- B Body: Pray for good health, safety & strength
- L Labor: Pray for favor & excellence at work and financial security
- E Emotional: Pray for encouragement & good quality of life; for joy, peace, hope
- S Social: Pray for relationships with family and friends
- S Spiritual: Pray for their salvation and/or continued spiritual maturity

Paul Covert
Founder
Threshold Prayer Ministries

