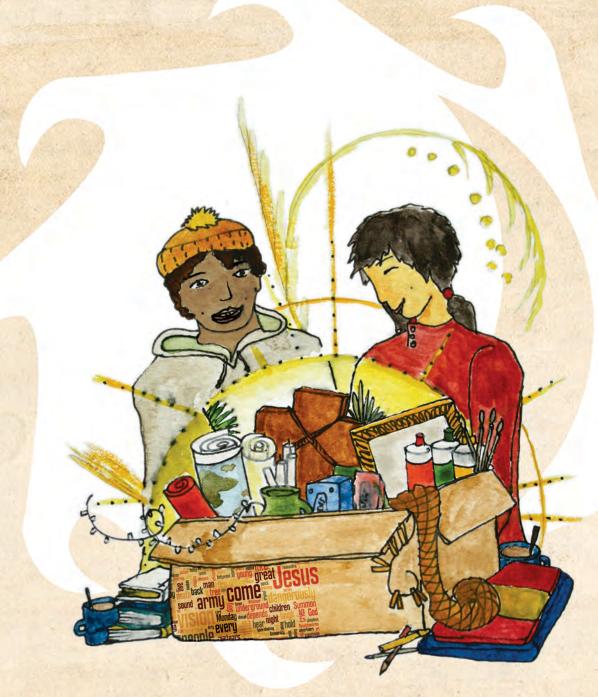
HOW TO HOST A 24-7 PRAYER ROOM





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THIS GUIDE CAN HELP ANYONE ANYWHERE HOST A 24-7 PRAYER ROOM. IT INCLUDES IDEAS ON MOTIVATING YOUR COMMUNITY, ORGANISING THE ROOM, CREATIVE PRAYER AND STARTING AND ENDING WELL. USE THIS GUIDE AND THE SUPPORT OF THE 24-7 PRAYER TEAM TO GET PRAYING. ALL IT TAKES IS 24 PEOPLE TO COMMIT TO AN HOUR A DAY TO FILL A WEEK IN UNBROKEN PRAYER.

1 Why pray?

Two words, one question, so many answers... We pray because God is listening (1 Chron 7:14). We pray because conversation is the heartbeat of relationship (John 15:4). We pray because the world is broken and our words can change it (Matt 6:10). We pray because Jesus said pray, and don't give up (Luke 18:1-8).

Bold, persistent prayer changes history... Over 2000 years ago: the church was born in a 24-7 Prayer Room in Jerusalem (Acts 2). Over 1000 years ago: Celtic monasteries prayed 24-7 and transformed Europe. Over 300 years ago: Moravians prayed 24-7 for 100 years and took the gospel to many nations even selling themselves to reach slaves. Over 100 years ago: a multi-racial 24-7 Prayer Room on Azusa Street, Los Angeles sparked the global Pentecostal and charismatic renewal.

"AFTER THEY PRAYED, THE PLACE WHERE THEY WERE MEETING WAS SHAKEN. AND THEY WERE ALL FILLED WITH THE HOLY SPIRIT AND SPOKE THE WORD OF GOD BOLDLY." ACTS 4:31

From Pentecost to today, when friends of Jesus pray, the unexpected happens. Dare to pray. Dare to change. Dare to impact the world.

What is 24-7 Prayer?

24-7 Prayer is a movement of the Spirit calling hundreds of thousands of people, especially young people, all over the world to pray. It's an idea as ancient as the Church, that has found new life and a fresh voice. The vision has reached more than 2 million people, in more than half the nations on earth. For more than a decade the movement has continued unbroken, impacting places as diverse as the US Naval Academy, a German punk festival, warzones and underground churches, the slums of Delhi, the jungles of Papua New Guinea, ancient English cathedrals and even a brewery in Missouri. It's challenging, creative and mission focused; it unites age groups, nationalities and streams of the Church in talking with Jesus Christ.

"IT'S WONDERFUL... THE HOLY SPIRIT IS HERE. I SPENT 20 YEARS COMING TO CHURCH EVERY SUNDAY, BUT NOW I'VE MET THE POWER OF GOD." - BRAZIL

"MY HOUSE WILL BE CALLED A HOUSE OF PRAYER FOR ALL NATIONS" MARK 11:17

The prayer room model is simple and flexible. You need a space, inspiration for prayer, creative materials to enable expression, and people willing to pray in one-hour shifts, around the clock. Churches, families and communities have prayed 24-7 for anything from 24 hours to many months. Countless people have emerged from prayer rooms to report that God spoke to them in life changing ways, that they found prayer easier, or that an hour felt like ten minutes. Even those who don't consider themselves Christians have often experienced God's presence.

"I STRUGGLE WITH PRAYER; THE RIGHT WORDS DON'T JUMP UP WHEN I NEED THEM... BUT LAST NIGHT WAS A FLOW." - ZIMBABWE



3 What's your vision?

When mobilising a community to rise to the challenge of 24-7 Prayer it's good to be clear about why. There are many reasons to pray; seeking the presence of God can be enough in itself. However, God may have a specific reason for your community to pray 24-7 at this time. Before you begin talking or planning, stop and listen. Start by asking God whether He has a focus or reason for your 24-7 season.

"I AM SEEKING GOD AND HE IS SPEAKING TO ME!" - IIK

As you listen to God and pray with others, here are a few questions to help you find your focus. Is your season of 24-7 Prayer primarily for your church, the wider community in your town or city, or both? Look at the people around you and the places where you live. What needs or problems can you see? How could a praying, loving community greater affect your town or area? What is God already doing? What good things could you support and pray into?

"IF MY PEOPLE, WHO ARE CALLED BY MY NAME, WILL HUMBLE THEMSELVES AND PRAY AND SEEK MY FACE AND TURN FROM THEIR WICKED WAYS, THEN I WILL HEAR FROM HEAVEN, AND I WILL FORGIVE THEIR SIN AND WILL HEAL THEIR LAND." 2 CHRONICLES 7:13-14

Are there people in your community you can offer prayer to and for?

If appropriate why not contact / pray for

If appropriate why not contact / pray for schools, other churches, the local government, law enforcement, health care providers and business owners. In places where it is safe to do so, why not ask the representatives of these groups how you can pray?

At the end of this guide is a template for prayer request cards. Why not use them within your community to pray for whoever has need.



4 Preparing well

Find A Team

The first thing you need when organising a 24-7 Prayer Room is a team! Ask God for help and look for those with a passion for prayer, good communication skills, creativity and organizational ability. Together you can listen to God and motivate others, as well as design, build and run your prayer space. It's also a good idea to gather a group of people willing to be in an 'On Call Team'. People who can take responsibility for a day of your prayer time and leave their contact details in the room in case of a problem. When the prayer room is running they can fill empty hours and tidy the space.



Choose Your Space

When choosing where to host your prayer room look for somewhere that's accessible 24 hours a day and will not place the security of people, or other parts of a building (for example offices or halls) at risk. For groups who don't have their own building, alternative prayer spaces have included schools, police stations, work places, tents, huts, caravans, basements, bedrooms and fields. Also think about how many people will be in your prayer room at any one time. Don't use a warehouse for 5 people or a cupboard for 50. Choose a space you can decorate well and can facilitate both intimacy and stillness for an individual, and room to pray for a small group.

Decide When You'll Pray And For How Long

Unless God has spoken clearly there's no need to rush. Is there a significant time, event or activity approaching that might benefit from continual prayer? Give yourself at least a month, ideally two or three, to prepare and communicate. The more time you have to envision your community

and teach on prayer, the smoother your 24-7 Prayer Room will run. Give everyone lots of notice and keep reminding everyone of where, when and why you're praying so they make time to take part.

Most pray 24-7 for a week. It's long enough to be a challenge but short enough to be an achievable goal. Many find that it's not long enough, and continue to pray. We recommend not continuing unless you're confident you can fill the time. It is better to end on a high with a hunger for more, than to continue and burn everyone out.

Vital Resources



'The 24-7 Prayer Manual' by Pete Greig is a must have. It's an excellent and exhaustive guide to running a 24-7 Prayer Room that goes into great detail on the vision of the movement, teaching about prayer, motivating people to pray and more.

The 24-7 Prayer Manual is available from www.24-7prayer.com/shop along with 'Red Moon Rising' - the story of the movement, CDs of music for your prayer room, and posters and videos to inspire and motivate. I recommend having a copy of 'The 24-7 Prayer Manual' for your team and a copy of 'Red Moon Rising' to help others grasp the vision and potential of praying.

What Does A Prayer Room Cost?

24-7 Prayer does not charge for this guide, other downloadable resources and the personal support of its teams. This is a movement of the Spirit and it is open to all, regardless of economic situation. When organising your 24-7 Prayer Room it can be as expensive as you make it. You can spend whatever you decide on materials, resources and promotion, or spend nothing at all borrowing the things you need from homes and churches. We recommend that as a minimum you budget to provide bibles, pens, paper, paints and refreshments.

If you would like to give to 24-7 Prayer and help support people praying around the world, you can. Take the opportunity to make a one off donation or become a monthly supporter via

www.24-7prayer.com/donate.

Prepare The Ground; Teach On Prayer

The Bible is packed with a wealth of teaching on talking with God. Why not plan a Bible study for small group settings, and/or plan a teaching series for your meetings. Acts 1 & 2 are an inspirational study as well as parts of John 15, Ephesians 6, Matthew 6, 2 Chronicles 7 and much more.

Register Your Prayer Room

Sign up now if you haven't already! Registering your group and prayer room on www.24-7prayer.com gives you access to free and discounted resources, online sign up pages and free, personal support from our experienced team. Most importantly though it signifies that you are part of a much wider wave of prayer that God is spreading worldwide.

5 Motivating people to pray

Many people find the idea of night and day prayer daunting so here are some ideas on motivating your community to pray.

Share The Vision

Communicate the vision - why you're praying, at every opportunity. Many churches and groups use Twitter, Facebook groups, YouTube and other social media sites to express why you're praying and galvanise support. Take advantage of any gatherings, newsletters and any other ways of spreading information you have within your community. Teaching on prayer is key, but don't forget to repeat the vision clearly, quickly and often.

Recruit Champions

Every community has people with an infectious amount of energy. When they get excited about something they spread their passion to others and motivate people to get involved. Find these people across the ages and social groups of your community

and ask them to help you champion the 24-7 Prayer Room.

Involve Young People

Why not ask the younger members of your community to help run the 24-7 Prayer Room? We've found that young people respond well to the extreme and creative challenge of night and day prayer. If they take ownership of the prayer room everyone will join in. If they feel it's something for older people, we've found that young people less likely to participate. Why not host a sleep over in the 24-7 Prayer Room (with adult supervision) for teenagers? Also encourage parents to include and pray with their children during their prayer hours.

"OUR 24-7 WENT REALLY WELL. WE HAD A LOT OF YOUTH SIGNING UP... SOME OF THEM FOR TWO-HOUR SLOTS. THEY ENJOYED JESUS IN A NEW WAY!" - CHINA

Use 24-7 Prayer's Videos And Resources

www.24-7prayer.com, www.24-7shorts.com and www.youtube.com/247pray are three places you can find great video content to motivate others to pray. Take a look at videos that express the vision of 24-7 Prayer and share testimonies from those who have prayed, and show them to your group.



'Red Moon Rising' by Pete Greig is the amazing story of how God started this movement. There is nothing like this book for motivating people to pray. Why not pass it around and encourage people to read it.

Share Stories

Stories of God responding to prayer encourage people. Why not share times this has happened in your community and check www.24-7prayer.com for recent stories from prayer rooms around the world. To receive weekly emails with testimonies, news and articles from 24-7 Prayer sign up here: www.24-7prayer.com/rewind.

Regular financial supporters also receive a monthly update with additional testimonies and previews of new resources. Sign up to be a supporter here:

www.24-7prayer.com/donate

"THE PRESENCE OF GOD WAS SO INTENSE THAT
I ALMOST COULDN'T KEEP AWAY FROM
THE PRAYER ROOM"
- FINI AND

Special Events For Your Prayer Room

To motivate and maintain momentum in prayer, why not organise special events during your 24-7 season. Plan times of corporate worship and prayer; try prayer walking around your neighbourhood or host themed prayer hours focusing on a group, situation, issue or passion. Find out about a great new initiative called Revival Run (www.revivalrun.org) and try planting prayer stakes in the places God sends you.

Pray Creatively In Meetings

Many people feel inadequate in prayer and half the challenge in getting them to pray is a feeling of intimidation. Why not try praying creatively within your gatherings in the run up to the prayer room to break down fear and get the community started. Each time you pray remind everyone about the upcoming 24-7 Prayer Room. For ideas on creative prayer look at the 'Designing your prayer room' section of this guide.

Getting People To Commit To Pray

Have a sign up sheet (template at the back of this guide) available at every gathering. Make sure you point to it and remind people to sign up. If people are nervous of praying alone, why not suggest they pray with a friend. We also highly recommend taking a time of silent prayer when you're all together. Get everyone to ask God how much time He would like to spend with them in the 24-7 Prayer Room. You sheet will fill up because God always wants to spend time with us!

When you register your prayer room on www.24-7prayer.com you are given access to a free online sign up page for your prayer room. Make sure it matches your paper

Jukka Virtanen Tulkoon sinun valtak

October Fri 14th copy and then spread the word to encourage sign up.

Don't worry if not all the hours are filled when you launch. Once someone has stepped in to the 24-7 Prayer Room and spent time in prayer they often make more time to come back.



6 Designing your prayer room

"THE PRAYER WEEK IS GOING GREAT! THE CHURCH BUILDING IS UNRECOGNISABLE AND SO IS THE ATMOSPHERE."

- Uk

We are made in the image of an infinitely creative God who uses words, stories, pictures, music, creation and so much more to speak to us. Why should we limit ourselves to only a few ways of talking back? Many who find prayer difficult have found a new language for prayer and expression in the creativity of a 24-7 Prayer Room. When designing your room try to include different artistic mediums, activities and ways to engage the heart and mind to help people pray. There isn't one right way to design a prayer room, each one looks different, but here are a few suggestions to get you started.

Design Your 24-7 Prayer Room Around Your Vision

Remember why you're praying as you make the space. If you have felt God ask you to draw closer to Him, then consider how you can make the room a place of stillness and what scriptures and activities could focus the mind on the Father. If you feel called to pray for your city then what maps, photos, information, scriptures and needs might help people pray? Whatever your reason or theme (even if the theme is 'we just need to pray!'), build around it.

If you find the creative side of a prayer room hard, then keep it simple and bold: don't feel pressured to fill the space with lots of things. Make sure you have electricity if you need it and use lighting to bring focus and create atmosphere. If you have a large enough space then create different areas with specific focuses. It's often helpful to create a small and intimate space for people who want to pray quietly, a space where people can be messy and express their prayers artistically and to make a space we call a "Wailing Wall" for people to write their petitions to God.

Use All Five Senses

Sight: Use inspiring images, text and bright colours to engage.

Sound: Have music and instruments in the room, think about how listening, speaking and singing could give people different experiences of prayer.

Touch: Fill the room with things to interact with. People who struggle with staying focused might find it helpful to sculpt their prayers, touch sand or water, or hold a cross or crown of thorns. Think about the different fabrics and textures you could use to shape the space. Also consider games and interests that could help people pray. Smell & Taste: You could burn incense and scented candles for an intimate atmosphere and use food in your prayer activities. Wine, bread, figs, honey and more are used as symbols throughout the Bible, find ways to use these and other tastes.

"DEVOTE YOURSELVES TO PRAYER, BEING WATCHFUL AND THANKFUL." COLOSSIANS 4:2

Make It Hospitable

The 24-7 Prayer Room should be a welcoming place where Christians and non-Christians feel equally welcome. Consider your entrance, what is the first thing you would like people to see when they arrive? How will they be greeted and how would you like them to use the room? Make sure there are refreshments available. People will feel welcomed into the presence of God if there is something to eat and drink, and caffeine is very useful at 3am! Keep the Prayer Room clean and well aired and replenish refreshments daily.

Make It Safe

Think through some simple safety guidelines, especially for people praying through the night. We suggest asking those under 18 to pray with an adult after dark. Many lock their entrance at night, giving a number to ring or installing a camera to allow people to find out who's at the door before opening it. Each nation and location has it's own security concerns so think through what guidelines will keep people praying safe as they come to and from the 24-7 Prayer Room.

Recording what God says and does

As you design the room, plan the ways you're going to capture what God says and how he responds to prayer. It's good to make places where people can write what they're hearing in prayer and encouraging stories. Many groups put a feedback and testimonies book in the room as an encouraging read at the end of the week. Let everyone know it's there and then watch it fill up. Also, if you have a camera, make sure someone takes photos of the room and the prayers on the walls. When you look back at the end of your prayer time they will paint an amazing picture of what God has been doing among you.

WHAT TO PUT IN THE 24-7 PRAYER ROOM

24-7 Prayer Rooms can be as full or empty as you want but here are a few recommended materials that many groups have used:

- 60 minutes prayer guides (available to download from
- Candles and soft lights
- Sticking materials like tack,
- clothes pegs, string and tape Soft cushions, fabric, beanbags and chairs
- Maps of the World, your nation and your region
- Information about your community/ town/ city
- Blank paper, pens, paints and crayons
- Prophetic words and key Bible verses for your church
- Helpful Šymbols (e.g. a cross, or a crown of thorns)
- CD or MP3 players and musical instruments
- Bibles and prayer books
- A testimonies book for people to write their experiences in
- Water, bread and wine, if appropriate

Creative prayer ideas

Some people don't find it easy to think creatively. Here's are a few questions to help you try.

What would you like people to pray about? Example answer: Forgiveness from sin What ideas, words or pictures do you associate with your answer?

Example answer: Sin = rubbish = between us and God = get rid of it = throw it away What Bible verses can you find about it? Example answer: Romans 6:6 "For we know that our old self was crucified with him so that the body of sin might be done away with..."

How could you shape your answers into an activity to focus the mind?

Example answer: Place a 'Bin for Sin' in front of a cross. Ask people to read Romans 6:6 then ask the Holy Spirit to reveal sin they need to confess. Provide pens and paper for people to write their sins on and throw them in the bin.

There are some creative prayer stations and activities that have been used all over the world. You don't have to use them but if you find them useful feel free to try them and adapt them to your 24-7 Prayer Room.

A Wailing Wall

Many prayer rooms around the world dedicate one wall as a place for people to pour out their needs, and heartfelt prayers to God. Some allow people to write or paint directly onto a wall they paint over at the end of the week. Others create a wall with card, a black or white board or other materials.

A Familu Tree

Why not encourage people to pray for the friends and family in their life by making a family tree. You could have a small tree in the prayer room that names can be attached to, or encourage people to draw a tree or spider diagram to represent the connections between people.

A Sin Bin

To guide people through asking forgiveness for sin, many groups have set up a 'sin bin' area. People ask God to show them where they've gone wrong and write what comes to mind on a piece of paper, as they say sorry to God, they can throw it away and thank Him for his forgiveness. Some have used scripture and objects like a cross or nails to help people focus.

A Still Space

Many prayer rooms have created a small, quiet space within the room for people who want to be alone with God. This can be done in many ways but when shaping the space, make it comfortable with an intimate atmosphere.

A World Zone

A 24-7 Prayer Room is a great place to pray for your nation and the world. Many groups have used maps and globes with facts, scripture or prayer points to inspire intercession.

A Messy Space

Many people have found a new language and freedom in conversation with God through art. Why not have a painting or craft space in your prayer room where people can get messy and creative?

There are many other themes and creative ways to talk to Jesus. For further inspiration check out the prayer section of the 24-7 Prayer website (www.24-7prayer.com).

60 Minutes To Change The World

Many people find the challenge of praying for an hour intimidating. To help, 24-7 Prayer has produced 60-minute prayer guides to suggest how you could spend the time. The guides are available to download when you register your prayer room, or from the prayer section of the 24-7 website: www.24-7prayer.com.

8 Starting and ending well

Decide in advance how you will start and end your time of 24-7 Prayer. People have done this in different ways, running their prayer room from one weekly meeting to another, or organising a prayer and worship gathering at each end, or starting and ending with a communal meal. However you decide to start, make sure everyone knows where they need to be when. Begin the week with vision and faith, and end it with a chance for reflection, thanks and praise.

"AGAIN I TELL YOU THAT IF TWO OF YOU ON EARTH AGREE ABOUT ANYTHING YOU ASK FOR, IT WILL BE DONE FOR YOU BY MY FATHER IN HEAVEN. FOR WHERE TWO OR THREE COME TOGETHER IN MY NAME, THERE I AM WITH THEM." MATTHEW 18:19

If you host a launch meeting or meal have your sign up sheet (template at the back of this booklet) available. Consider praying together as you commit the time, place and community to prayer.

How To Lead An Effective Prayer Meeting

If you do begin and end with a whole community prayer meeting here are a few ideas to help you plan.

- Breaking the time down into short easy to engage with sections. It will help those struggling to pray to have a fresh focus every ten minutes or so.
- Focusing on different issues that are related to why you're praying 24-7 personally, locally and nationally
- Blend worship and space for praying and listening to God.
- Use different models and styles of prayer like:
- ABC: split the group down into threes, asking each person to allocate themselves 'A', 'B' or 'C'. Give three prayer topics, relating to a particular issue, to each letter and get all the groups praying at once.
- Get loud: Jesus sometimes prayed 'in a loud voice' and the early church: 'raised their voices together in prayer to God'. Even if it feels uncomfortable, there's something in praying out loud, all at once.
- 50/50: split the group in half, ask one half to cry out to God about a particular issue, and the other half to sing in worship. Then swap over.
- Zones: split the room into zones and focus each section on a different topic. Encourage people to move around the room praying silently/quietly into the issues they choose.
- Petitioning the King: placing a chair at the front of the room with its back facing the crowd. Ask everyone to imagine that the chair is a throne and that God is lovingly inviting them approach with one request. What would that supreme request be? Play music and make space for people to come, one at a time, to kneel and pray.



Ending Your 24-7 Prayer Room

"I SAW AN ANGEL IN OUR PRAYER ROOM!" - AUSTRALIA

When your 24-7 Prayer Room is finished it's important to consider the question, 'What has God said and done?' Hopefully you will have a book or place in the prayer room where people have written their thoughts, feedback, the things they've heard from God and stories of answered prayer. Make sure you read the prayers on the walls and take photos if you can.

A 24-7 Prayer Room is an amazing way to see what is on the heart and mind of a community.

Make space in small and large group meetings to share how you found the prayer room and encouraging testimonies. Gather all of this feedback together, pray and decide on some of the ways God may have used your time of prayer. Has He given any direction or instruction? Are there any key scriptures, words or direction that have emerged? How can you respond to what God has said and done?

9 After You Pray

What now? As a community you've probably just prayed more than you ever have before. Take some time to celebrate and rest. Seize the words God has spoken over your community and decide together how you're going to respond. If God is calling your church to engage in a new vision or project then decide how you're going to begin. If he's simply calling you to build a solid foundation of time spent with Jesus then you may want to look afresh at the prayer life of your church.

Most groups pray 24-7 more than once; many develop rhythm of 24-7 Prayer throughout the year bringing new momentum to their prayer life. Some groups have even worked towards 24-7 Prayer running constantly at the heart of their community and mission. Each 24-7 Prayer season will reveal something different about the life of the Church and what God is saying to you. Consider when you would like to pray again.



"THE HARVEST IS PLENTIFUL, BUT THE WORKERS ARE FEW. ASK THE LORD OF THE HARVEST, THEREFORE, TO SEND OUT WORKERS INTO HIS HARVEST FIELD."
LUKE 10:1-2

Why not combine your next Prayer Room with a mission or aid project in your area? Churches have focused prayer on ways they're practically serving the needs of their community, some have invited every church in a city to unite in 24-7 Prayer, still others have taken 24-7 Prayer Rooms into schools or workplaces and many have prayed before evangelistic projects like running an Alpha course. Prayer and sharing Jesus should be inextricably linked. Something like an Alpha Course (a great worldwide resource to help people explore the Christian faith http://www.alpha.org), or offering to pray for people on the streets of your city are great ways to marry the two.

"WHEN WE STARTED THE FIRST 24-7 PRAYER
ROOM IT COINCIDED WITH THE START OF ALPHA
AND THE START OF OUR TRAINING CENTRE FOR
LEADERSHIP; BOTH MINISTRIES ARE VERY SUCCESSFUL. WE CREDIT IT ALL REALLY TO THE 24-7
PRAYER ROOM."
- OI RONIO

Go deeper in prayer

24-7 Prayer has many books, podcasts and resources to help people go deeper in their prayer lives. Check out the prayer and resources section of www.24-7prayer.com for more information.

Staying Connected

Your 24-7 Prayer journey doesn't end here. Learn about other ways to pray and access stories and teaching from around the world. There are many ways to stay connected within the movement. Here are just a few suggestions

• Pray The Lord's Prayer at midday: set your alarm for 12noon and join thousands of others praying the same words around the globe

• Stay in touch with stories, teaching and prayer initiatives through the website www.24-7prayer.com

• Follow us on twitter (www.twitter.com/247prayer), like us on Facebook (www.facebook.com/247pray) and subscribe to 24-7 Prayer's YouTube channel (www.youtube.com/247pray)







- Find other groups praying in your nation in the Prayer section of the 24-7 website
- Sign up to receive a weekly email newsletter called "The 24-7 Rewind"
- Pilgrimage to a 24-7 Boiler Room. Find out about these modern day monastic communities live out rhythms of prayer, mission and justice and where you can find them on the Communities section on the 24-7 website.
- Join us at a national or international gathering. Details available from the website.

Give monthly as an individual or a church and receive regular email newsletters that include inspirational stories of prayer, mission and transformation, as well as areas that need your prayer support.

If you have any questions about setting up your 24-7 Prayer Room or staying connected with the movement contact our international support team:

prayersupport@24-7prayer. com. Find up to date contact details for the 24-7 Prayer International Resource Centre on www.24-7prayer.com.

















WHEN: WHERE:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06-07							
07-08							
08-09							
09-10							
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12-01							
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