

## A Christian and Prayer Life

A key component in the Christian faith

Quite a good book for all that have become the followers of Jesus Christ by faith. Get your copy of the book and know the following:

- What prayer is all about
- The importance of prayer
- Types of prayers
- Places of prayer and postures in prayer
- Worthy and Unworthy prayers
- Why some prayers are not answered
- The need for holy living
- Length and frequency of prayer



The Author Fredrick Geoffrey Omondi is a born-again Christian aged 59 years, married and they have 4 children. He is a preacher and teacher of the word of God and holds a Diploma in Biblical Studies from both Emmaus Bible School and Voice of Prophecy in Nairobi. He is a life member of the Scripture Union of Kenya and fellowships in an



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INSPIRATIONAL PUBLICATIONS



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The breathing norm in Christianity



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