

derek prince prayer and fasting

Derek Prince prayer and fasting is a spiritual discipline that has been central to the teachings of the renowned Bible teacher Derek Prince. For decades, millions have been impacted by his insights into the power of prayer and the transformative potential of fasting. This article delves deep into Derek Prince's approach to prayer and fasting, exploring its biblical foundations, practical applications, and the profound results that can be experienced through dedicated practice. We will examine various aspects, including the purpose of fasting, different types of fasts, how to pray effectively during a fast, and the spiritual warfare implications. Whether you are new to spiritual disciplines or seeking to deepen your existing practice, understanding Derek Prince's wisdom on prayer and fasting can illuminate your spiritual journey and bring about significant breakthroughs.

- Understanding Derek Prince's Emphasis on Prayer and Fasting
- The Biblical Basis for Prayer and Fasting in Derek Prince's Teachings
- Key Principles of Derek Prince's Approach to Fasting
- Different Types of Fasts Recommended by Derek Prince
- The Role of Prayer During a Fast According to Derek Prince
- Overcoming Challenges in Prayer and Fasting
- Spiritual Warfare and the Power of Prayer and Fasting
- Testimonies and Results of Derek Prince's Prayer and Fasting Ministry
- Practical Steps to Begin a Fast with Derek Prince's Guidance

Understanding Derek Prince's Emphasis on Prayer and Fasting

Derek Prince consistently highlighted prayer and fasting as foundational pillars of a vibrant Christian life. He didn't view them as mere religious rituals, but as powerful spiritual tools designed by God to draw believers closer to Him, gain divine wisdom, and overcome obstacles. His teachings consistently emphasized that consistent, faith-filled prayer, often coupled with fasting, was a pathway to experiencing God's power in tangible ways. This spiritual discipline, according to Prince, was not about earning God's favor, but about aligning oneself with His will and unlocking the spiritual

resources available to believers through the Holy Spirit. His extensive ministry, filled with practical biblical exposition, often returned to these core practices as essential for spiritual growth and effective ministry.

The Biblical Basis for Prayer and Fasting in Derek Prince's Teachings

Derek Prince was a meticulous teacher of God's Word, and his understanding of prayer and fasting was deeply rooted in Scripture. He frequently referenced Old and New Testament examples to illustrate the efficacy and importance of these practices. He would point to figures like Moses, Elijah, Daniel, Jesus, and the Apostle Paul, all of whom engaged in periods of prayer and fasting, often during significant moments of spiritual transition or decision. Prince taught that the Bible presents prayer and fasting as a means of humbling oneself before God, seeking His direction, consecrating oneself for service, and exercising authority over spiritual forces. He believed these practices were not optional extras but integral components of the discipleship journey, essential for spiritual vitality and impact.

Fasting as a Spiritual Discipline in the Old Testament

Prince often expounded on the significant role fasting played in the Old Testament. He would detail instances where entire nations or individuals fasted in times of repentance, seeking God's intervention in crises, or dedicating themselves to a sacred task. He emphasized that these fasts were often accompanied by prayers of confession, supplication, and a deep reliance on God's mercy. These biblical narratives, according to Prince, provided a clear precedent for believers today to understand fasting as a legitimate and effective spiritual discipline approved by God.

Jesus' Example of Prayer and Fasting

A cornerstone of Derek Prince's teachings on fasting was Jesus' own experience. He regularly highlighted the forty days and forty nights Jesus spent fasting in the wilderness immediately after His baptism, as recorded in the Gospels. Prince taught that this period was not only a demonstration of Jesus' perfect obedience and reliance on God but also a time of intense spiritual preparation for His public ministry. He also pointed to Jesus' words about the disciples' inability to cast out a particular demon, where Jesus stated, "However, this kind does not go out except by prayer and fasting" (Matthew 17:21). This verse, in Prince's view, underscored the unique power and effectiveness that prayer and fasting can unleash,

particularly in challenging spiritual circumstances.

Apostolic Practice of Fasting

Derek Prince also drew attention to the practices of the early apostles. He would cite passages from the Book of Acts, such as the commissioning of Barnabas and Saul (later Paul) for their missionary journeys: "While they were ministering to the Lord and fasting, the Holy Spirit said, 'Set apart for Me Barnabas and Saul for the work to which I have called them.' Then, after fasting and praying, they laid their hands on them and sent them away" (Acts 13:2-3). Prince used these examples to demonstrate that fasting and prayer were integral to the early church's decision-making, leadership selection, and the empowerment for spiritual service, reinforcing the idea that these practices are not archaic but eternally relevant.

Key Principles of Derek Prince's Approach to Fasting

Derek Prince's teachings on fasting were characterized by several key principles that made the practice accessible and effective for believers. He stressed that fasting should always be undertaken with the right motivation and a proper understanding of its spiritual purpose. It was never about self-punishment or attempting to manipulate God, but about a sincere desire for deeper communion with Him and a greater effectiveness in His service. Prince consistently encouraged a balanced and Spirit-led approach, emphasizing the importance of preparation, perseverance, and proper restoration after a fast.

The Importance of Motivation

Prince was very clear that the motivation behind fasting is paramount. He taught that a fast undertaken for selfish reasons, such as seeking personal gain or impressing others, would not yield the desired spiritual results. Instead, he encouraged believers to fast with a heart of repentance, a desire for spiritual breakthrough, a commitment to seeking God's will, or a dedication to intercessory prayer. The underlying motive should always be a deeper intimacy with God and a greater capacity to fulfill His purposes.

Fasting as Humiliation and Consecration

A significant aspect of Derek Prince's teaching was the concept of fasting as a form of humbling oneself before God. He explained that by abstaining from

food, one acknowledges their dependence on God for sustenance in all areas of life, not just physical. This act of humbling is a powerful posture of surrender that can open the door for God to impart His wisdom and strength. Fasting, in this context, becomes an act of consecration, setting oneself apart for God's purposes and dedicating a specific period to focused spiritual activity.

The Role of Faith and Expectation

Derek Prince consistently emphasized that faith is an essential component of any effective prayer or fasting experience. He taught that believers should approach fasting with a confident expectation that God will respond and act. Simply abstaining from food without a believing heart would be largely ineffectual. Faith, coupled with prayer, creates an atmosphere where divine intervention is not only possible but probable. This expectation, grounded in God's promises, fuels perseverance and strengthens the believer's resolve during the fast.

Balancing Fasting with Practical Needs

Prince also offered practical advice on how to approach fasting without causing unnecessary harm to oneself. He understood that not everyone has the same physical capacity, and he encouraged individuals to be wise and discerning. This meant listening to one's body, consulting with medical professionals if necessary, and not pushing oneself beyond safe limits. He stressed that the goal was spiritual effectiveness, not physical breakdown. Therefore, a balanced approach that honors both spiritual and physical well-being was always advocated.

Different Types of Fasts Recommended by Derek Prince

Derek Prince recognized that the Bible outlines various ways in which individuals have fasted, and he taught that different situations might call for different types of fasts. While the core principle of abstaining from food remains, the duration and the extent of the abstinence can vary. Understanding these different approaches allows believers to choose a fast that is appropriate for their spiritual goals and physical condition, ensuring a more focused and beneficial experience.

The Absolute Fast

Prince explained that an absolute fast, as described in Scripture, involves abstaining from both food and water. He would cite examples like Esther's three-day fast for her people (Esther 4:16) or David's fast after his child's illness (2 Samuel 12:16-23). He cautioned that this type of fast is generally for very short durations, typically no more than three days, due to its extreme physical demands. He stressed that this fast should only be undertaken after careful consideration, prayer, and an understanding of its seriousness, and only when there is a clear biblical precedent or a compelling spiritual need.

The Normal Fast (Or Full Fast)

This is the most commonly understood type of fast, involving abstinence from all solid foods but allowing for the consumption of water. Derek Prince often referred to this as the "normal" or "full" fast. He would point to Daniel's twenty-one-day fast where he abstained from "choice food" and "meat" but presumably continued to drink liquids (Daniel 10:2-3). This type of fast allows for longer durations, often ranging from a few days to several weeks, and is generally considered more sustainable for most individuals seeking a significant spiritual breakthrough or prolonged period of seeking God.

The Partial Fast

Prince also taught about the concept of a partial fast, often referred to as the Daniel Fast, though the biblical account is somewhat open to interpretation. In his teachings, he described this as abstaining from specific types of food or drinks, such as rich foods, sweets, or certain beverages, while continuing to consume others. The idea is to voluntarily restrict one's diet in a way that brings discomfort and requires reliance on God. This approach can be an excellent starting point for those new to fasting or those with significant health concerns that preclude a full fast.

The Fast of Specific Times

Another approach discussed by Derek Prince involved fasting during specific times of the day. This could mean abstaining from food from sunrise to sunset, or for a set number of hours each day, while still consuming food during other periods. This method allows individuals to maintain their normal work and family responsibilities while still engaging in a disciplined period of seeking God. It's a practical way to incorporate fasting into busy schedules and can be a stepping stone to longer or more intensive fasts.

The Role of Prayer During a Fast According to Derek Prince

Derek Prince consistently taught that fasting without prayer is merely dieting. The true power and purpose of fasting lie in its combination with fervent, focused prayer. During a fast, the physical appetite is subdued, freeing up time and mental energy that can then be redirected towards spiritual communion. Prince emphasized that this opportune time should be dedicated to seeking God, interceding for others, listening for His voice, and engaging in spiritual warfare. The amplified spiritual sensitivity that can accompany a fast makes it a prime time for deep, effective prayer.

Prayer as the Primary Focus

Prince taught that while abstaining from food is the physical act, prayer is the spiritual engine of the fast. He encouraged believers to use the time normally spent eating and preparing food for extended prayer sessions. This could involve personal prayer, corporate prayer with others, or praying through Scripture. The aim was to elevate one's focus from the physical to the spiritual, actively seeking God's intervention and direction in specific areas of their lives.

Seeking God's Will and Direction

A primary purpose of prayer during a fast, as taught by Prince, is to gain clarity on God's will. Whether facing a major life decision, seeking guidance for ministry, or discerning God's plan for a situation, fasting and prayer create an environment conducive to receiving divine insight. He encouraged praying for wisdom and revelation, trusting that God promises to provide it to those who diligently seek Him. The quieted physical senses can make it easier to hear the gentle promptings of the Holy Spirit.

Intercessory Prayer During a Fast

Derek Prince was a strong advocate for intercessory prayer, and he believed fasting amplified its effectiveness. He taught that periods of fasting are ideal for praying for the needs of others, the church, nations, and specific situations requiring divine intervention. By humbling oneself and dedicating that time to praying for others, believers can become conduits for God's power and mercy. The personal sacrifice involved in fasting can be a powerful expression of love and commitment to those for whom one is praying.

Prayer for Spiritual Breakthroughs

Prince often explained that certain spiritual strongholds or hindrances can only be overcome through a combination of prayer and fasting. When facing persistent problems, spiritual opposition, or seemingly insurmountable obstacles, he encouraged believers to engage in focused periods of prayer and fasting to break through those barriers. This approach is not about force but about aligning oneself with God's power, which is made more accessible and potent through this spiritual discipline.

Overcoming Challenges in Prayer and Fasting

While the benefits of prayer and fasting are profound, Derek Prince acknowledged that these disciplines are not without their challenges. He understood that physical discomfort, spiritual opposition, and moments of doubt could arise. His teachings, however, provided practical wisdom and encouragement to help believers persevere through these difficulties, ensuring that the fast remained a productive spiritual experience rather than a source of discouragement. He consistently pointed back to God's promises and the power of the Holy Spirit as the ultimate resources for overcoming these hurdles.

Dealing with Physical Hunger and Discomfort

One of the most immediate challenges is physical hunger and the associated discomfort. Prince advised believers to be prepared for this by gradually reducing their intake of food before starting a fast. He also encouraged them to drink plenty of water and to remind themselves of the spiritual purpose of their abstinence. When hunger pangs struck, he suggested redirecting their thoughts to prayer or Scripture, transforming the physical sensation into a prompt for spiritual focus.

Spiritual Opposition and Temptation

Derek Prince taught that when a believer engages in spiritual disciplines like fasting, they often encounter increased spiritual opposition. The enemy, he explained, may try to sow discouragement, fatigue, or tempting thoughts to derail the fast. He encouraged believers to be vigilant, to resist these temptations by quoting Scripture, and to rely on the strength of the Holy Spirit. Recognizing that these attacks are a sign that one is making spiritual progress can also be a powerful motivator.

Maintaining Motivation and Perseverance

Sustaining motivation throughout a fast, especially for longer periods, can be difficult. Prince advised setting clear objectives for the fast, such as seeking God for a specific outcome or dedicating the time to a particular prayer focus. Regularly reminding oneself of these objectives, along with the potential spiritual rewards, can help maintain focus. He also emphasized the importance of community; fasting with others can provide mutual encouragement and accountability.

Returning to Normal Eating Habits

Just as preparing for a fast is important, so is properly reintroducing food afterward. Derek Prince cautioned against immediately returning to heavy or large meals, as this can cause digestive distress and undo the benefits of the fast. He advised a gradual reintroduction of foods, starting with lighter options and slowly increasing the variety and quantity. This careful restoration ensures the body recovers properly and the spiritual momentum of the fast is maintained.

Spiritual Warfare and the Power of Prayer and Fasting

Derek Prince's teachings on prayer and fasting were inextricably linked to the concept of spiritual warfare. He viewed these disciplines not merely as personal devotional practices but as powerful weapons in the believer's arsenal for overcoming demonic opposition and advancing God's kingdom. He taught that fasting, when combined with prayer and faith, could break strongholds, release captives, and bring about significant spiritual victories. This understanding elevated fasting from a personal discipline to a strategic tool for spiritual conquest.

Breaking Strongholds

Prince frequently spoke of spiritual strongholds – patterns of sin, fear, or demonic influence that can grip individuals, families, or even nations. He taught that while prayer alone is effective, prayer combined with fasting possesses a unique power to dismantle these strongholds. He explained that the act of denying oneself physically demonstrates a complete reliance on God and a willingness to engage in intense spiritual combat, thereby dislodging entrenched evil forces.

Authority Over Demonic Forces

According to Derek Prince, fasting empowers believers to exercise their God-given authority over demonic forces. By humbling themselves and aligning with God's power, they can effectively confront and command evil spirits in Jesus' name. He often quoted Jesus' statement in Mark 9:29, where the disciples asked why they could not cast out a demon, and Jesus replied, "This kind can only come out through prayer." Prince interpreted this as highlighting the critical role of prayer, and by extension, fasting, in effective spiritual warfare.

Protecting Against Spiritual Attacks

Prince also taught that periods of fasting could serve as a protective measure against spiritual attacks. By consecrating themselves to God through fasting, believers could reinforce their spiritual defenses and become less vulnerable to the enemy's schemes. He likened it to a spiritual fortification, strengthening the believer's connection with God and thus their protection from external spiritual threats.

Intercession for the Release of the Lost

Fasting and prayer were also presented as vital tools for the liberation of those held captive by sin, addiction, or demonic influence. Prince encouraged believers to undertake fasts specifically for the salvation and release of the lost, believing that such dedicated prayer efforts could break the chains that bind them and bring them into the freedom of Christ.

Testimonies and Results of Derek Prince's Prayer and Fasting Ministry

Throughout his extensive ministry, Derek Prince shared numerous testimonies of the transformative power of prayer and fasting, both in his own life and in the lives of countless others. These accounts served as powerful encouragements, illustrating the tangible spiritual and even physical results that can be experienced when believers faithfully engage in these disciplines. The consistent theme in these testimonies was the opening of doors, the overcoming of obstacles, and a deepening of intimacy with God.

Personal Breakthroughs

Many individuals who followed Prince's teachings reported experiencing personal breakthroughs in areas where they had previously struggled. This included overcoming long-standing habits of sin, finding release from fear and anxiety, and receiving divine guidance for critical life decisions. The consistent thread was the testimony of how dedicated prayer and fasting periods had unlocked a new level of freedom and victory.

Ministry Impact

Derek Prince himself was a testament to the power of these disciplines in ministry. His prolific writing, global speaking engagements, and profound spiritual insights were often attributed to his consistent commitment to prayer and fasting. He frequently spoke of specific times when fasting had led to divine appointments, clarity of message, and effective impartation of spiritual truth to vast audiences. His ministry was a living demonstration of the principles he taught.

Healing and Deliverance

Numerous testimonies emerged of physical healing and deliverance from demonic oppression that occurred during or as a result of prayer and fasting. Prince taught that the spiritual authority gained through these disciplines could directly impact the physical realm, leading to the restoration of health and the casting out of malevolent spiritual influences. These accounts served as powerful endorsements of fasting as a tool for comprehensive well-being.

Answers to Prayer

A common thread in the testimonies associated with Derek Prince's teachings on prayer and fasting was the remarkable pattern of answered prayer. Whether for provision, guidance, the salvation of loved ones, or breakthrough in difficult situations, individuals consistently reported their prayers being answered with precision and speed when coupled with fasting. This reinforced the biblical principle that sincere, faith-filled prayer, amplified by fasting, commands divine attention and action.

Practical Steps to Begin a Fast with Derek

Prince's Guidance

For those inspired to incorporate prayer and fasting into their lives, Derek Prince's teachings offer a clear and accessible roadmap. His approach emphasizes preparation, a clear purpose, and reliance on God's grace. By following these practical steps, individuals can embark on their fasting journey with confidence and experience the profound spiritual benefits that these ancient disciplines offer. The key is a willing heart and a willingness to learn and grow in these practices.

1. Define Your Purpose

Before beginning, clarify the specific reason for your fast. Is it for a spiritual breakthrough, to seek God's will for a particular situation, for repentance, or for intercession for others? Having a clear purpose will provide focus and motivation throughout the fast.

2. Prepare Physically

Derek Prince advised a gradual reduction in food intake for a few days prior to starting a fast. Begin by eliminating processed foods, then meats, and then continue to lighter meals. This helps prepare your digestive system and minimizes physical shock.

3. Choose the Type of Fast

Based on your purpose and physical condition, decide on the type of fast you will undertake – whether it's an absolute fast (short duration only), a normal fast (water only), or a partial fast. Seek wisdom from God regarding the duration, whether it's a single day, a few days, or longer periods.

4. Commit to Prayer and Bible Study

Fasting is most effective when combined with intensified prayer and Bible reading. Dedicate the time you would normally spend eating to seeking God, praying through your concerns, and meditating on Scripture. Derek Prince always stressed that prayer is the core of fasting.

5. Be Vigilant Against Spiritual Opposition

As mentioned, expect spiritual resistance. Be prepared with Scripture to combat tempting thoughts and discouragement. Rely on the Holy Spirit for strength and perseverance.

6. Plan for Your Return to Food

Just as important as preparing for the fast is planning your reintroduction to food. Start with light, easily digestible foods like fruits and vegetables, gradually increasing the variety and quantity over a few days. This allows your body to readjust safely.

Frequently Asked Questions

What is Derek Prince's general teaching on prayer and fasting?

Derek Prince taught that prayer and fasting are powerful spiritual disciplines that, when practiced sincerely, can bring about significant breakthroughs in spiritual battles, personal growth, and receiving God's guidance. He emphasized their role in strengthening one's walk with God and overcoming demonic strongholds.

Did Derek Prince advocate for specific types of fasting?

While not rigidly prescribing one specific method, Derek Prince often spoke of the 'complete fast' (abstaining from all food and drink) for periods, as well as partial fasts (abstaining from certain foods or meals). His focus was more on the intentionality and spiritual purpose behind the fast rather than a singular prescribed method.

What biblical basis did Derek Prince use for prayer and fasting?

Derek Prince frequently referenced numerous Old and New Testament examples of prayer and fasting, such as Moses on Mount Sinai, David's repentance, Esther's intercession for her people, Jesus' forty-day fast in the wilderness, and the early church's practice in Acts. He saw it as a consistent theme throughout Scripture.

How did Derek Prince connect prayer and fasting to spiritual warfare?

Prince saw prayer and fasting as crucial weapons in spiritual warfare. He taught that they weaken the enemy's influence, break demonic strongholds, and empower believers to resist temptation and overcome evil. Fasting, in his view, helps to bring the flesh under submission, making one more sensitive to the Holy Spirit.

What are the benefits of prayer and fasting according to Derek Prince?

According to Derek Prince, the benefits include enhanced spiritual discernment, breakthrough in difficult situations, deliverance from strongholds, deeper intimacy with God, increased faith, and a greater capacity for effective prayer. He also spoke of physical and emotional purification.

Did Derek Prince believe fasting was mandatory for Christians?

While Derek Prince held fasting in high regard as a valuable spiritual discipline, he did not present it as a mandatory ordinance for all believers in the same way as, for example, baptism or communion. He encouraged it as a means of seeking God more earnestly and experiencing deeper spiritual victory.

What advice did Derek Prince give for those starting a fast?

Derek Prince often advised preparation for a fast, both spiritually and physically. This included seeking God's direction for the fast, confessing sins, and gradually reducing food intake beforehand. He also stressed the importance of a prayerful attitude and focusing on God during the fasting period.

Are there common misconceptions about prayer and fasting that Derek Prince addressed?

Yes, Derek Prince addressed misconceptions such as fasting being a way to 'earn' God's favor or to manipulate God. He emphasized that fasting is an act of humble submission and dependence on God, not a transactional or merit-based system. He also cautioned against ostentatious displays of fasting.

Additional Resources

Here are 9 book titles related to Derek Prince's teachings on prayer and fasting, with descriptions:

1. *The Essential Derek Prince: Prayer and Spiritual Warfare*

This compilation brings together Derek Prince's foundational teachings on the power of prayer, specifically focusing on its role in overcoming spiritual opposition. It delves into the importance of persistent prayer, the authority believers have in Christ, and practical strategies for engaging in spiritual warfare. Readers will discover how to effectively utilize prayer to break through challenges and advance God's kingdom.

2. *Receiving Your Inheritance: The Power of Faith and Prayer*

Derek Prince explores the concept of spiritual inheritance and how it is accessed through a life of faith and prayer. The book emphasizes that God has promises and blessings available for believers, and prayer is the key to unlocking them. It provides guidance on aligning one's prayers with God's will and exercising faith to see those promises manifest.

3. *Separation and Submission: The Disciplines of a Dedicated Christian Life*

While broader in scope, this work by Derek Prince lays crucial groundwork for effective prayer and fasting by addressing foundational spiritual disciplines. It highlights the importance of separating oneself unto God and submitting to His will, which are prerequisites for a powerful prayer life. The book equips believers with the understanding that consistent dedication amplifies the impact of their prayer and fasting efforts.

4. *The Practice of the Presence of God: A Journey of Intimacy through Prayer*

Drawing inspiration from spiritual classics, Derek Prince illuminates the path to experiencing God's constant presence through dedicated prayer. He explains how consistent communion with God cultivates spiritual intimacy and transforms one's prayer life into a natural outflow of their relationship. This book encourages believers to seek and embrace God's presence in every aspect of their lives.

5. *Fast for Victory: Biblical Principles for Effective Fasting*

This focused work by Derek Prince dives deep into the biblical rationale and practical application of fasting for spiritual breakthrough. It unpacks various types of fasts and their historical significance, providing clear guidance on how to approach fasting with the right attitude and purpose. The book empowers readers to engage in fasting as a powerful spiritual discipline for overcoming obstacles and achieving God-given victories.

6. *The Believer's Authority: Praying with Power and Confidence*

Derek Prince meticulously outlines the authority that believers possess in Jesus Christ, a critical element for powerful prayer. He expounds on how understanding and exercising this authority transforms prayer from a plea to a proclamation. The book equips readers with the knowledge and confidence to pray effectively, knowing they operate from a position of divinely granted power.

7. *The Anointing: God's Power for Ministry and Life*

This insightful book explores the concept of the anointing of the Holy Spirit and its vital connection to prayer and ministry. Derek Prince explains how the anointing empowers believers to live victoriously and serve God effectively, with prayer being a primary channel for receiving and maintaining it. It encourages readers to seek a deeper experience of God's power through consistent prayer and obedience.

8. *Your Righteousness in Christ: The Foundation of Effective Prayer*

Derek Prince emphasizes that understanding and living in one's righteousness in Christ is fundamental to approaching God with confidence and experiencing effective prayer. He clarifies that our access to God is not based on our performance but on Christ's finished work. This book helps readers build a strong foundation for their prayer life by grounding it in their identity in Christ.

9. *The Body, Soul, and Spirit: Understanding Your Complete Being for Spiritual Growth*

While exploring the tripartite nature of humanity, Derek Prince links this understanding to the effectiveness of prayer and fasting. He explains how addressing the needs of the body, soul, and spirit, through prayer and fasting, leads to holistic spiritual growth. The book provides a framework for believers to engage in practices that nurture their entire being for a more vibrant relationship with God.

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