

Heavenly Father I come to you now. Lord, I am a sinner. I have sinned against you, even this day, but Lord, I come and ask you in the name of Jesus that you will forgive me for all my sins, that you will wash me in the blood of Jesus and I shall be cleansed from all sin. I thank you now for saving me. Come into my heart and into my life and Lord, lead me by your Spirit and help me to live for you from this day forth. I thank you now in Jesus' name, Amen.

To continue as a true believer you must follow the Lord Jesus Christ. This involves regularly: 1. Reading the Bible; 2. Praying to God in Jesus' name; 3. Fellowshiping with other born-again believers.

**OTHER FREE TRACTS**

**PRAYER REQUESTS**

PRAYER AND FASTING NETWORK

E-Mail: [pafn777@yahoo.com](mailto:pafn777@yahoo.com)

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gun crime  
**LONELINESS**  
ALCOHOL  
Money Problems  
**DRUGS**  
EMOTIONAL PROBLEMS



**STRESSED?**

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**STRESSED?**

By definition, stress is any change to which you must adjust. Changing jobs, getting married, getting sick, ... even becoming suddenly rich are some of the changes that can cause stress.

**If you are under unbearable stress** or burdened down with " a heavy load ."

Jesus said:-

Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light. *Matthew 11: 28-30*

**If you are a Christian**, the word of God says to you:-

Cast... all your care upon him; for he careth for you. *1 Peter 5: 7*

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**If you are a backslider** it is time to say sorry to the Lord and remember that:-

But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin.

¶ If we say that we have no sin, we deceive ourselves, and the truth is not in us.

If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

*1 John 1:7-9*

**If you are not saved**, the Holy Bible says:-

...behold, now is the accepted time; behold, now is the day of salvation.

*2 Corinthians 6:2b*

In other words **NOW** is time to make a step in faith towards the Lord. **We suggest you come as you are** and pray the following prayer as a first step.

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