One minute for God:

During the next 60 seconds, **Stop** whatever you are doing, and take this opportunity. (**Literally it is only One minute!**) All you have to do is the following: You simply say **"The Lord's Prayer"** for the person that sent you this message:

The Lords Prayer
Our Father, who are in Heaven, Hallowed be Thy Name, Thy Kingdom Come, Thy Will be done, on Earth as it is in Heaven. Give us this day, our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation but deliver us from evil. **Amen.**

Next, consider your duties before God at this moment.***** If you can take the time, send this message to everyone you know. In a while, more people will have prayed for you and you would have obtained a lot of people praying for others.

Next, stop and think and appreciate **God's power in your life**, especially his response for doing what you know is pleasing to **Him.**
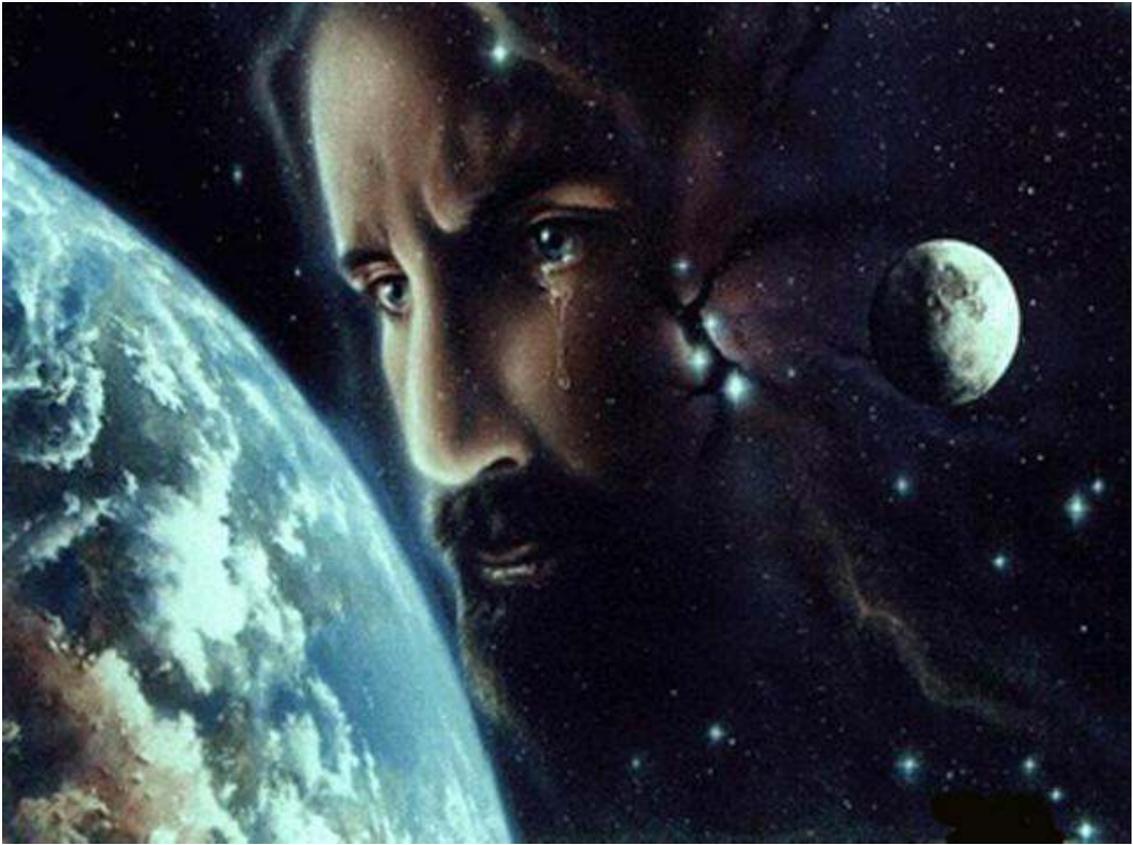
Jesus said, "If you are ashamed of me, I will be ashamed of you before My Father."

If you are not ashamed, share this with others and send them this message... only if you believe.

"Yes, I love my God. He is my fountain of Life and My Savior. He keeps me going day and night. Without Him, I am no one. But with Him, I can do everything, Christ is my strength."

* This message is definitely an intrusion on your time and the duties you have before God today. However, listen for a brief moment with a simple, undivided heart. If you sense the Lord drawing you to do it, send this message back to the one who sent it, and forward it to others. If not, simply ask the Lord to bless them all, and keep this message for another day. "Lord, we bless and praise You for the life and freedom You so abundantly give to your children."

God loves you and watches over you every day.