Stormie Omartian

# The Power of a Praying® Girl

HARVEST HOUSE PUBLISHERS
EUGENE, OREGON

Unless otherwise indicated, all Scripture quotations are taken from the New King James Version®. Copyright © 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.

Verses marked NIV are taken from the Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.

Cover design and hand lettering by Emily Weigel / Emily Weigel Design

Interior design by Janelle Coury

For bulk, special sales, or ministry purchases, please call 1-800-547-8979. Email: Customer service@hhpbooks.com

THE POWER OF A PRAYING is a federally registered trademark of The Hawkins Children's LLC. Harvest House Publishers, Inc., is the exclusive licensee of the federally registered trademark THE POWER OF A PRAYING.

is a federally registered trademark of the Hawkins Children's LLC. Harvest House Publishers, Inc., is the exclusive licensee of the trademark.

Italics in quoted Scriptures indicate emphasis added by the author.

# The Power of a Praying® Girl

Copyright © 2021 by Stormie Omartian
Published by Harvest House Publishers
Eugene, Oregon 97408
www.harvesthousepublishers.com

ISBN 978-0-7369-8371-6 (pbk.)
ISBN 978-0-7369-8372-3 (eBook)

**All rights reserved.** No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, digital, photocopy, recording, or any other—except for brief quotations in printed reviews, without the prior permission of the publisher.

**Printed in the United States of America**

21 22 23 24 25 26 27 28 29 / VP / 10 9 8 7 6 5 4 3 2 1

Jesus said,
"Let the little children come to me,
and do not hinder them,
for the kingdom of God belongs to such as these."
Mark 10:14 NIV

With special thanks to my two
consultants, who are experts in this field:
London (age 8) and
Lola Rose (age 12)

You are godly girls with godly parents,
and you inspired me more
than I can adequately express.

# Contents


1. Do My Prayers Matter to God? . . . . . 9
2. Why Do I Sometimes Feel the Way I Do? . . . . . 19
3. How Can I Always Be Myself? . . . . . 27
4. What Should I Do When I Feel Too Busy? . . . . . 37
5. Does God Have a Purpose for My Life? . . . . . 45
6. How Should I Pray When I Feel Afraid? . . . . . 53
7. Will God Help Me Be Safe? . . . . . 61
8. Why Do I Need Discernment and How Do I Get It? . . . . . 69
9. How Can I Always Have Good Relationships? . . . . . 79
10. What Simple Ways Can I Show Kindness to Others? . . . . . 91
11. Can I Be Happy When I Don't Feel That Way? . . . . . 99
12. What Happens When I Read the Bible? . . . . . 111

13. Can I Really Make a Difference When I Pray? . . . . . 119

14. How Do I Talk to People Who Don't Believe the Way I Do? . . . . . 127

15. What If My Prayer Is Not Answered? . . . . . 135

# Do My Prayers Matter to God?

Do you know that God is real and He loves you very much? Do you know you can talk to God whenever you want? He says your prayers are important to Him because He cares about what *you* care about. That's because He cares about *you*. It doesn't matter how *big* or *small* you are, or how *old* or *young* you are, or how *powerful* or *weak* you feel. God listens to you when you pray to Him.

*Prayer is talking to God.* You can tell God anything that is on your heart. But prayer is not telling God what to do. Prayer is sharing with God what you would *like* Him to do. He always wants to hear from you, so it's good to talk to God every day. Just know He will answer your prayers in *His* way and in *His* time. This book will help you talk to God, and it won't be hard. It will be easy. Soon, talking to God will be something you just naturally want to do. It's like sharing what is in your heart every day with your best friend.

## Remember...

You can talk out loud to God. Or you can talk so softly to Him that only *He* can hear you. You can even pray to Him in your mind, and He will hear your thoughts.

When you first start talking to God, tell Him what you love about Him. Tell Him how much you appreciate all the things He has done for you and has given to you. That is called *praise.* Just like you talk to your family members and friends because you love them, you talk to God because you love Him too. God says if you love Him and live *His* way, you can call Him your friend.

### What the Bible Says

Jesus said, "You are My friends if you do whatever I command you."
John 15:14

Do you know you can pray to God anywhere you want to? That's because God always hears you no matter where you are. You can be outside or inside. You can be lying down quietly in your room, or walking outside where it's noisy and busy. Or you

can be kneeling in a quiet place like Jesus did when He prayed. Where do *you* most like to talk to God? (Answer in pencil.)

_____

_____

## WHAT OTHER GIRLS SAY...

**Some of the *places* girls like to pray:**

"In the shower or bathtub."
"In the car or wherever I'm walking."
"On my way to school."
"In church."
"Wherever I can be by myself."
"In my bed at night."
"Wherever I am."

You can talk to God whenever you want to. Just call His name. The Bible says if you draw near to God, He will draw near to you (James 4:8). When you say, "Dear Lord," or "I love You, God," or "Help me, Lord," that means you are wanting to be near Him and talk to Him. When He knows you want to get closer to Him, He comes closer to you. And He will hear you any time of day or night. You can be any place in the world—even on a boat in the middle of the ocean, or alone in a forest or a desert. Because He loves you, He is never too busy to hear your prayers.

## WHAT OTHER GIRLS SAY...

**Some of the *times* girls like to pray are:**

"When I am alone."
"When I feel sad."
"When I need God's help."
"When I go to bed at night."
"When I want to feel close to God."
"When I have a special need."
"When something good happens and I want to thank God."

**When do *you* most like to pray?**

_____

_____

## Remember...

It doesn't matter *when* or *where* you talk to God.
He's always waiting to hear from you.

Jesus is God's Son. His mother, Mary, was pure and kind, and she loved God so much that He chose her to be the mother

of Jesus. God revealed to people that His Son would be born on earth, and He would grow up to teach all who believe in Him how to live in a way that pleases God. When Jesus grew up, He told people He was the Son of God and they needed to receive Him as their Savior.

He said He would lay down His life for them so they could be saved from the consequences of their sins. *Sins* are anything we do that God doesn't like and are against God's laws and ways. *Consequences* are the bad things that happen when we do something wrong. God has laws for *our* benefit. He wants *us* to live *His* way because that's the way our lives work best. And if we reject evil and invite God's Son, Jesus, into our heart, we can live forever with Him in His heavenly Father's kingdom. I've read that heaven is a spectacular place, and you don't want to miss it. But if you have already received Jesus, you won't have to worry about that.

God loves children of all ages. But no matter how old you become, you will still be God's child. When Jesus went about preaching to people, He always welcomed the children who came to see Him, and He asked His disciples to never keep them away from Him. In fact, Jesus wanted adult people to receive Him too, but He told them they needed to come to Him just like a child would. A child has a heart of *love* and *trust*, and is very *humble*. Having a humble heart means you believe God is greater than anyone else, including yourself. God says to adults that they had better start acting like children if they want Him to listen to their prayers.

## What the Bible Says

Jesus said, "Whoever welcomes one such child in my name welcomes me."
Matthew 18:5 NIV

If you have invited Jesus to live in your heart, then you belong to Him. That means His Spirit lives inside you. If you have never received Jesus in your heart, you can do that right now. Just say the following words to Jesus:

> Lord Jesus, I invite You to come into my heart. I believe You are God's Son and You gave Your life on earth for me so that I can have life with You—both now and forever. Please forgive me for anything I have done wrong. Help me to always live Your way.

Write down your name: _____

Write down the date you said this prayer: _____

Write down the age you were when you said this prayer: _____

If you have already received Jesus, write down in the spaces above what day and year that was, and how old you were. It's always good to at least know the approximate date you received the Lord so you can look back and know that you did.

Jesus always respected children. He told adults they should never look down on children because *their angels* always see

the *face* of *God* (Matthew 18:10). That means you always have at least one guardian angel watching over you, and that angel always sees God's face. That means your guardian angel has a direct connection with God. That also means you are very important to God because you are His child.

Here is some more good news about you and God. Because you are God's child, and He is the King of the universe, that means *you* are a *daughter of a king*. A king's daughter is always called a princess. That makes *you* a *princess*.

## Remember...

Because you are a daughter of the King of the universe, that makes *you* *GOD'S PRINCESS.*

Jesus wants us all to pray in His name. That means when you talk to God and say, "In Jesus' name I pray" at the end of your prayer, it's like saying to God, "I know Your Son, and He is a personal friend of mine." And it's like God saying, "If you know My Son, then tell me what you want Me to do for you, because I want to do it." Every time you say, "In Jesus' name I pray," your prayers are made more powerful.

## What the Bible Says

Jesus said, "If you ask anything in My name, I will do it."
John 14:14

The Bible is also called God's Word. It helps you to learn about God, and what He *has done,* and what He *will do*. It tells you how much God loves you and what He wants to do in your life. It will also teach you how to think and live and pray in a way that makes God smile. It tells you about Jesus and all that He did for us. Reading God's Word will help you to know God better and talk to Him more. It pleases God. And pleasing God brings great *blessings* to you.

*Blessings* are the good things that happen in your life. If you have food to eat and a place to live and people who are kind to you, and love you, and take care of you, those are some of God's great blessings. Reading the Bible will always bring great blessings to you.

## God is...

**always waiting for you to talk to Him.**

*Praying* is *communicating with God.* To communicate means to tell God your thoughts and feelings by talking, writing, or singing to Him. He loves for you to communicate with Him. And He wants to communicate with you too. People don't usually hear God's voice because *His Spirit* communicates with *their spirit*. But some people have. Most people hear God speaking to

them in different ways. You might sense God speaking to your heart when you read His Word. Or when you pray and ask God to guide you, you might get a feeling in your heart that you are supposed to go a certain way and not another. Or He might give you an idea about what you *should* do, or *not* do, in a certain situation. Or He might remind you of something you need to do that you had forgotten until He reminded you.

In order to hear God speaking to your heart, you can't do all the talking without asking Him to show you something specific. You can say, "Lord, show me what to do about this person who is bothering me." Or, "Lord, show me how to stay safe today." Or, "Teach me how I can be a blessing to someone today." And He will bring things to your mind to help guide you.

## A QUESTION FOR YOU

Even though you may be small, when you pray, big things can happen. What big thing do you want to pray about and see happen in your life or in someone else's life?

_____

_____

The Bible says God wants you to "pray without ceasing" (1 Thessalonians 5:17). That means God wants you to pray often about everything, and pray whenever you want to. This book will help you to pray like that. And it will remind you to pray about things you might forget. Read on to find important *things* and *people* for you to pray about, so you can have the blessed life God wants you to have.

# My Prayer to God

Dear God, thank You that You are the King of the world and the universe, and also my heavenly Father. That means I am Your princess, and You have a good future for me. Help me to become all You created me to be. I love You, and I want to live Your way. Show me how to do that. Help me to talk to You every day. Teach me to read and understand Your Word—the Bible. Help me to remember that I am Your daughter so I will always act like it. In Jesus' name I pray.

Other things I want to remember to pray about are…

# 2

# Why Do I Sometimes Feel the Way I Do?

Do you ever have days when you feel down or anxious about something, and sometimes you are not even sure why?

Do you ever feel good one day, and the next day you wish you could just crawl into bed and pull the covers over your head?

We all have good days and not so good days. As a young girl, you especially can be having a good day in the morning, and then in the afternoon have a day filled with emotions that don't feel good and you don't know what just happened. This is not unusual at your age. And the reason for that is you are growing so fast, and in many different ways—mentally, emotionally, and physically.

It's easy to understand that you are *growing mentally* because you are studying and learning new things every day. And you can see that you are *growing physically* because you grow out of your clothes, and people keep telling you how grown up you're

becoming. But it's not as easy to understand the ways you are *changing emotionally*.

*Emotions are the way you feel*. You can have *good feelings*. For example, you can feel happy, excited, loving, hopeful, cheerful, or peaceful. You can feel like you are having a good day, as if something good is going to happen. Those are *positive emotions*, and they make you feel happy and energetic. On the other hand, you can have feelings that make you *feel bad* and can *take away your energy* and cause you to feel tired, like you don't feel good enough to do what you need to do. For example, you can feel angry, insecure, nervous, lonely, or embarrassed—those are *negative feelings*. And some days you may feel them all within one day. Or you may feel very sad or stressed one day, and fine the next. You may have many different emotions, or perhaps you have one strong emotion that seems like it is trying to control your mind. Those emotions or feelings are especially uncomfortable if you don't understand why you are feeling that way.

Some days it's easy to figure out why you feel the way you are feeling, because you can look back at something that happened and know that made you feel bad. But when you cannot understand why you are feeling the way you do, you can ask God to show you. When you talk to God about it, He may show you some things you need to know. Or He may just take those negative feelings away and give you peace instead. Just thinking about how much God loves you can make a big difference in how you feel. When God shows you something, write it down. Also talk to your mom or dad, or a trusted family member, or a good, godly friend about it. Sometimes just talking about how you feel can cause those negative feelings to go away.

## WHAT OTHER GIRLS SAY...

**What some girls do to get rid of their negative feelings:**

"I pray and ask God to show me why I feel the way I do."
"I talk with a family member or close friend about how I feel."
"I tell someone if I feel bad about what another person said."
"I write down how I feel in a diary or on a private pad of paper."
"I ask someone to pray with me about it."
"I remind myself that it's okay to sometimes have a bad day."
"I try to be around someone who is cheerful."

## A QUESTION FOR YOU

Have you ever felt a negative emotion—like sadness, anger, hopelessness, worry, or fear—and you can't seem to get rid of that feeling? Do you feel that way now? Write down what you are feeling—or sometimes feel—and ask God to show you *what* it is exactly you are feeling, and *why* you feel that way. Complete this sentence. "Dear Lord, the way I sometimes feel is…"

_____

_____

_____

Do other people ever make you feel bad? Is it what they *say* or what they *do* that makes you feel bad? Or both? Is there anyone you can talk to or pray with about this? It's important that someone else knows what happened. Don't try to carry this

burden alone. Write out a prayer below telling God who or what has made you feel bad. Ask Him to heal those hurt feelings and take them away.

## Remember...

People can be cruel,
but God is always kind and good.
You can ask God to help you find friends
who are kind and good like He is.

*Your feelings don't have to control your life*. It's important to see if you can figure out *why* you feel the way you do—if possible—because that will help you to try and do something to take care of the problem. But it's important to know that your feelings can change, and *you* can learn how to change them. Your negative feelings can become a habit without you even realizing it. So you have to start thinking like God's princess. A princess is important, kind, polite, smart, beautiful, and loved. You don't have to work hard to be that way. You just have to realize that's the way God made you.

If someone—like a bully or a rude and selfish person—is

mean to you and hurts your feelings, tell God and your mom or dad, or whoever takes care of you, or someone you trust who can pray with you. Ask God to take those hurtful words or actions that are in your memory and replace them with His love, and also ask Him to help you remember who He made you to be. Don't let those bad feelings play over and over in your mind. Those bad feelings aren't who you are. You are royalty because your heavenly Father God is the King. Because of who He made you to be, you have a great purpose. God is calling you to do great things.

*Just know that you have control over your feelings.* Maybe not at first when you find yourself feeling a certain way. But keep in mind that it is good to cry when your feelings hurt. Your tears can help to clean your mind and heart of bad feelings, so cry when you need to or want to. But remember that while you *don't have control* over what someone says or does, or over many things that happen in your life, you *do have control* over how it continues to affect you. You can go to God and say, "Dear Father God, please take away these sad feelings. Fill my heart and mind with Your love, peace, and joy, and push away the dark clouds over me so that Your light shines through."

Do you know you can have both negative and positive feelings at the same time? Often it helps to sort through the good and bad feelings you have and list them on opposite sides of a piece of paper, even if you just list one *negative* emotion and one *positive* emotion on each side. The point is, don't ignore your feelings. Bring them to God and tell Him how you feel. Ask God to help you think about the positive and not the negative. You can do this. Then list the good things about God and thank

Him for those things. Thank Him for the happy and positive feelings you have because of Him.

## What the Bible Says

"Be *anxious* for *nothing*, but in *everything* by
*prayer* and *supplication*, with *thanksgiving*,
let your requests be made *known* to God;
and the *peace* of God, which *surpasses* all understanding,
will *guard* your *hearts* and *minds* through Christ Jesus."
Philippians 4:6-7

That means you are *not* supposed to be *anxious* about *anything*. Instead, you are to *pray* about *everything* and give thanks to God. When you do that, God will give you such peace that it will protect your heart and your mind. Isn't that a great promise from the Lord?

## God is...

**good all the time, and He loves you no matter what happens.**

God says we don't have to suffer with bad days, because if we invite Him to take charge of *every day*, He will bring *good* in each day. That is why it's important to put God in charge every morning at the *beginning* of your day—or at the earliest time you remember to do it. Say, "Lord, be in charge of my life today. This is a day that You have made, and I will be glad about it because everything You do is good."

# My Prayer to God

Dear Lord, I pray that You will always show me why I sometimes feel the way I do. Make it clear to me so I can understand. When I bring my negative feelings to You that I am struggling with, I pray You will lift me above them so they cannot bring me down. Thank You that You love me and care about the way I feel. Thank You that You hear my prayers, and I always receive good things from You. Thank You that You have instructed me in Your Word to "be anxious for nothing," but instead I should pray, and give thanks to You, and tell You about how I am feeling, and You will give me peace. Help me to bring everything that makes me worried and anxious to You. Thank You for the peace You pour into my heart that will guard my heart and mind from anything that is negative. In Jesus' name I pray.

Other things I want to remember to pray about are…

# 3

# How Can I Always Be Myself?

Do you ever feel as if you have trouble being yourself? Does it sometimes seem like you don't know who "yourself" really is?

These feelings can happen when you are around people who make you feel uncomfortable, like you are not enough—not good enough, not smart enough, not dressed well enough, not talented enough, or whatever else they seem to suggest to you. But the way you *feel* around others is *not* who you *are.* You may have other times with certain people when you feel *comfortable*—like you *can* really be *yourself* because they understand and accept you the way you are.

Sometimes, however, those feelings come from *inside you* and reflect what you have been *thinking* about *yourself.* So it's not really other people's fault at all. That happens when the enemy of your soul lies to you about who God made you to be. And you believe those lies because you think they are the truth about you.

Let me explain something really important that you must know. That is, God has an enemy. This enemy was once a beautiful being God created to lead worship in heaven. His name was Lucifer, and he wanted to *be God*, so he led a third of the angels in heaven to follow him and rebel against God. But, of course, God is far stronger than anyone or anything, so He threw Lucifer and the rebellious angels out of heaven and they fell to earth. Now Lucifer is called Satan and his angels are demons, and they are all still rebelling against God as they try to lure everyone here to their side and rebel against God too.

You can't see these spiritual beings—just like can't see your *guardian angels* here on earth either. Guardian angels are the good angels who protect you.

God does not want you praying to angels. He wants you praying to *Him*. *He* is *God* of *all*, and no one else can even begin to answer your prayers. Only *He* can. But you don't have to worry about these evil beings because you have received Jesus in your heart. Even though evil beings see you as their enemy—and they will try to steal from you or lie to you in some way—they cannot touch you because you have the light of the Lord in you and you are God's. Your Father God loves and protects you. In fact, the better you know your heavenly Father, the better you understand that He is the King of the universe and you are His child. You are His princess. And that is final.

It's hard to know yourself really well right now because you are still learning about yourself and who God made you to be. You haven't lived with yourself long enough to know exactly how you feel about everything. You don't know each thing that makes you happy or sad, confident or insecure, excited

or disinterested, hopeful or hopeless, grateful or angry. That's why writing down the things you *do* know about *you* is always helpful.

Just because you feel one way today doesn't mean you will feel that exact same way tomorrow, next week, or next year. But the more you write down how you feel and what you *do* know about yourself, the more you will grow to understand who you are. And that will help you to feel like yourself. So start with what you *do* know, and that is you are the daughter of a King and that makes you a part of a royal family. You are loved. You have worth and value, you have a purpose, and you have gifts and talents—and God has given you great power when you speak His Word or pray in Jesus' name. It doesn't matter if other people see all that yet. *God does!*

## A QUESTION FOR YOU

How would you describe yourself? Are you loud, quiet, happy, sad, kind, friendly? What things do you enjoy doing? What things do you not like doing?

If there is not enough room to write down your answers here, get a notebook or a journal to write down your thoughts. Write them in pencil in case they change. That will be a helpful part of your getting to know yourself better.

The more time you spend with God, the better you will know yourself, and the easier it will be when you are with others.

## Remember...

The more you know who God is,
the more you will understand who you are.

A good friend is always someone you feel you can be yourself with. You are comfortable being *you* with her because you feel you can be completely honest about who you are. You can tell her about things you like and don't like. You can share with that person what is really bothering you. If you are often around a person who makes you feel bad about yourself, then there will soon come a day when you don't want to be around that person anymore. You will think of ways to avoid her. You will pray for a new friend who doesn't make you feel bad.

Talk to God every time you don't feel like yourself. Ask Him to show you why and what you can do to change that. Also, ask Him to help you know *Him* better. That always helps. The way to know Him better is by reading His Word and talking to Him in prayer every day. Tell Him how you feel, and thank Him for creating you to be a person who has the ability to make other people feel like themselves around *you*.

## WHAT OTHER GIRLS SAY...

**Some of the words girls use to describe themselves are:**

| | |
|---|---|
| "Helpful." | "Thankful." |
| "Kind." | "Fearful." |
| "Nervous." | "Worried." |
| "Caring." | "Loving." |
| "Happy." | "Friendly." |

## A QUESTION FOR YOU

What are several words you would use to *describe yourself*? You can use some of those listed above, or you can put down your own words.

_____

_____

_____

What are some words you would like *others* to *think* or *say* about *you*? (For example, "I would like people to think or say that I am friendly and kind.")

_____

_____

_____

## Remember...

Getting to know who God made you
to be helps you to accept yourself better.
That takes time as you grow up.

## What the Bible Says

"Do to others as you would have them do to you."
Luke 6:31 NIV

That means treating others the way you would like to be treated, which is in a kind and thoughtful way. And it helps you to stop focusing on yourself and start focusing on another person. That always makes you feel like yourself because you are a kind person.

*Don't let other people define you*. That means don't let other people decide who you really are. That is for you and God to decide. And your parents too. They have your best interests at heart as well. They want the best for you, and that's why they work so hard.

*Don't compare yourself to others*. You are unique. That means there is no other person in the world who is like you. You are

beautiful and wise because God gives you wisdom and beauty. He is beautiful. *His beauty in you* makes you *beautiful*. The Bible says of God that "He has made everything beautiful in its time" (Ecclesiastes 3:11). That means the beauty in a person takes time to develop. It doesn't depend on how you feel. You have to trust God's timing on everything.

## Remember...

The more you understand
who your Father God is,
the more you will understand
who He made you to be.

*Part of knowing yourself is being your own best friend*. That means don't reject yourself. Don't criticize yourself. Appreciate who God made you to be. Ask God to show you the good things about yourself that you are not seeing. Learn what God thinks about you. The things you like and don't like about yourself can change in an instant as you grow up. Just because you are feeling sad one day does not make you a sad person. Say to yourself, "I am not an angry person. I am just *feeling* angry right now." *Be kind to yourself, not judging or criticizing yourself*. The more you *know yourself*, the more you will understand how to *be yourself*.

## What the Bible Says

"I know the thoughts that
I think toward you, says the Lord,
thoughts of peace and not of evil,
to give you a future and a hope."
Jeremiah 29:11

That means God sees you in the great future He has for you. He sees you as *a person who is respected, who has* great worth because you are His daughter. Ask God to help you *see yourself* that way too. That doesn't mean you will think you are better than anyone else. It means that you love God and you respect how *He* thinks.

## God is...

**always accepting of you.**

When God looks at you, He sees all the great things He has put in you. You may not see all those yet because they are still developing. Just because some other people might not see what God sees in you—yet—doesn't mean those qualities are not there.

God always accepts you the way you are, but He is not going to let you stay that way. That's why He is growing you up, and He will always want you to become more like Him. The more you become like Jesus, the more you will feel like yourself. And that will always be true.

# My Prayer to God

Lord, help me to know You better so I can know myself better too. I want to be like You because You are kind and good and loving. Help me to have Your joy, patience, love, and goodness. Teach me to have the kind of character You have. Help me to *learn* more about You in Your Word so I can *become* more like You in my life. Show me how to be the best me I can be. Help me to focus on what I *can do*, and not what I feel I *can't do* right now. Keep me from comparing myself with others and instead help me to value everyone as unique, including myself. When I am tempted to have negative thoughts about myself, help me to turn to You and thank You for all the great things You see in me. In Jesus' name I pray.

Other things I want to remember to pray about are…