



**youth for christ
international
africa**

PRAY AFRICA PRAY

AUGUST 2020



E-mail: yfcla@yfcafrica.org
Website: www.g21africa.com
Facebook – Pray Africa Pray

“Always labouring fervently for you in prayers, that you may stand perfect and complete in all the will of God.” Colossians 4:12

YFCI AFRICA OFFICE

Area Director [AD]: Hilary Lewis-Nicol [Melrose]

- Praise Jesus for protecting and meeting the needs of the Area office staff. Commit Hilary, Charles and Danny and their families unto God, pray especially for healing for Charles’s wife.
- Glorify the Father for a very good Pan African online meeting last month. Pray that the African leaders will implement what they’ve heard.
- Thank God for committed people serving in YFC Africa. Approach Him for perseverance for them and ask for the salvation and discipleship of many young people.
- We are grateful for all our supporters and some people who indicated that they want to support the work. Trust God to bless them and to continue to provide in every ministry need.

CORONA VIRUS PANDEMIC

- Wisdom for governments across the continent to make sound decisions for countries and citizens.
- Protection for health workers and military/police force staff.
- Infected and sick people to get healthy.
- Provision for the needy, economies of countries.
- Christians to be strong in their faith and help in need while protecting themselves.
- Protection of vulnerable people, no abuse of children, women. Strong families.
- Virus to be stopped, a safe vaccine for world-wide use.

TRAINING/DEVELOPMENT DESK

Deputy Area & Training Director: EJ van As

- Praise Jesus for Joy Engelsman’s involvement in the Training Department and her input in the training newsletter. Trust the Spirit for direction as we put the letter together and that it would be beneficial for staff development.
- Thank the Lord for His provision. Pray for the preparations for the Global YFC meeting.

- Glorify God for fruitful online monthly meetings with the Global Training team. Intercede for good team meetings and their work on training programmes.
- Honour the Father for the good Train the Trainers meeting last month. Pray for direction in training as our known world will be changing with Covid19.

AFRICA AREA LEADERSHIP TEAM [ALT]

Hilary Lewis-Nicol, EJ van As, Josue Akowanou, Koekoes van As, Cyril Palan, Sheunesu Masuka, Charles Tandoh, Sola Imoleolu, Luc Dushimerugaba & Susan Masuka

- Thank Adonai for willing ALT members and their good health during the Corona pandemic. Petition Him for a life of obedience, a deep relationship with Jesus and for continuous good health.
- Honour the Lord for good electronic ALT meetings recently. Intercede for direction to implement the decisions and for guidance as we put a 3-year strategic plan together.
- We are grateful for God’s faithful provision. Present to our Provider the need for finances enabling them to do ALT ministry.

FRANCOPHONE REGION

Regional Director: Josue Akowanou [Prisca]

- Glorify the Almighty for His faithfulness and grace upon the Akowanou family. Trust HIM for strength and good health for them all.
- Thank God for ministry teams in Burkina Faso, Cote D’Ivoire and Mali. Pray that they will make a positive impact in these countries to start new YFC chapters.
- Entrust the Foundation for the Nations projects in Burkina Faso and Mali unto our Father, for successful execution and for many young people to be reached.

SOUTHERN REGION [SR]

Regional Director: Sheunesu Masuka [Susan]

Desiree Beukes [Stanley] – SR Prayer Coordinator

- Praise the Lord for good one-on-one meetings with the NDs in the region and the amazing ministry feedback. Commit staff, volunteers and their families to Him for protection against Covid19 as the infections go up across the region.
- We thank Jesus for enabling Board Chairs to attend the Pan African meeting last month. Pray for continued

wisdom for Boards as the nations need to make tough decisions regarding the Corona pandemic.

- Praise the Almighty for the Covid Relief funds received in the region from YFC International. Intercede for the welfare, health and safety of young people in our reach.

EAST INDIAN OCEAN ISLAND REGION

Regional Director: Cyril Palan [Monique]

- Praise God for faithful staff and volunteers serving all over the Island Region. Trust HIM for health and safety for all of them during the Corona pandemic.
- Ask the Spirit for wisdom and direction as we are working on virtual meetings with leaders.

WEST AFRICA ANGLOPHONE REGION [WAA]

Regional Assistant: Sola Omoleolu

- Thank God for NDs, staff, board members, volunteers and partners in the region. Ask God for good health, provision and that He will renew the passion of these people for the young people of their different nations.
- Ask the Lord to grant Sola wisdom to effectively engage with each nation in the Region so they can be more impactful.
- Appreciate the Father for the lives of young people and the efforts been made to reach out to them. Trust the Holy Spirit God for wisdom and effective cutting-edge ministry ideas to reach young people.
- Pray for an end to Islamist/terrorist operations in the region.

EAST AFRICA [EA] REGION

Regional Assistant: Luc Dushimerugaba

Alemsehay Yemane – Spiritual Formation Coordinator

- Praise Jesus for His protection upon board members, staff and volunteers in the in the region. Ask Him to continue to protect them and also provide for them due to rising in living costs and lockdown situations.
- Glorify the Lord for good co-operation between the 7 countries in the EA region. Entrust the need for a Regional Member Care Chaplain into His hands.

- Exalt the Father for the 4 Spiritual Formation coordinators in the region. Bring Alem and these coordinators to God as they strategize and fulfil their ministry.
- Honour our Provider for friends and partners who continue to be close to us in prayer and support as he enables them. Ask God to bring an end to disasters like the locust outbreak, Corona virus, floods and landslides and political insecurities.

SPIRITUAL FORMATION [SF] DESK

Spiritual Formation Coordinator: Koekoes van As [EJ]

- Admire the Father for prayer supporters carrying our ministry and for effective spiritual formation coordinators in most African countries. Trust Him to bless them and to add more prayer warriors to our ranks.
- Honour Jesus for the privilege we have to spend time with Him on the International Day of Prayer and Fasting. Ask the Spirit to help the nations to observe this important day and to give spiritual renewal to YFC Africa.
- Praise Jesus for willing people serving as Member Care Chaplains. Bring them and their interactions with NDs to Him and pray for 4 more in other regions.
- Glorify our Master for each member of the International Board of Trustees of YFC. Pray that He will lead the Board in all their endeavors.

EVANGELISM & PIONEERING DESK

Sheunesu Masuka [Susan]

- We thank God for innovative ministry models and new opportunities for staff to stay engaged with young people. Trust the Lord that staff would be able to have access to enough data and good internet connections to successfully being in touch with young people.
- Praise the Father for young people sharing their faith with their peers. Pray that more youth will connect with others and share their journey in faith.
- Bless Jesus for young people hearing about Jesus and choosing to follow Him. Ask Him to make them strong in their new-found faith.

- Intercede for authorities in some nations to see youth ministry as an essential service to allow staff to relevantly reached teens in distress.

YOUNG LEADERS [YL] DESK

Susan Masuka [Sheunesu]

- We thank Jesus for Young Leaders in many YFC Africa countries. Pray for them to be strong in their faith and for God's provision and protection upon their lives and that of their families.
- Praise God for Susan's willingness to head up this department. Bring her to the Throne of Grace for wisdom in heading up this important department.
- Glorify God for the progress with the YLs data base. Ask Him to give fresh, innovative ideas to the YLs to reach their peers.

ANGOLA

National Director: Palmira Santos

Ladislau Teixeira – Prayer Coordinator

- Intercede for our country as the Corona cases going up every day.
- Appreciate Jesus for our National Board Members, committed staff and volunteers and for protection against Covid19. Entrust them unto Jesus for good health and for direction for us as we implement new plans and ideas in all the centers.
- We are grateful for the Lord's faithfulness and care, especially Covid Relief money received from YFCI. Pray for funding and resources to continue our ministry.
- Praise God for enabling our national leadership. Ask the Spirit for wisdom for them as they lead in these difficult times.

BENIN

Anthelm Souhouin [Florence] – National Director

- Thank Jesus for dedicated Board members, staff and volunteers in YFC Benin. Trust Him to keep them all safe and to provide for them during the Corona pandemic.
- Honour the Father for some ministry opportunities with young people. Intercede for us for direction to readjust our efforts to reach more young people during these difficult times.
- Ask the Spirit to strengthen the faith of the young people we are working with.

BOTSWANA

Nyerere Obita [Tonya] – Interim National Director
Ember Liddiard – Prayer Coordinator

- Thank Jesus that the African Havens tutoring program resumed in Old Naledi with close to 40 students. Please pray with us for the development of new partnerships with other like-minded organisations.
- Praise God for the recent Board meeting and AGM. Ask the Spirit for guidance for Reitumetse Keikotlhaile, the new Chairperson and please continue to pray for the vice-chair Callie who is recovering from Guillain-Barre syndrome.
- Bless the Lord for the Tapologo Day Care Centre. Trust Him for a successful re-opening and that we would be able to add another classroom to enable all the students to attend, also pray for the protection of staff and students.
- Glorify the Father for His provision. Submit our staff unto Him for encouragement as they work through the new normal of social distanced ministry.

BURUNDI

Euphrate Ndayizigiye [Charlotte] – National Director
Marie-Josee Karerwa [Freddy] - Prayer Coordinator

- Praise Jesus for the dedication to God and prayer for the Homes of Hope children. Ask our Master for good results for the ones who wrote their final exam in order for them to be allowed to go to university.
- Glorify our Father for the teachers who did “The Foundation of Christian Faith” course. Trust the Holy Spirit to help them grow in their faith.
- Thank God for good progress with construction work at Gitega. Pray that it would be finished before the 23rd of this month.
- We are grateful for 7 National Board members. Intercede for them to have more commitment and understanding of YFC.

DEMOCRATIC REPUBLIC OF THE CONGO

Interim National Coordinator: Roger Vangu [Therese]

- Pray for political stability in our nation.

- Intercede for growth and development of the Kinshasa, Goma and Kivu South chapters.

eSWATINI (Swaziland)

Mlamuli Motsa – Contact person

- Pray for the re-pioneering of the work.
- Ask God to send the right person to serve as ND.
- Pray for young people to turn to Jesus.

ETHIOPIA

Tagash Sahilu – National Director

Muluberhan Yemane – Prayer Coordinator

- We are grateful for the Lord’s financial provision for YFC E. Trust Him for continuous funding, property and resources to carry our ministry.
- Praise the Almighty for committed National Board members, staff & volunteers. Pray that God will empower them to have more influence in young people’s lives.
- Appreciate the Father for the open door to evangelize street boys. Ask Him for strength and protection upon staff who work with them.
- Praise Jesus for continuous ministry despite the Corona pandemic. Bring the Agro-Industry to the Lord for success and for the construction of the connection point building.

THE GAMBIA

Seal Sylvester Jammeh [Rose]

Zill Preirra – Prayer Coordinator

- Exalt the King of kings for keeping Board members, staff & volunteers safe during the pandemic. Ask Him to continue to protect them.
- We are grateful for our YFC Primary and Secondary schools. Entrust the funding of these schools in God’s hands.
- Trust the Spirit for wisdom and direction for more opportunities to minister to youth.
- Praise Jesus for a good outreach recently. Ask Him to help people grow in their new-found faith.

GHANA

Jackson Mensah [Evangeline] – National Coordinator

Sampson Yamba – Prayer Coordinator

- Place all preparations being made by the electoral commission and the various political parties into

the hands of Jesus, that He may grant us peace and reign in all governmental affairs.

- Extol the Lord for His goodness and mercies on the YFC Ghana ministry. Intercede for direction for the Board, leaders and volunteers in the new and revived regions.
- Thank God for His faithfulness in providing for YFC Ghana and keep us all healthy. Pray that He will preserve and strengthen YFC staff, volunteers, their families and the youth in these times.
- Exalt the Father for committed National Board members. Trust Him to continue to keep them safe.

GUINEA

Reuben Tamba Komba [Marie] – National Coordinator

- Praise the Lord for willing volunteers helping in YFC Guinea. Entrust the new possible partnerships unto Jesus.
- We are grateful for faithful Board Members. Ask the Spirit for guidance and commitment for them.
- Honour God for His faithfulness. Trust Him for financial provision for the ministry.
- Appreciate the Father for our ministry to the youth of our nation. Bring the ministry to street kids and girls who drop out of school unto our Master.

GUINEA BISSAU

Rene da Silva [Mahyuccana] – National Director

Francisco Intungue [Naterca] – Prayer Coordinator

- Exalt the Lord for His protection for staff, volunteers and their families. Petition Him for continuous good health and protection against Covid19.
- We are grateful for financial support from YfC International. Ask our Provider for personal support for all staff and volunteers.
- Thank Jesus for partial opening of the country allowing us to do some ministry. Pray that we would be able to successfully reach youth under these difficult circumstances.
- Praise the Father for committed National Board members. Bring them to the Father for guidance, as they serve alongside us.

KENYA

Shem Irungu – National Director

Martha Sijenyi – Prayer Coordinator

- Praise Jesus for progress made with starting a toll free line for young people in need. Ask the Lord to give us

favour with the authorities as the process is taking too long.

- Glorify God that we recruit a new accountant. Pray for a smooth transition.
- We are grateful for many interactions with young people online and other media ministry. Trust the Spirit to touch hearts and to bring change in their lives.
- Bring the Nakuru coordinator's wedding plans for August unto God.

LESOTHO

Lineo Lekhotsa – Contact person

- Please pray for wisdom, insight and God's game plan for ministry in Lesotho.

LIBERIA

Augustine Fredericks [Veronica] – National Director

Theo Klotty [Queen] – Prayer Coordinator

- Submit the political leaders of our country to the Lord for protection against the Corona virus.
- Thank God for enabling us to reach youth through the media and online prayers. Ask Him that many of these young people will come to the knowledge of Christ.
- Glorify the Lord for keeping staff, volunteers and their families safe during the pandemic. Keep on praying for their protection as well as provision.
- We are grateful for committed National Board members. Pray for guidance and safety for them as they serve alongside us.

MADAGASCAR

Ravo Maharavo Fetra [Lalaso] – National Director

Mirana Razafiniana - Prayer Coordinator

- Exalt the Almighty for Ravo's opportunity on a radio station on Sundays. Pray that many people will listen and apply the messages to their lives.
- Glorify God for His provision and protection for us during the Corona pandemic. Intercede for staff, volunteers, board members and their families to be safe and healthy during this time and for continued provision for all of them.
- We are grateful to Jesus for a new opening for Mirana at a local company to speak to about 30

young people. Ask Him to speak through her to these young people.

- Bring praises for ongoing English classes in schools. Pray that this will benefit students in their education and pray for protection to all young people we are working with.

MALAWI

Edward Chitute – Contact person

- Glorify the Father for our board members. Submit them unto the Father for wisdom and for protection for them and their families.
- Praise Jesus for dedicated staff and volunteers. Pray for guidance as we reach out to young people during the pandemic.
- Worship the Almighty for a very good time of Bible sharing with many young people on the 10th of July. Ask the Spirit to keep their focus on God in the midst of their challenges.

MAURITIUS

Dylan Palan [Letitia] – National Director

Monique Palan [Cyril] - Prayer Coordinator

- Ask for guidance to internally pioneer Rodrigues as a centre of YFC Mauritius.
- Honour God for faithful staff and volunteers. Trust Him for protection and good health for them as well as their families, trusting also for wisdom for Dylan in his leadership role.
- We are grateful for a few committed National Board members. Submit our first virtual Board meeting unto the Lord, asking also for guidance to take the ministry through this difficult time.
- Pray that our efforts with online media to young people will be effective especially the Viber prayer meetings.
- Bring the young people of Mauritius to the Throne of Grace that they will keep standing strong in their faith and not lose hope.

MOZAMBIQUE

Gito Massingwe – Contact person

- Pray with us for direction in the way forward with ministry in Mozambique.
- Ask the Father to enable us to update YFC registration with government soon.

NAMIBIA

Desiree Beukes [Stanley] - National Director

Fiona Engelbrecht [Elri] - Prayer Coordinator

- Bless Jesus for the well-being of staff, volunteers, board members and their families regarding the Corona virus. Continue to pray for their safety and good health and bring our National Board and ministry leadership to the Father for guidance and wisdom.
- We are thankful for the money we received from the International office for Covid relief. Entrust our need for many more bookings for the Hodygos campsite unto Jesus.
- Thank God for fruitful training and prayer time last month. Intercede for Neels and the outreach/ministry he is going to do in Rundu.
- Praise the Lord that we are able to reach young people via social media. Ask the Spirit to give the young people receptive hearts as they hear the Gospel on these platforms.

NIGER

Moussa Ali – National Director

- Thank the Father for our school ministry. Pray for students to apply everything they hear from us.
- Exalt our Lord for enabling us to reach young people through sport. Trust Him for complete transformation for the youth in this programme.
- Thank God for committed National Board members. Bring them to God for guidance in all they do.

NIGERIA

Sola [Adesola] Imoleolu – National director

Joshua Golden – Prayer Coordinator

- Thank the Father for His continuous protection and provision for staff, volunteers, young people, partners and supporters. Ask Him for continued protection and to comfort Bisi's family after the demise of her dad.
- Thanksgiving for successful launch and good impact of Project Teach. Trust God that this project would enable many students to excel in their school work and spiritual life during the lockdown period.
- We are grateful for dedicated National and local Board Members and the new members added to the Jalingo Center's Board. Pray for favor and divine direction for all of them in their governance role.

- Praise Jesus for many young people being reached this past month through our evangelism outreaches. Entrust their spiritual growth unto the Holy Spirit.

REPUBLIC OF SOUTH AFRICA

Ed Ramsami – National Director

Koekoes van As [EJ] – Prayer Coordinator

- Praise Jesus for many dedicated staff and volunteers and the recovery of Liz & Brian Govender from Covid19. Ask Jesus for good spiritual and physical health and complete healing for Sphe Luthuli who tested positive for Covid19.
- Honour God for committed national and Local Board members. Pray for them for guidance in their governance task, for good health for them and their families.
- Thank the Father for some good opportunities to reach youth online and with other means. Pray that young people across the country will implement what they hear from YFC staff and will remain healthy.
- We are grateful for to our Provider for the way He sustains us personally and our ministries. Pray for provision for ministry, staff, volunteers and young people and their families as many people lost their jobs due to the pandemic.

REUNION

Contact person: Jacques Bougault [Annick]

- We are grateful for Frederick and his wife's involvement with YFC. Ask the Spirit for wisdom to approach the right persons to serve on the National Board.
- Honour the Father for the opportunity to partner with the Scholar Youth Bible Exhibition. Pray with us that the exhibition will have a positive influence on many young people.
- Thank the Lord for enabling us to help with the translation of the cartoon Action Bible in Creole. Submit the revision of translation unto God.

RWANDA

Jean Baptiste Mugarura [Jeanne Marie] - National Director

Justin Birangwa – Spiritual Formation Coordinator

- Entrust our country's government unto our Master for direction to steer Rwanda in the right direction during the Corona pandemic.
- We exalt Elohim for passionate and committed National Board members. Submit them to God for absolute clarity to help the ministry through this very difficult time.
- Praise be to our King for Bible studies, prayer groups and other ways of ministering to youth using digital & social media platforms. Pray that young people will pay attention to these and turn to God but pray for good health for them also.
- We are grateful for Yahwe's protection upon us all regarding Covid19 and the food stuff we received. Trust Him for an outcome regarding the situation of the long lockdown closure of our schools and for continued provision for staff, volunteers and associates.

SEYCHELLES

Mervin Pool [Nathalie] - National Director

Nathalie Pool [Mervin] – Prayer Coordinator

- Glorify the Lord for a good meeting with the Ministry of Health regarding Covid restrictions. Trust Him to prepare the way for us to go into the schools again.
- Praise God for the progress Mervin made with his studies. Submit the organizing of the Passion Conference unto Jesus.
- We are grateful for starting up another Bible study group. Ask the Spirit for spiritual growth for every attendee of these groups.

SIERRA LEONE

Favour Conteh – National Director & Prayer Coordinator

- Pray for our nation to be politically stable.
- We are grateful for the work in prison. Intercede for the juvenile prisoners who are sick to become healthy.
- Appreciate the Almighty One for faithful staff & volunteers. Ask Him to protect them as they go out for evangelism.
- Thank God for good National Board of Trustees members. Trust the Spirit for direction for them to

give good governance and that YFC will become a household name in Sierra Leone.

- Celebrate Jesus for our ministry to street kids. Stand in prayer for them struggling on the streets, sleeping in market stall and getting bitten by mosquitos.

TANZANIA

Zaburi Obadiah – National Coordinator

- Praise the Lord for staff and volunteers who are willing to reach out to the youth of our nation. Commit them to Jesus for guidance to reach young people in new ways and techniques.
- Thank Jesus for committed National Board members and good co-operation between them and the staff. Bring the Board to the Spirit for wisdom in their governance task.
- We are grateful for the Father's protection upon us and the youth we are working with. Stand with us in prayer for many young people to be saved but also for more labourers in the Tanzanian harvest field.
- Exalt God for providing timely finances from the International office for Covid Relief. Entrust our plans to buy land and to build our own offices unto our Provider.

UGANDA

Miriam Koote – National Director

Robert Walusimbi – Prayer Coordinator

- Glorify God for His provision towards us and our ministry. Submit to Him our personal and on-going ministry needs.
- Praise Jesus for preserving us through the Covid19 pandemic. Pray for His protection upon us, our families and the young people we reach.
- Uplift the Lord for enabling us to reach young people and for those who committed their lives to Him. Ask Him to lead us in the door-to-door evangelism and that fruitful discipleship will take place.
- We are grateful for young mothers who safely gave birth to healthy babies. Intercede for success for the upcoming outreaches to pregnant teenagers.

ZAMBIA

Joshua Mwila – Interim National Coordinator

- Praise Father for good health and safety for staff and board members. Pray for the selection process as the board consider a new ministry Coordinator. Pray that this person will be God appointed.

- Appreciate Jesus for ministry opportunities last month. Commit Joshua & Joseph as they reach out to youth during Corona restrictions.

ZIMBABWE

Sheunesu Masuka [Susan]

Susan Masuka [Sheunesu] – Prayer Coordinator

- Pray for an end to the nurses strike in our country and for wisdom for everyone to handle the pandemic well.
- Exalt the Father for the young people who received help from the YfC Zimbabwe team last month. Entrust the young people of our nation unto God since schools remained closed and exams been postponed.
- We are grateful for the Lord's provision, protection, and faithful undertaking for the entire YFC Zim and their families. Ask our Provider to keep on providing and protecting us in these difficult circumstances.
- Bless Jesus for the Covid Relief money we got from the International office. Intercede for continued zeal and passion for the lost and saved young people in the YFC Team.

Thank you for faithfully praying with us. We appreciate your involvement very much. Through your prayers you are an effective worker in His harvest field on the continent of Africa.

*Greetings in Christ,
Africa Prayer Team*

***Prayer is the most normal, useful thing to do.
Oswald Chambers***

This month's training comes from Desiree Beukes, ND of YfC Namibia.

READY, STEADY, GO!



We are all familiar with the term READY, STEADY, GO! [In our part of the world, a term used in primary school athletics] Knowing that it is a command to start or get ready for the race we are about to take. While in position to start this race, your mind is focused on who your opponents are as well as the finish line.

How do our daily prayer sessions look?

Is it maybe the same as READY, STEADY, GO!?

For many of us, this is how our prayer times with Father look like as well. We are so used to the ready, steady, go process. We're quick to line up, to get in position to take off and when we hear: "Go!", we run. In our prayer time, this method sometimes causes us to miss out on what God wants to say to us at that moment. Yes, there is absolutely a time for saying a quick prayer and move on, but that should not be the norm of our prayer time with Abba Father.

I want to add another word to the familiar term: READY, STEADY, GO! and that is:

READY, STEADY, WAIT, GO!

READY - Getting **READY** to spend time with Abba Father – Take time to appreciate and adore Him. Acknowledge His greatness and goodness. Praise the Everlasting King. If you do not have enough words, pray Psalms out of the Bible unto Father.

STEADY – Get in position to turn and keep your eyes completely focused on the Everlasting King. In this **STEADY** position share your heart with Father. Make time for confession and then on to supplication for yourself and others. Whatever there is to share with Him, now is the time. I am thinking of the song that says: "Lord You have my heart and I will search for Yours. Jesus take my live and lead me on."

WAIT – We've said enough, now it's time for God to speak to us and we listen. Habakkuk 2:1-2: 'I will stand at my watch and set myself on the rampart, and watch to see what He will say to me, and what I will answer when I am corrected.' Then the Lord answered me and said: "Write the vision and make it plain on tablets, that he may run who reads it" In our quick prayer times, we may just miss out what Father wants to share with us. Patience in spending time with Father is important. During the **WAIT** time, I wait patiently to hear what Father wants to say and take the time to write it down.

GO – Now we ready to take off and run the race with perseverance marked out for us. Our eyes fixed on Jesus the author and finisher of our faith. 1 Cor.9:24-27 / Heb.12:1



Take time with Jesus and finish your daily prayer race with confidence.