

# Prayer points

Ashleigh couldn't be where she is today without your prayers. Please continue to pray for her:

1. Pray that Ashleigh's spiritual strength continues to grow as she continues working with NightLight and serving the women in Bangkok's red light district.
2. Pray for a brothel Ashleigh goes to regularly. It was recently raided and all the women who worked there were put in prison. Pray that these women are treated fairly.
3. Pray for the Thai Government, that they will be able to crack down on human trafficking while still preserving the dignity of victims.
4. Pray for victims of human trafficking worldwide, that they will receive justice and be liberated.



*Please keep praying for Ashleigh*

Follow Ashleigh's spiritual workout:

1. Don't skip leg day – work on your whole self, not just the things you enjoy.
2. Stick to your exercise routine – make a routine and stick to it.
3. Find a workout buddy – find a friend to hold you accountable.
4. Use your mistakes to bulk up – don't hide your mistakes, grow from them.