

# BLESS YOURSELF AND HELP YOUR FRIENDS!

You can use this method to get rid of your own troubles.  
You can use it to help your friends, face to face or on the phone.  
You can help several of them at the same time.

## STEP 1 REPENT

Say **'The Precious Blood of Jesus, cover and protect us!'** 5 times. After that, say to your friend, "If you want Allah to help you, you just have to do 3 simple things. First, decide to be good. If you have bad habits/addictions, kick them because if you are addicted to video games/TV/your phone/your computer, you will become very selfish. If you find it hard to kick the bad habits/addictions, ask Allah for help daily"

## STEP 2 FORGIVE

"Second, if someone has hurt you, forgive them. Whether you find it hard to forgive or not, please say the following prayer after me 10 times sincerely in your heart : **'Allah, bless them!'**." Usually, after saying the prayer 10 times, your friend will feel better and have more love in his/her heart. But don't stop. Continue reciting the prayer until the hatred and anger in his/her heart are completely gone.

## STEP 3 PRAY

"Third, let's say a special prayer to Allah. We must say the prayer very sincerely. If we are not sincere, what we say is nonsense. Please note that both **Jesus** (Isa) and His mother **Mary** (Maryam) are mentioned in the Koran and they are Allah's great friends." Then you recite the following prayer to your friend clearly, earnestly and slowly:

**In the name of Jesus (X3)  
and through the intercession of Mary (X3),  
Allah, please bind all the forces of darkness (X3),  
my bad habits (X3)  
and my hatred and fear of all subjects in my heart (X3).  
Drive them away to the foot of the cross of Jesus (X3).  
Give me love, joy and peace (X3).  
Arouse my interest in studying all the subjects (X3).  
Help me kick the bad habits (X3)  
and overcome all the learning difficulties I face (X3).**

After reciting the prayer (*You have to repeat each line 3 times!*) twice, ask your friend, “If ‘**100 marks**’ means complete happiness and no troubles in your heart, how many marks do you get now?” If he/she says, “60/70/80/90”, you say, “Not high enough! I will keep saying the prayer until you get 105 marks or more.” When he/she reaches 105 marks and love all the subjects he/she takes, you say, “Let's say ‘**Thank You, Allah! Praise You, Allah!**’ 5 times and ‘**The Precious Blood of Jesus, deliver us!**’ 5 times.”

#### **STEP 4 HELP YOURSELF & OTHERS**

“At last, remember to say the prayer every day to ask Allah for help. Don’t stop praying until you get 105 marks and love all the subjects. Try to help some of the boys and girls in your class/school each day with this method by reciting the prayer to them.”

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