah (God is There)

Ezekiel 48:35 & Isaiah 12:6



### CHINA

China has the biggest population in the world. Twenty-five years ago, the government passed a law that allowed only one child per family. Chinese families value boys more than girls. Because of this, many girl babies have been killed or abandoned, and many single children have become spoiled. Churches are also growing very fast despite restrictions from the government. Pray that Chinese will value every child as a gift from God. Pray that Chinese Christians will stand strong through all difficulties.

**The coolest thing about the new city of Jerusalem (Heaven) will be the presence of God. God will be there, hanging out with us just like He did with Adam and Eve in the Garden of Eden before they sinned.**

Have you ever experienced God's presence? How did you feel? If you've never experienced His presence, ask God for this experience.

### PRAY:

- *For God to be with you all the time.*
- *For God's presence to be with all orphans, widows, single parents, the poor, needy, and the homeless.*

### ACT:

- *Invite your best friend (with your parents' permission) for a meal.*



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DAY 10: 31 JULY

## I Am Who I Am

Exodus 3:11-15



### PAPUA NEW GUINEA

Papua New Guinea occupies half of an island in the Pacific Ocean. Many people are becoming Christians, but many do not give up on their superstitions and witchcraft. Sometimes Christians mixed fear and worship of spirits with their Christian faith. Pray that the Bible will be taught to the people so they will not be afraid of spirits. Pray that signs and miracles will follow the teaching and leaders will exercise the power in Jesus.

**In today's passage, God reminded Moses of His promises to Abraham, Isaac, and Jacob. When Moses asked God how He should be introduced to the Israelites, God said to Moses, 'I AM WHO I AM'.**

Weird name, huh? But God had a reason. When we say that God is who He is, we are recognizing the fact that God has never changed, never changes, and will never ever change (Hebrews 13:8). He is the same, Yesterday, Today and Forever.

#### PRAY:

- *For Christian children to believe that God will always love them and will not leave them.*
- *For God to fill your Sunday School teachers/school teachers with much with joy and wisdom in teaching you.*

#### ACT:

- *Bring a little gift to your Sunday School teacher/school teacher to thank her/him.*



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DAY 11: 1 AUGUST

## Jehovah Jireh (God Our Provider)

Genesis 22:1-14



### DISABLED CHILDREN

Disabled children are children who find it difficult to use part of their bodies. Because of this, people usually treat them differently, make fun of them, or leave them by themselves. But we know that God loves disabled children. Pray that they will be loved and cared for just the same as other children. Pray that normal children will show love to the disabled.

**If we understand that God is the One who gives us everything, we will not hold back when He needs us to give up some things. Some of us are afraid to lose our father, mother, best friend, pets, position and popularity in class. When we hold on to what we have, we cannot receive the blessings God wants to give us.**

But when we open our hands and let go, He will pour out the blessings on us (Malachi 3:10).

### PRAY:

- *Ask God for forgiveness for our selfishness.*
- *Let us thank God for our family members, classmates and friends.*
- *That we will share with others what God has given us.*

### ACT

- *Today, give God an extra big offering. Remember to have a cheerful heart.*



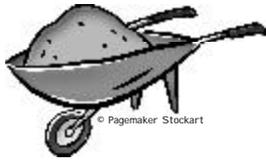
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DAY 12: 2 AUGUST

## Jehovah Nissi (The Lord is Our Banner)

Exodus 17:14-15



### CHILD LABORERS

Child labor is a common problem in many countries. Children work 10 to 14 hours a day with no time for school or play. Usually the workplace is dangerous and unhealthy, and children earn very little. Pray that children will be allowed to go to school and other ways will be found to get the job done. Pray that child laborers will find freedom and joy in God. Pray that laws against child labor will be carried out.

**Today, Satan is targeting children and youth. He does not want them to be free. The police have physical authority; but God has given us power in the spiritual realm.**

We must get down on our knees to pray and call on Jesus to remove wickedness.

### PRAY:

- *That God will be our banner of victory and security everywhere we go.*
- *Against all acts of rape, sodomy, and murder in our country.*
- *That God will turn the hearts of rapists and murderers to true repentance.*
- *For rape victims to find God as the only source of true comfort and restoration.*

### ACT:

- *Have an open discussion with your parents/teachers about the causes and effects of rape. Why are most victims afraid to report the crime? How would you treat someone who has been raped before? What would Jesus do?*





DAY 13: 3 AUGUST

## Jehovah Tsidkenu (The Lord Our Righteousness)

Jeremiah 33:15-16



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**CHILDREN FROM  
BROKEN FAMILIES**  
Broken families can be families with one parent, divorced parents, unmarried parents or simply when family members no longer love one another. Children from broken families need love and support because they may get very sad and wish to die. Pray that these children will find love in God's family. Pray for families to be reunited again.

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**Our Prime Minister has begun a big mission to wipe out corruption in the government. This means that he wants to get rid of cheating, lying, and dishonesty.**

Every person may think that he or she is good, but the Bible says there is no one who is righteous in this world (Romans 3:10) except the Lord Tsidkenu. Only God can help us to be holy, as He is holy.

**PRAY:**

- *Ask God for forgiveness for our proud attitudes. Let Jesus show us how to change. (2 Corinthians 5:21)*
- *For God to reveal and remove the corrupt leaders in the government.*
- *That courts and lawyers will be fair and responsible.*

**ACT:**

- *Get together with a friend and pray for the Prime Minister and his team.*





DAY 14: 4 AUGUST

## Jehovah Shalom (The Lord Our Peace)

Judges 6:23-24



### REFUGEE CHILDREN

Every day, 500 children become refugees. This means they are forced to leave their homes and seek shelter in another country. Because they are always moving, refugee children cannot go to school and do not have enough food to eat. Many do not have birth certificates and "don't belong" anywhere. Pray that they will know God as their heavenly Father. Pray that they will be accepted in countries they can call home and tell others about God.

**Would you like a world without wars and diseases? Where there is peace and joy? But it does not seem possible. We even fight with our brothers and sisters over a small thing!**

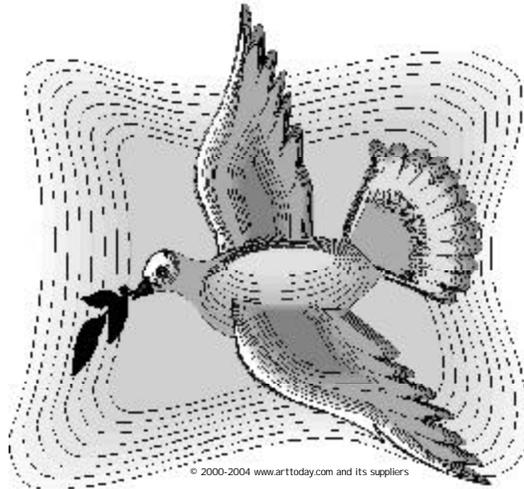
Only God, whose name is Jehovah Shalom, can give us true peace. God sent His son, Jesus Christ, as a peace offering to bring us back to Himself. With God's peace in our hearts, we can love our enemies and do good to those who treat us badly.

### PRAY:

- *That we will be bold to tell our friends that true peace comes with Jehovah Shalom.*
- *That different races will respect each other.*

### ACT:

- *Matthew 5:9 says, "Blessed are the peacemakers". Be a peacemaker in your home, school, and church.*





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Did The Lord Speak to You in a Special Way?  
Take Some Time Now to Write Down What He Said:

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DAY 15: 5 AUGUST

## Follow Me

Matthew 16:24-28



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**CHILDREN WITH LACK OF EDUCATION**  
Everyone needs to go to school, right? We need to learn about the world, ourselves, and the things around us. But some children cannot go to school even if they want to. Their parents may be too poor, or they have to work to help the family. Pray that all children will have a chance to go to school. Pray that churches and Christians will help poor families with school-going children.

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**Following Jesus can, sometimes, get you into troubles. Friends may laugh at you. Being God’s child can be a bit “susah” (difficult). But telling Him to “get lost” could destroy your life, because you are not in the driver’s seat.**

We can choose to be “glued” to Jesus and continue to follow Him and obey His ways. Let’s make room for GOD’S plan in our lives! Jesus is the “driver” of our lives.

**PRAY:**

- *Ask God to show you His plan for your life.*
- *For strength to follow God and His ways daily no matter what your friends think of you.*

**ACT:**

- *Today, organize your desk at school or clean up your room at home. Tell God you are ready for Him to do obey Him.*





DAY 16: 6 AUGUST

## That's An Order!

Lamentations 3:27 & Titus 3:1



### STREET CHILDREN

Do you know how many children in the world live on the street? If you count one street kid per second, it would take you three-and-a-half years to get done. Most of these children have no protection because they have no family. They have to depend on other street friends like themselves for help. They form gangs for protection and often get involved in gang fights. Because it is difficult to get jobs, they often steal to feed their hungry stomachs. Pray for more homes to be set up to help street children. Pray that these children will find Christian families who love them.

**Our newspapers contain a lot of bad news. Everyday, we read about rape, killing, and fighting. And it seems to be getting worse. It's scary when we think about the evil things people can do.**

God has commanded that loving people and respecting each other begin at home.

### PRAY:

- *That God will help you to love and obey your parents.*
- *That God will help you to love your brothers and sisters.*
- *That He will heal whatever hurts there are in your family.*

### ACT:

- *Go through today's newspaper and pick out the "good" news. Then thank God for the "good news" and pray over the "bad news".*



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DAY 17: 7 AUGUST

## Malaysia

1 Kings 3:10-12



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### CHILDREN IN PRISON

In some countries, children are sent to prison because they get involved in crime, fights, or drugs. Some prisons have good programmes to help the children prisoners. For example, they give tuition and organise outdoor sports. Other prisons are crammed and dirty. Pray for churches to be more active in visiting and helping children in prison, and through this, the children will find true freedom in Jesus.

**Our country is 47 years old, and it has had many successes like building giant buildings and super stadiums and bringing in the latest technology. But still, many children are abused and even killed. What is wrong?**

Now, while the government is fixing the wrong things that people are doing, you can help in your own way. One of the best ways is – pray. Every prayer you pray for the good of the country is an arrow against the enemy.

#### PRAY:

- *For wisdom for our church leaders to understand God's plan for our country.*
- *For our leaders, especially our Prime Minister and government, to rule well.*

#### ACT:

- *Find a map of Malaysia and pray over it. Pray that churches will help to fix the problems in our society.*



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DAY 18: 8 AUGUST

## Nothing is Forever

Hebrews 12:25-29



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### HOME-ALONE CHILDREN/ LATCHKEY CHILDREN

Many children are forced to stay alone at home for long periods of time because their parents are working. Home-alone children can become lonely and depressed. They need love and friendship. Pray that these children will find good friends and good things to do. Pray that parents will spend more time with their children than with their work. Pray that family members will love God and one another.

**Cool stuff, such as the latest PlayStation games or the newest handphone, is good but can turn bad if it leads us away from God.**

When the children of Israel left Egypt and went into the desert, they felt that life in the desert was hard. They complained a lot even though God took care of them. Finally all died except for those who loved and obeyed Him such as Moses, Aaron, Joshua, Caleb and those 20 years and below. God kept a new generation who would love and serve Him. Will you love and serve Him, even if it means getting rid of the things you love very much, like your computer games and Barbie dolls?

#### PRAY:

- *That children, youths and all adults will concentrate on God and not on material things.*
- *That they will realize that "Nothing is forever" except God.*

#### ACT:

- *Share some of your toys/games/story books with poorer kids.*



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DAY 19: 9 AUGUST

## Don't Shoo Them off

Matthew 19:13-15



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### ORPHANED CHILDREN

Orphaned children are those who have lost one or both of their parents, through wars or diseases. These children have to take care of themselves. They feel sad, lonely, and afraid. Pray that orphans will find Christian families to love them and care for them. Pray that they will understand God as the Father and Comforter.

**Some people give children a hard time, bullying them or taking advantage of their simple trust.**

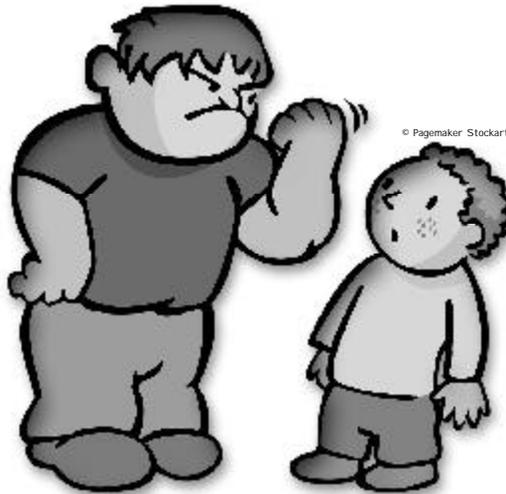
The Bible says in Psalm 127 that children are a gift from God. Jesus also says in Matthew that God's kingdom is made of people like you, the children. God can do excellent things through children like you.

### PRAY :

- *For protection for children from school bullies.*
- *That no one will stop you from receiving God's blessings.*
- *That every child in Malaysia will have the chance to come to know Jesus.*

### ACT :

- *Memorise 1 Timothy 4:12. Then look at yourself in a mirror and say the verse aloud to yourself. Don't let what anyone says get you down. They may think that you're small and not important but in God's eyes, you are very precious.*





DAY 20: 10 AUGUST

## Final Purpose

Psalm 33:12



### CHILDREN SUFFERING RACIAL PREJUDICE

Some countries have this problem where people of different races look down on each other. A lot of children are treated badly and not given the same rights as others. For example, children of different races are not allowed to play with each other or go to school together. In the end, there is hate, fear and suspicion. Pray for unity and love between races and nations. Pray that churches are places where people of all races are loved as a family.

#### “Blessed is the nation whose God is the LORD.”

Our government has a plan for our country called Vision 2020. God also has a plan for Malaysia and let us pray that His plan will be done.

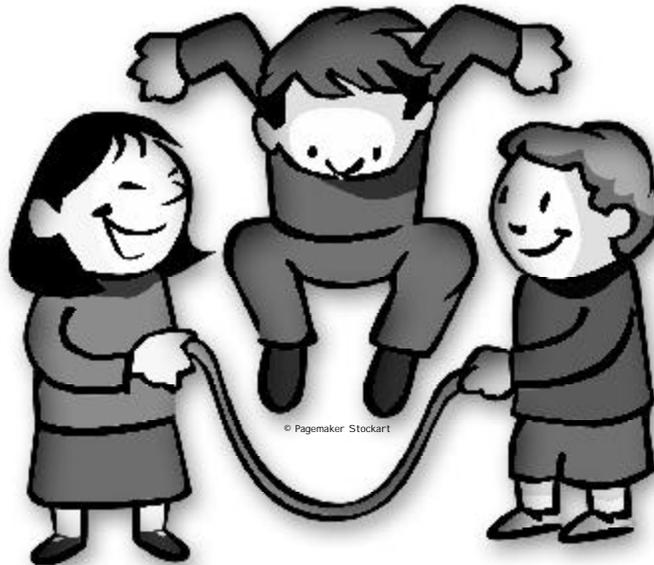
God brought Malays, Chinese, Indians, and other races to Malaysia for a purpose: to set them free from sin.

#### PRAY :

- *That Christian children and Christian youths will be good witnesses of God's love in Malaysia.*

#### ACT :

- *Find out more about the other races, their cultures, festivals, and practices.*





DAY 21: 11 AUGUST

## Look Who's Here!

Isaiah 60:1-7



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### CHILD SOLDIERS

In many countries, children are given guns and taught how to kill people. Holding a gun may sound cool, but these children also have to go through many horrible things. Many of them lose their family, friends, home, innocence, and security. Pray for child soldiers around the world to find love and peace in Jesus. Pray that children will not be used to fight wars but used by God.

**There's a Christian song that goes, "I wanna be in the light as You are in the light. I wanna shine like the stars in the Heavens. Oh Lord be my light and be my Salvation, coz all I want is to be in the Light".**

Our attitude should be just like that. God has already given us His light and glory. So all we need to do is arise and shine.

### PRAY:

- *That whole nations and cities will hear about God's love.*
- *For God to be glorified in the entire world.*

### ACT:

- *Light a candle in a dark room and pray that many Christians will shine together and make Malaysia a bright land. Just as the candle burns no matter how much wax dribbles down, pray that God's light will continue to burn no matter what the troubles are.*



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Did The Lord Speak to You in a Special Way?  
Take Some Time Now to Write Down What He Said:

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DAY 22: 12 AUGUST

## Don't Worry

Matthew 6:25-34



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### CHILD PROSTITUTES

Many boys and girls are sold against their will to work as prostitutes. Not only do they lose their freedom and self-esteem, but they also are exposed to diseases like HIV/AIDS. Pray for more Christian workers who will rescue child prostitutes and tell them about Jesus. Pray these children will see God as the only One who can make them free, clean, and loved.

**We worry about exam marks (whether we will get “As”) or fuss over whether our clothes are in fashion or whether our shoes are “cool” enough. We give too much attention on things that don’t last forever.**

Don't worry about missing out. If your friends don't want to "friend you" because your clothes are not cool enough, then they are not very good friends to have in the first place. As for your exams, work hard, do your best and leave the results to God.

### PRAY:

- *Ask God for forgiveness for worrying unnecessary and not trusting in Him.*
- *Thank God for giving you your daily needs such as food and clothes and places to live in.*
- *That we will not be jealous of others who have the things we don't have.*
- *That God will help you to choose good friends who really care about you.*
- *That you will be a good friend to your friends.*

### ACT:

- *Thank your parents for looking after you and your brothers and sisters. Send friendship cards to your good friends.*



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DAY 23: 13 AUGUST

## Even Crumbs Are Good

Matthew 15:21–28



### CHILDREN ON DRUGS

Sometimes children take drugs because they are bored or because their friends are taking it. Other times it is because they want to “escape” pain and stress. Whatever the reason, drugs are illegal and very harmful to your body. Once taken, it is very hard to stop. Pray that children on drugs will understand how dangerous it is and that Jesus can help them. Pray that children in rehabilitation centers will be able to get off drugs with God's help.

**Sometimes it seems like our prayers are not being heard, we feel like God isn't listening to us.**

Today's passage is about the faith of a Canaanite woman. Over and over again, she begged Jesus to heal her daughter. She did not give up. Like her, we too should not give up so easily. God is faithful to answer our prayers when we have prayed according to His will and purpose.

### PRAY:

- *That God will be with your family in every situation.*

### ACT:

- *Play the “push-of-war” game with a brother, sister, or friend. Place your backs against one another, link arms, and PUSH. Both of you must be the same size. No cheating or violence allowed. The person who pushes all the way to the wall wins. Remember always to PUSH= Pray Until Something Happens.*





DAY 24 : 14 AUGUST

## Christian Fellowship

Acts 2:42-47



### ABORTED CHILDREN

Aborted children are babies killed in the womb before they are born. Every year, 46 million babies around the world die this way. This is sad because God has a plan for every child. Thank God for the many people who realised this and are trying to change laws so that abortion will be illegal. Pray that people will value life, even the life that is still in the womb.

**As you read in today's passage about the Christians selling their things and sharing their money with each other, you might think, "What for?" Well, it was their way of showing how much they loved Jesus. They were very united and zealous in everything they did for God. They live peacefully and cared for each other. Other people liked what they saw and joined them.**

When we have a loving relationship with other Christians, we show the non-Christians the love of God. Then, they may also want to know our God.

### PRAY :

- *For Church leaders, pastors and elders to love each other.*
- *For Christians to share with and care for each other.*

### ACT :

- *Think about the pain Jesus endured and His sacrifice so that we can have eternal life. Thank Him for all He has done.*



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DAY 25: 15 AUGUST

## Fruitful Talk

Acts 16:13-15



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### MISSIONARY KIDS

Missionary kids are kids whose parents work as missionaries in another country. They usually travel a lot, meet all sorts of people, and experience many extraordinary adventures. But they can also become lonely because their families do not stay in the same place for a very long time. Pray that missionary kids will quickly find good friends so they will not feel lonely. Pray that they will use their experiences to help others.

**When you meet your friends, you probably talk about stuffs like toys, cards, computers, TV programmes, right? Well, don't forget to talk about the things that are really important. Like God's love and Jesus' sacrifice and eternal life.**

When we talk about games and fashion, let us also remember to talk about Jesus.

### PRAY:

- Ask God to give you the courage to talk about His love to your friends.
- For your friends who do not know Jesus.

### ACT:

- Take out the things that are important to you. Then ask yourself, "Do I love God more than these things?" If you honestly answer no, ask God to help you to love Him more and more each day.



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DAY 26: 16 AUGUST

## Chit Chat with your Parents

Deuteronomy 6:4-9



### CHURCH KIDS

Church kids are simply children who grow up in Christian families and Christian environment. If you go to church, you probably belong to this category. Church kids usually know quite a lot about God and His Word. But they are also more likely to be distracted away from God. Pray that church kids will experience God in their lives and know that He is real. Pray that they will be God's light to their friends in school.

**The Bible talks about how parents should teach their children about God, and how children should listen to their parents. We, children, should be attentive to our parents and listen to their instructions.**

We may think that "My parents are not cool," or "my parents are so strict." Perhaps we have not told them enough about ourselves and what's happening in school.

### PRAY:

- *That God will help us to share openly with our parents.*
- *For our parents to share openly with us.*

### ACT:

- *Share with your parents what happened today in school.*





DAY 27: 17 AUGUST

## Loyal Rakyat

Titus 3:1-2

**We may be thinking that government is adult's business, children have nothing to do with it.**

Children, too, have a responsibility to the country where God has placed them. God tells us to respect the government and obey the laws, so that it is a better place to live in.

### PRAY:

- *Thank God for our new Prime Minister and his ministers.*
- *For wisdom and honesty for the government to rule the country.*

### ACT:

- *Look out for the police station, fire station and other government stations and offices in your neighbourhood. Pray for the workers inside there that they will serve the people well.*



### PERLIS

Perlis is the smallest state in our country. It is also where drugs, guns, and pornographic materials are smuggled over the border. The criminals pay the police not to arrest them. Pray that this will stop and that people will say "no" to drugs. Pray that the police will not be greedy. Pray that churches will teach people about God's law and what He says.



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DAY 28: 18 AUGUST

## Five Loaves and Two Fish

Matthew 14:15-21



### KEDAH

Pray that churches will reach out to the poor and the needy. Pray for more churches to be built in every town and kampung.

**We are well fed. Sometimes, we are choosy about our food and even throw away good food. What about the many poor and hungry children in the world? Worse, they do not know Jesus.**

The Bible talks about the miracle of feeding more than 5000 people with five loaves and two fish. This miracle began with a little boy who was willing to give. Like him, we can give and share generously with those who are in need, so that they may come to know Jesus. We too will experience the joy of giving.

### PRAY:

- *Be thankful to God for food and all that He has provided.*
- *For the poor and hungry children.*
- *That you will be willing to share your food/things whenever there is a chance.*

### ACT:

- *Next time you see a beggar, will you give something to him? It doesn't have to be much.*





Did The Lord Speak to You in a Special Way?  
Take Some Time Now to Write Down What He Said:

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DAY 29: 19 AUGUST

## God's Ways, Not Our Ways

Ephesians 5:1

**Jesus died on the cross to take away our sins and wipe out all our bad records. He forgave us for our wrongdoings.**

When someone does us wrong or hurt us, we need to forgive them as Jesus forgave us. This is not easy, but we can do it with God's help.

**PRAY:**

- *Ask God to give us strength to forgive.*

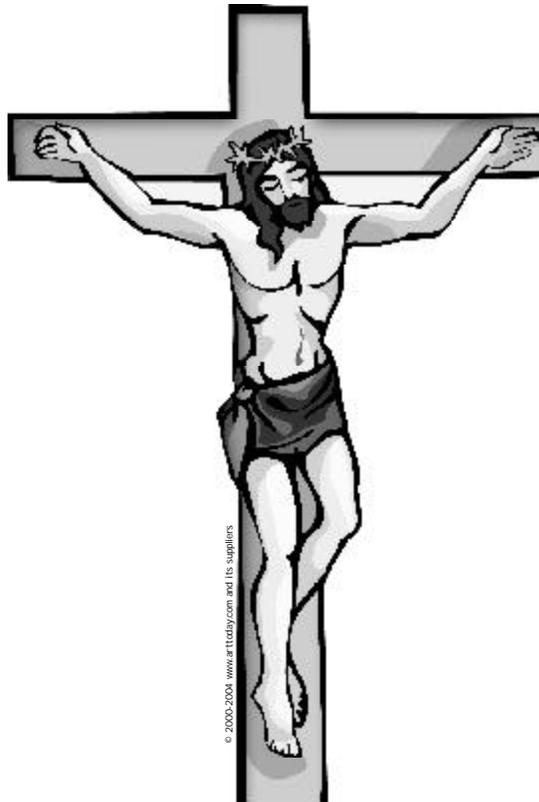
**ACT:**

- *Read 1 Corinthians 13:4-7 and share with your parents/teachers/friends the verses that speak to you.*



### **PENANG**

This island is like a rojak dish with many tourists and people of different races. There are Chinese, Malay, Indonesian and practically every kind of race from our neighbouring countries. Pray that churches will grab this opportunity to share the Gospel with these people.



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DAY 30: 20 AUGUST

## Seventy Times Seven

Matthew 18: 21-22

**How much is 70 times 7? Yes, 490! That's a lot! Jesus tells us that is how often we must forgive our mum, dad, brothers, sisters, friends...and even our worst enemies.**

**PRAY:**

- *That our home will be a place of forgiveness.*
- *That we will stop complaining about school, home, etc. and start thanking God for His love and patience with us.*

**ACT:**

- *Write a note to a family member who has hurt you that you love and forgive him/her.*



**PERAK**

The Christian children and youth here need prayer and encouragement so their faith will become stronger. Pray that Christian students will really seek God and that He will pour out His Spirit over them. Pray for the youth leaders that they will be good leaders.





DAY 31: AUGUST 21

## If My People...

2 Chronicles 7:14-15

**The Bible says we need to humble ourselves and pray. Then God will forgive our sins and bless our country. So let's get down on our knees and pray for Malaysia.**

### PRAY:

- *For God to show us our sins, so that we can turn away from them.*
- *For children who will worship God and love Him.*

### ACT:

- *Do you want to learn to be humble? Then start to serve your family members. Example: You can give your brother/sister a glass of water if they ask; you can help your mother tidy up the table after dinner; you can admit your wrong and apologise.*



### SELANGOR

Thank God for the Christian groups who are helping the poor, sick and elderly. Pray that churches will work with other non-Christian charity groups to reach the community for Jesus.



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DAY 32: 22 AUGUST

## Be Merciful

Matthew 18: 23-35



### FEDERAL TERRITORIES

Pray for wisdom to be on the leaders. Pray that the Ministry of Education will care about the education and welfare of the students. Pray that God will help the police to do their work.

**This is a story about forgiveness. The king forgave the servant who owed him a hundred thousand dollars. But this servant did not have a forgiving heart. His friend owed him ten dollars and when he could not pay up, this servant put him in jail.**

If Jesus can cancel all our bad records and debts, why can't we forgive those who owe us a little?

#### PRAY:

- *That God will give you a merciful heart that readily forgives.*
- *For God to bless the school canteen operators, the bookshop owners and the gardeners with good health and finances.*

#### ACT:

- *Is there someone you have not forgiven? Ask God to give you the strength to forgive. Return something that you have borrowed or taken without permission.*



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DAY 33: 23 AUGUST

## Keep Your Heart Pure

Romans 12:1-2



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**NEGRI SEMBILAN**  
Churches here do not have enough leaders because many people are moving to the bigger cities, such as Kuala Lumpur, to look for work. Pray for more jobs in this state. Also pray that God will raise new leaders and that Christians here will continue to share Jesus' love.

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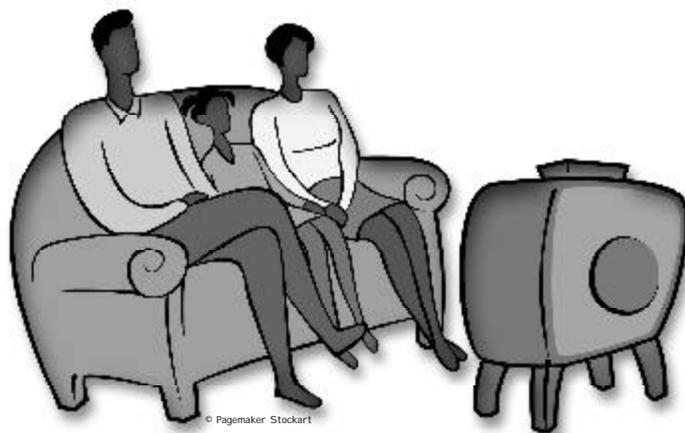
**We must be careful of what we watch on the television and see the Internet, magazines and comic books. The bad images can stay in our minds for a long time and affect our behaviour. For example, many children are afraid of the dark because of certain TV shows they have watched.**

**PRAY :**

- *For wisdom to choose the right TV shows, movies, books and others.*
- *That we will be willing to ask our parents for guidance and help.*
- *For God to protect us at all times.*

**ACT :**

- *Read Romans 12 aloud so you can have the Word of God in your heart and mind.*





DAY 34: 24 AUGUST

## Agree with God

1 John 1: 5-10



### MELAKA

Melaka is the historical jewel of our country. It is where the Gospel of Jesus was first preached in Malaysia. Pray that God's light will shine over the people of Melaka. Pray that churches will work together to reach out to the kampung where Jesus has not been preached.

**God is light and there is no trace of darkness in Him. When we accept Jesus as our Lord and Savior, we are called children of light. As children of light, our words and actions should please God. We should behave well so that our friends will know that Jesus is a good God.**

#### PRAY:

- *Ask God to help us in our actions and words.*
- *For our government, that our leaders will make good decisions in all matters.*

#### ACT:

- *When not wearing your school uniform, wear bright clothes to symbolise God's light shining through you. Remember to shine for God wherever you are.*





DAY 35: 19 AUGUST

## Be Kind

Deuteronomy 15:12-18 & Isaiah 60:10-12



### JOHOR

Pray for the people of all races to get along with each other. Pray for more jobs. Pray for the churches to help the people in the "kampung" areas.

**Imagine leaving all our friends and family and traveling to another country to work. The pay is low, people look down on us, and we have to work very, very hard.**

In our country, we have many foreign workers who work as maids, construction labourers or factory workers. Sometimes, they get cheated or beaten up. They may have caused problems, but they have also built many buildings and done the jobs we don't want to do. Let us be grateful, and show kindness to them.

### PRAY:

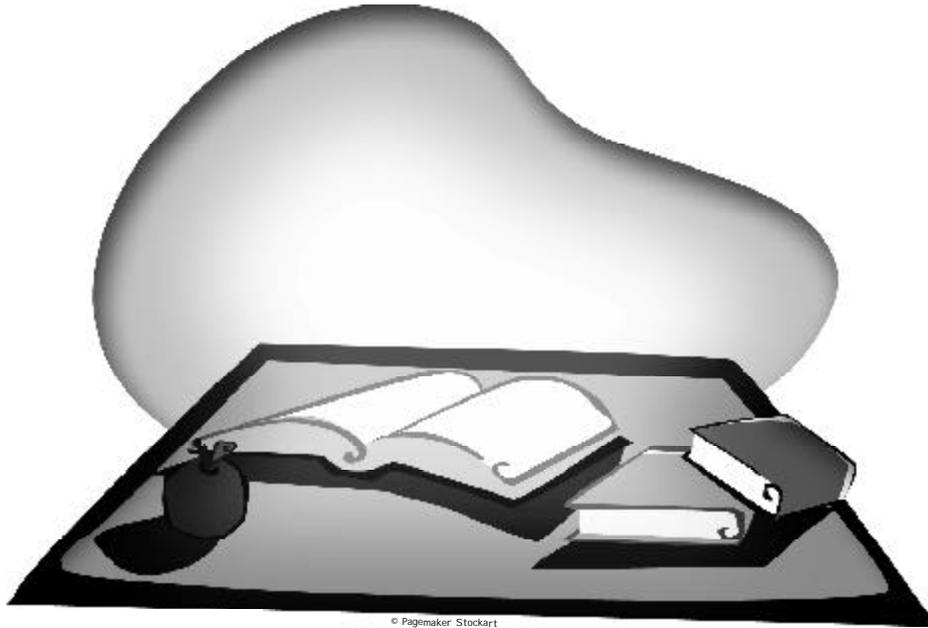
- *For employers to be kind to their foreign workers.*
- *For Christians to share the gospel with them.*
- *For the foreigners to be grateful for the jobs they have here, and not to cause any trouble.*

### ACT:

- *Learn the word for "GOD" in these languages and use them in your prayers – Malay/Indonesian; Mandarin; Thai; Vietnamese; Filipino; Burmese; Bangladeshi and Tamil.*



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Did The Lord Speak to You in a Special Way?  
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DAY 36: 26 AUGUST

## Believe in God (Just Do It!)

1 John 5:1-5



### PAHANG

Pray for more churches will be built in the Orang Asli villages. Also pray for the trainees and trainers in National Service. Pray for their protection.

**We are blessed because we believe in Jesus who is all powerful, almighty, all knowing and all seeing. He is our Friend who will never leave us nor forsake us in whatever we do and wherever we are.**

### PRAY:

- *That we will know Jesus more and more each day.*
- *That we will be disciplined to read the Bible every day.*

### ACT:

- *Will you help a friend who may have difficulty in their walk with Jesus or in their schoolwork?*



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DAY 37: 27 AUGUST

## A Promise is a Promise

Mark 7:6-7



### TERENGGANU

Terengganu is a state which attracts many tourists. The majority of the people there are Muslims. The state now has new leaders who were elected at the recent elections. Pray that the leaders will rule well and take good care of the people. Pray that children will come to know Jesus.

**Do you remember your promises to God, your parents, your sisters/brothers, your friends? You may have promised your parents to study hard, to help out at home, to take care of your younger brother/sister, to stop fighting...**

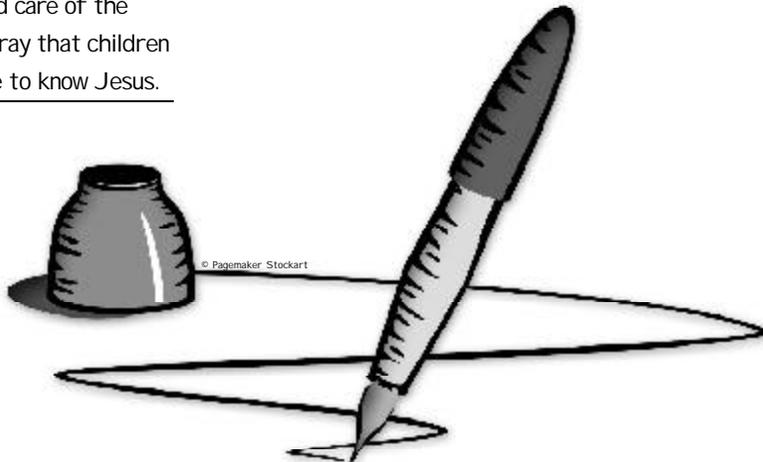
Promises must be kept. When we make promises, we must be prepared to keep them.

### PRAY:

- *That we will keep our promises no matter how hard they are.*
- *That your love and worship to God will be sincere.*

### ACT:

- *Carry out your promise today.*





DAY 38: 28 AUGUST

## Honesty

1 Peter 2:11-17



### KELANTAN

Pray for all the pastors and their families. Pray for unity among the churches. Pray that more Christians will come together to pray for this state.

**In church, there are people from different backgrounds, who speak different languages, look different, and even talk different. But we all belong to one family – the family of Christ.**

If family members do not love each other and quarrel with each other, everybody will suffer, but the saddest member will be Jesus.

### PRAY:

- *That the Christians in your church will love each other.*
- *For your church leaders to be honest with each other.*

### ACT:

- *Pray for your Sunday School friends, especially those who have not been attending classes regularly. The next time you see them, find out how they are.*



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DAY 39: 29 AUGUST

## Defeat Evil With Good

Romans 12:14–21

**As Christians, we ought to love each other even when we don't feel like it. Yet, Christians can sometimes be proud and look down on others.**

God wants us to get along with each other, and not to be stuck up. Make friends with the 'nobodies'.

**PRAY:**

- *That we can be good friends to those who are difficult.*
- *That God will help us to show kindness to those who have hurt us.*

**ACT:**

- *Today, don't say a single bad word about anybody or anything. Say only good words that are kind and encouraging. Look out for ways to help other people.*



**SARAWAK**

Pray that God will bring missionaries to the places where there are no Bibles and that every tribe will have a Bible in its own language. Pray for peace and happiness in Sarawak and that Christians will be united without caring about race or background. Pray for more church workers in Sarawak.



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DAY 40: 30 AUGUST

## The Powerful God Inside Us

1 John 4:4-6



### SABAH

Thank God for the many people coming to Christ in Sabah. Pray that Sabah will be a safer place. Pray for the police to be brave and wise as they do their work of catching criminals, pirates and terrorists. Pray that the churches here will not stop preaching about God's love.

**Do we believe that God who lives in us is bigger and stronger than anything in the world? He comforts us when we are sad, helps us to solve our problems, tells us when we have done something wrong, guides us when we are in trouble.**

God is always there for us.

### PRAY:

- *That we will experience God's power in our lives.*
- *That we will be willing to help others who are sad and have problems.*

### ACT:

- *Ask God to show you someone who is feeling sad or troubled. Go to the person and be a friend to him/her.*



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MERDEKA DAY: 31 AUGUST

## House of Prayer for Malaysia

Isaiah 56:7

**This is the last day of the 40-day Fast and Prayer. We must keep on praying for our nation, the government and the leaders. We must continue to share about Jesus' love.**

Look forward for a powerful work of God in our nation!

PRAY:

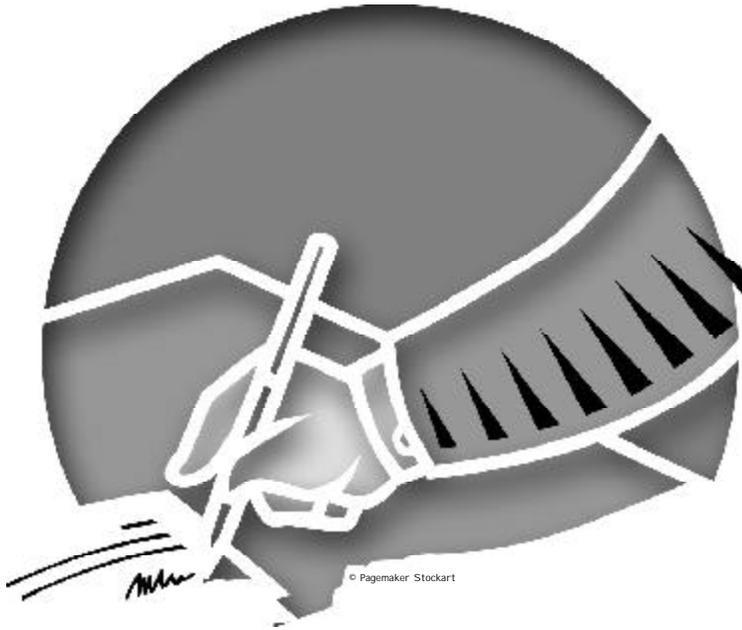
- *Praise and thank God for His love and faithfulness.*

ACT:

- *Make a bookmark to remind you to pray for Malaysia. Every night when you go to sleep pray for our country.*



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Did The Lord Speak to You in a Special Way?  
Take Some Time Now to Write Down What He Said:

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# Your Testimony is Powerful, So Kindly Return This Form to Us



Thank you for being part of Lighting Up Our Nation 2004. We would appreciate your feedback as partners in this prayer movement for our nation. Please give exact details of testimonies or reports so that we may encourage others.

\_\_\_\_\_

\_\_\_\_\_

Answered prayers during or after the 40 days:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Would you like to be added to the mailing list?  YES  NO

Title: \_\_\_\_\_

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_

Tel/Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Would you like information or help on:

- *Praying Round the Clock for Malaysia*  YES
- *Intercession for children*

Name of church or prayer group: \_\_\_\_\_

Name of people who participated in your group ( if applicable): \_\_\_\_\_

\_\_\_\_\_

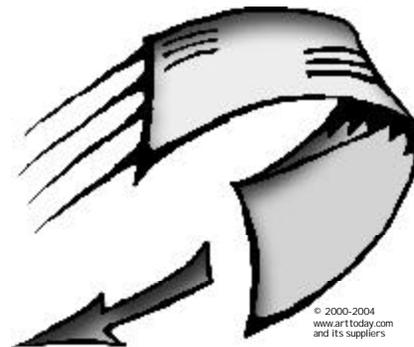
Were there any testimonies that are significant or encouraging that you have heard or experienced during these 40 days?

\_\_\_\_\_

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Please return to :  
 The Prayer Commission of  
 NECF Malaysia  
 Address: 32, Jalan SS2/103,  
 Petaling Jaya 47300  
 Email: prayer@necf.org.my or  
 fax : 03-77291139