**Say This and the Devil Will Flee!!!**

Today, keep your eyes on God and HIS word. There will be distractions but you got this! Even if you have to repeat something in your head just to stay focused do just that. I repeat phrases that praise God and not only does it please HIM, but I get renewed strength. Some phrases I use are: " Glory be to God," "All Praises Due To God," "God is the Greatest." When you praise God and keep God in remembrance through out the day, the devil will flee.

Also remember, you don't have to say long drawn out prayers. In the times of the Prophets, the most powerful prayers were short and powerful. Sometimes I'll be walking and I will say God please forgive me or God please protect me and I will feel his presence immediately. Your tears can even silent prayers because God knows your heart.