

**Ask your heavenly Father to meet your needs.**

1. Ask your heavenly Father to maintain your body.
  - a. The Creator cares about his creation (Ps. 103:13-14).
  - b. God's physical care aims at spiritual care (Pro. 30:7-9; 1 Tim. 6:6-10; Heb. 13:1-6).
  - c. Daily bread is a test (Ex. 16; Deut. 8:3; Ps. 78:17-20; Ps. 81:10-16; Ps. 106:13-15).
  - d. God cares about how you live (1 Cor. 9:27; 1 Cor. 10:31; 1 Tim. 4:3-5).
2. Ask your heavenly Father to maintain your innocence.
  - a. Forgiveness must come first.
  - b. The seal of your forgiveness: forgiving others.
    - i. What forgiveness is.
    - ii. Forgiveness acknowledges our sin before God (Mt. 18:21-35).
    - iii. Forgiveness gives place to God as judge (Gen. 50:15-21; 2 Sam. 16:5-14; 19:16-23; 1 Kg. 2:8-9; Rom. 12:19-21; Philem. 15-20.)
    - iv. No one alive is beyond redemption (Acts 9:13-16).
3. Ask your heavenly Father to maintain your soul.
  - a. The proving of your faith (Gen. 22; Ex. 16; Job; 1 Cor. 10:13; Jas. 1:12-15; Rom. 1:24-26).
  - b. Deliverance from evil (Gen. 6:11-13; Gen. 14; Gen. 19; Ps. 34:6-7; Dan. 7; Lk. 18:1-8; 2 Pet. 2:4-10; Rev. 19:11-21; Rev. 20:7-15).