**Insert #1** – **The Praise Packet** – PRISM Topic Praise hearwelldone.org

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| Praise: **halal**: Haw-lal.  To be clear of sound and color; to shine; to make a show of; to boast; to be clamorously  foolish; to rave; celebrate.  Praise: **yadah**; yaw-daw.  To use, hold out the hand, to revere or worship Praise: **hillul**; hil-lool. A celebration of thanksgiving.  Praise: **t'hillah**; Teh-hil-law.  Laudation/hymn (to praise or commend with words or singing)  Praise: **barak**; baw-rak.  To kneel (down) to bless God, salute, thank, also to praise.  **Psalms 34:1** - I will bless the LORD at all times, **His praise shall continually be in my mouth**.  **Psalms 8:2** - From the lips of children and infants **you have ordained praise** because of your enemies, to silence the foe and the avenger.  **Psalms 119:164** - **Seven times a day I will praise you** for your righteous laws.  **Psalms 9:1** - **I will praise you, O LORD, with all my heart**; I will recount all your marvelous works.  **Psalms 21:13** - Be exalted, O LORD, in your own strength; so we will sing and praise your power.  **Psalms 22:22-24** - I will declare your name to my brothers; in the congregation I will praise you.  **You who fear the LORD praise him!** All you descendants of Jacob, honor him! Revere him, all you descendants of Israel.  **Psalms 33:1** - Rejoice in the LORD, you righteous; **it is fitting for the upright to praise him**.  **Psalms 35:28** - My tongue will speak of your righteousness **and of your praises** all day long.  **Psalms 40:1-3** - I waited patiently for the LORD; he turned to me and heard my cry.  He lifted me out of the horrible pit, out of the miry clay, he set my feet on a rock and gave me a firm place to stand.  He put a new song in my mouth, **even praise to our God**.  Many will see and fear and put their trust in the LORD.   **Psalms 42:5** - Why are you downcast, O my soul?  Why so disturbed within me?  Put your hope in God, **for I will yet praise him**, my Savior and my God.  **Haggai 3:17-19** - Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, **yet I will rejoice in the LORD, I will be joyful in God my Savior**.  The Sovereign LORD is my strength; he makes my feet like the feet of a deer, he enables me to go on the heights.  **Psalms 52:9** - **I will praise you forever for what you have done**; in your name I will hope, for your name is good.  I will praise you in the presence of your saints.   **Psalms 56:4** - In God, **whose word I praise**, in God I trust; I will not be afraid.  What can mortal man do to me? |

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**PRISM Topic** – Praise (2) hearwelldone.org

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| **Psalms 57:7** - My heart is fixed, O God, my heart is fixed:  I will sing and give praise.  **Psalms 63:3** - Because your lovingkindness is better than life, my lips will praise you.  **Psalms 34:1-4** - Shout with joy to God, all the earth!  Sing the glory of his Name; make his praise glorious!  Say to God, "How awesome are your deeds! So great is your power that your enemies cringe before you.  All the earth bows down to you; they sing praise to you, they sing praise to your name.  **Psalms 70:14-16** - But as for me, I will always have hope; I will praise you more and more.  My mouth will tell of your righteousness and of your salvation all day long, though I know not its measure.  I will proclaim your mighty acts, O Sovereign LORD;  I will proclaim your righteousness, yours alone.   **Psalms 70:17-19** - Since my youth, O God, you have taught me, and to this day I declare your marvelous deeds.  Even when I am old and gray, do not forsake me, O God, til I declare your power to the next generation, your might to all who are to come.  Your righteousness reaches to the skies, O God, you have done great things.  Who, O God, is like you?   **2 Chronicles 20:22** - As they began to sing and praise, the LORD set ambushes against the men of Ammon and Moab and Mount Seir who were invading Judah, and they were defeated.   **Psalms 100:4** - Enter into his gates with thanksgiving, and into his courts with praise:  be thankful unto him and bless his name.  **Psalms 102:18** - Let this be written for a future generation, that a people not yet created may praise the LORD:  **Psalms 104:33** - I will sing unto the LORD as long as I live:  I will sing praise to my God while I have my being.   **Psalms 106:1** - Praise the LORD.  Give thanks to the LORD, for he is good, his love endures forever.  Who can proclaim the mighty acts of the LORD or fully declare his praise?   **Psalms 107:8** - O that men would praise the LORD for his goodness, and for his wonderful works to the children of men.  **Psalms 112:1-2** - Praise the LORD.  Blessed is the man who fears the LORD, who finds great delight in his commands.  His children will be mighty in the land; the generation of the upright will be blessed.   **Psalms 113:9** - He settles the barren woman in her home as a joyful mother of children.  Praise the LORD!  **Psalms 139:14** - I will praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.  Your eyes saw my unformed body.  All the days ordained for me were written in your book before one of them came to be. |

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**PRISM Topic** – Praise (3) hearwelldone.org

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| **Psalms 147:1** - Praise the LORD.  How good it is to sing praises to our God, how pleasant and fitting to praise him!  **Psalms 150:6** - Let everything that hath breath praise the LORD.  Praise ye the LORD,  **Isaiah 12:4** - In that day you will say, "Praise the LORD, call on his name, make known among the nations what He has done, and proclaim that his name is exalted."  **Isaiah 25:1** - O LORD, you are my God; I will exalt you and praise your name, for in perfect faithfulness you have done marvelous things, things planned long ago.   **Isaiah 45:20-21** - The wild animals honor me, the jackals and the owls, because I provide water in the desert and streams in the wasteland, to give drink to my people, my chosen, the people I formed for myself that they may proclaim my praise.   **Isaiah 61:1-3** - The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to preach good news to the poor.  He has sent me to bind up the brokenhearted, to proclaim the year of the LORD's favor and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion - to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair.   **Jeremiah 17:14** - Heal me, O LORD, and I will be healed; save me and I will be saved, for you are the one I praise.  **Philippians 1:9-11** - And this is my prayer; that your love may abound more and more in knowledge and depth of insight so that you may be able to discern what is best and may be pure and blameless until the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ - to the glory and praise of God.  **Philippians 4:8** - Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent and if there be any praise, think on these things.  **Hebrews 13:15** - By him therefore, let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to his name.   **I Peter 1:7** - These have come so that your faith - of greater worth than gold, which perishes even though refined by fire - may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed.   **I Peter 4:11** - If anyone speaks, he should do it as one speaking the very words of God.  If anyone serves, he should do it with the strength God provides, so that in all things, God may be praised through Jesus Christ.  To him be the glory and the power for ever and ever. Amen.  **Revelation 19:5** - And a voice came out of the throne saying, Praise our God, all you his servants, and you that fear him both small and great. |

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**Relationship Topic** – Praise the Names of God hearwelldone.org

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| **Sometimes the Names of God can be a good starting point for praise. Here are a few ways He is referred to.**  **God**,  **The Word**,   The King,   Wisdom,   A Sower,   **The Mighty God**,    Jesus,   **King of Glory**,   Understanding,  A Witness to the People,    The Highest,   **Jesus Christ**,   King over all the earth,   **Counselor**,   The Redeemer,  The Everlasting God,   Jesus the Christ,   The King of the Jews,   Excellent,   A Star,   The Everlasting Father,  Christ the Lord,   The Captain of the Host of the LORD,   Shiloh (Peacemaker),   **The Ancient of Days**,   The Lord's Christ,   The Chiefest among ten thousand,   The Messenger of the Covenant,   The God of the whole earth,  **The Prince of Peace**,   A Commander,   a Wall of Fire,   The Peace Offering,   Our Lawgiver,   The Prince of Princes  A Leader,   A Scepter,   Purifier,   Jehovah,   **The Holy One of Israel**,  A Governor,   The Ensign of the people,   The Meat (Meal) Offering,   **The Lord Jehovah**,  The Holy One of God,   Ruler,   A Crown of Glory,  The Friend of sinners,  The Angel of Jehovah,  My Righteous Servant, Master, A Diadem of Beauty, Our Brother, Strong and Mighty Jehovah,   The Servant of Jehovah,   Good Master,   The Polished Shaft,  The Carpenter, **Jehovah Mighty in battle,**  The Angel of His Presence,   Shepherd,   Manna,   The Branch, Jehovah of Hosts,   **The Rock of My Salvation**,   The Shepherd of Israel,   The Balm of Gilead,   My Servant, Jehovah my God,   My Rock and Fortress,  The Glory of thy people Israel,   Showers upon the earth,  The Branch of the Lord,   **A Great Light**,   My Strong Rock,  **The Consolation of Israel**,   A Sanctuary,   A Branch out of His Roots,   The Light of the morning,   **The Rock that is Higher than I**,   The Hope of Israel,   A Covert from the tempest,   A Righteous Branch,   Thine Everlasting Light, The Rock of Ages,   The hope of His people,   A Shadow from the heat,   The Root of Jesse,   The Light of Israel,  **God my Savior**,   The Bridegroom,  Resting Place,   A Root out of a dry ground,   **The Light of the Gentiles,**  Shepherd,   Him whom my soul loveth,   An Hiding Place from the waters,   A Rod out of the Stem of Jesse,   A Light to Lighten the Gentiles,   The Stone of Israel,  **Altogether lovely**  Strength to the poor and needy,   A Plant of Renown,   Son of God,   The Headstone of the corner, Wonderful,  As Rivers of Water in a dry place,   A Nazarene,   Christ the Son of the Blessed One,   A Tried Stone,  The King in his beauty,   **A Nail fastened in a sure place**,   The Prophet of Nazareth,   **Emmanuel**,   A Stone cut without hands,  **My Maker**,   A Glorious Throne to his Father,   A Man of Sorrows - acquainted with grief,   My First-born, Fortress,  Our Potter,   Shadow of a Great Rock in Israel,   Son of Man,   The Child,  **A Strong Tower**,   My Glory,   The Lily of the Valley,   Son of Abraham,  The Child Jesus,  My High Tower,   **My Portion**,   Tender Grass,  Son of Mary,  The Young Child,   Stronghold,   **The Lifter of my head**,   Rain upon mown grass,   A Stranger and an alien,  My Beloved,   A Foundation,   **My Strength and my song**,   Ointment poured forth,  My Beloved Son,  **A Sure Foundation**, My High Tower,  A Bundle of Myrrh,  The Seed of the woman, One Son - His well beloved  **The Salvation of God**,   Restorer,  A Cluster of Camphire,   Son of the Highest,  The Horn of Salvation, My Physician  The King's Son,   The Daysman,   Feeder,   The babe,  The Dayspring from on High,   **A Friend that sticketh closer than a brother**,   Mine Elect,   A Ransom,   **Son of David**,   A Sign,  **Thou Son of the Most High God**. |

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**Relationship Topic** - Praise the Jehovah Names of God hearwelldone.org

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| **Sometimes the Names of God can be a good starting point for praise. Here are a few of His Jehovah Names.**  You Are JEHOVAH JIREH – THE LORD our Provider You Are JEHOVAH SABAOTH – The LORD our Protector You Are JEHOVAH NISSI – THE LORD our Banner of Victory You Are JEHOVAH SHAMMAH – THE LORD who is Near You Are JEHOVAH SHALOM – THE LORD our Peace You Are JEHOVAH RAPHA – THE LORD our Healer You Are JEHOVAH TSID KENU – THE LORD our Righteousness You Are JEHOVAH RAAH – THE LORD our Shepherd, who Leads us and Loves us.  You Are JEHOVAH JIREH – THE LORD our Provider **Genesis 22:10-14** - Then he reached out his hand and took the knife to slay his son.  But the angel of the LORD called out to him from heaven, “Abraham! Abraham!”  “Here I am,” he replied.  Do not lay a hand on the boy,” he said.  “Do not do anything to him.  Now I know that you fear God, because you have not withheld from me your son, your only son.”  Abraham looked up and there in a thicket he saw a ram caught by its horns.  He went over and took the ram and sacrificed it as a burnt offering instead of his son.  So Abraham called that place  The LORD Will Provide.   And to this day it is said, “On the mountain of the LORD it will be provided.”    **You Are JEHOVAH JIREH - THE LORD our Provider!**  You Are JEHOVAH SABAOTH – The LORD of Hosts, THE LORD our Protector! **I Samuel 17:45-47**- David said to the Philistine, “You come against me with sword and spear and javelin, but I come against you in the name of the LORD of Hosts, the God of the armies of Israel, whom you have defied.  This day the LORD will deliver you into my hand, I will strike you down and take your head from you.  Today I will give the carcasses of the Philistine army to the birds of the air and the beasts of the earth, and the whole world will know that there is a God in Israel.  All those gathered here will know that it is not by sword or spear that the LORD saves; for the battle is the LORD’s, and he will give all of you into our hands.   **You Are JEHOVAH SABAOTH - THE LORD our Protector!**  You Are JEHOVAH NISSI – THE LORD our Banner of Victory **Psalms 60:4-5** - But for those **who fear you**, you have raised a banner of victory, to fly in the face of attack, that those you love may be delivered…   **Psalms 60:4-5** - As long as Moses held up his hands, the Israelites were winning, but whenever he lowered his hands, the Amalekites prevailed.  When Moses’ hands grew tired, they took a stone and put it under him and he sat on it.  Aaron and Hur held his hands up – one on one side, one on the other – so that his hands remained steady til sunset.  So Joshua overcame the Amalekite army with the sword… Moses built an altar and called it The LORD is my Banner.   **You Are JEHOVAH NISSI - THE LORD our Banner of Victory!** |

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**Relationship Topic** - Praise the Jehovah Names of God (2)

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| You Are JEHOVAH SHAMMAH – THE LORD who is Near  **Deuteronomy 4:7** - What other nation is so great as to have their gods near them the way the LORD our God is near us whenever we pray to him.   **Psalms 34:18-19** - The LORD is near to the brokenhearted and saves those who are crushed in spirit.  The righteous may have many afflictions, but the LORD delivers him out of them all.    **Psalms 119:75** - I know, O LORD, that your decisions are righteous, and in faithfulness you have afflicted me.  **Psalms 145:18-19** - The LORD is near to all who call on him to all who call on him in truth.  He fulfills the desires of those **who fear him**; he hears their cry and saves them.**You Are JEHOVAH SHAMMAH - THE LORD who is Near!**   You Are JEHOVAH SHALOM – THE LORD our complete Peace  **Judges 6:24** - So Gideon built an altar to the LORD there and called it THE LORD is Peace…  **Psalm 29:11** - The LORD will give strength to his people; the LORD will bless his people with peace. **Isaiah 26:12** - LORD, you ordain peace for us; all that we have accomplished you have done for us. **Jeremiah 29:11** - For I know the thoughts I think toward you, saith the LORD, thoughts of peace, and not of evil to give you an expected end.  **Exodus 14:13-14** - And Moses said to the people, Fear not, stand still, and see the salvation the LORD will bring you today: for the Egyptians that you see today, you will never see again.  The LORD will fight for you, and you need only to hold your peace.  **You are JEHOVAH SHALOM - THE LORD our complete Peace!**   You Are JEHOVAH RAPHA – THE LORD our Healer  **Exodus 15:26** - He said, “If you listen carefully to the voice of the LORD your God and do what is right in his eyes; if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the LORD who heals you.   **Psalms 103:2-5**  - Praise the LORD, O my soul, and forget not all his benefits – who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle’s.  **Psalms 147:3** - The LORD builds up Jerusalem; he gathers the exiles of Israel.  He heals the broken-hearted and binds up their wounds.   **You Are JEHOVAH RAPHA - THE LORD our Healer!** |

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**Relationship Topic** - Praise the Jehovah Names of God (3)

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| You Are JEHOVAH TSID KENU – THE LORD our Righteousness  **Jeremiah 23:6** - In his days Judah will be saved and Israel will live in safety.  This is the name by which he will be called:  THE LORD Our Righteousness.   **Philippians 3:9** - And be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ – the righteousness that comes from God and is by faith.  **Titus 3:5** - Not by works of righteousness which we have done, but according to his mercy he saved us by the washing of regeneration, and renewing of the Holy Spirit.   **2 Corinthians 5:21** - God made him who had no sin to be sin for us, so that in him we might become the righteousness of God through Christ.  **You Are JEHOVAH TSID KENU - THE LORD our Righteousness!**    You Are JEHOVAH RA-AH – THE LORD our Shepherd, who leads us and tenderly loves us.  **Psalm 23** - The LORD is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside still waters, he restores my soul.  He leads me in paths of righteousness for his Name’s sake.  Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.  You prepare a table before me in the presence of my enemies.  You anoint my head with oil; my cup overflows.  Surely goodness and kindness will follow me all the days of my life and I will dwell in the house of the LORD forever.   **Jeremiah 29:11** - "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you a hope and a future."  **Psalms 25:12** - Who then is the man **who Fears the LORD?**  He will instruct him in the way chosen for him.    **You Are JEHOVAH RA-AH - THE LORD our Shepherd, who leads us and loves us!** |

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**Relationship Topic** – Thankful 100 hearwelldone.org

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| **100 Things to be thankful for – that are not money or stuff.**  1  You Loved Me First  2  You Loved Me When I Was A Sinner  3  Your Mercy Never Ends  4  Your Loving Kindness Never Fails  5  You Sent Jesus To Die In My Place  6  You Are Preparing A Place For Me  7  You Will Fulfill Your Purpose For Me  8  You Love Me  9  I'm Worth Much To You  10 You Gave Your Word For Truth  11 You Give Wisdom When I Ask  12 You Teach Me The Fear Of The Lord  13 You Give The Holy Spirit  14 You Give Anointing Without Repentance  15 You Give Me An Instructed Tongue  16 You Use Me  17 You Use Me Even When I'm Broken  18 You Are Long-Suffering |

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**Relationship Topic** – Thankful 100 (2) hearwelldone.org

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| 19 You Forgive And You Forget  20 You Cause Me To Forget  21 You Give Strength  22 You Favor Me  23 You Help Me  24 You Hear Me  25 You Answer When I Call  26 Your Grace Is Enough  27 You Save Me  28 You Deliver Me  29 You Defend Me  30 You Shelter Me  31 You Comfort Me  32 You Lead Me  33 You Guide Me  34 You Instruct Me In The Way I Should Go  35 You Heal My Hurt  36 You Heal My Body  37 You Heal My Relationships  38 You Bring To Nothing The Weapons Formed Against Me  39 You Provide My Daily Bread |

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**Relationship Topic** – Thankful 100 (3) hearwelldone.org

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| 40 You Give Me Spiritual Daily Bread  41 You Give Me Life  42 You Give Me Hope  43 You Sustain Me  44 You Remove Blinders  45 You Restore My Soul  46 You Fill Me With Joy  47 You Have A Way Chosen For Me  48 You Lead Me In The Way I Should Go  49 You Chasten Me  50 You Stir My Faith  51 You Have Given Me The Measure Of Faith I Need For Life  52 You Are My Righteousness  53 You Supply My Every Need  54 You Open Doors  55 You Close Doors  56 You Reveal Truth  57 You Reveal Answers  58 You Level The Ground Beneath My Feet  59 You Defeat The Enemy  60 You Secure My Future |

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| **A PRISM Topic** is God’s Word on a single subject**. A Relationship Topic:** is a perspective from God’s Word on relationships. A **PRISM Topic Packet** is a grouping of PRISM or Relationship Topics of similar subjects… part of the **M: Meditate on the** **Word** of  **PRISM** – (5 Things You Can Do Daily in God’s Word) - to transform **the way you think**. See [hearwelldone.org](http://www.hearwelldone.org) for PRISM Topics, Relationship Topics, or Packets. Take it with you! | **Ask God what PRISM Topic or Relationship Topic He wants you to meditate on today.** Take your PRISM Topic, Relationship Topic or Packet with you! Come back to them throughout the day!  **“*It is to be with him, and he is to meditate on it day and night, so that he may learn to fear the LORD*…” - Deuteronomy 17:19** |

**Relationship Topic** – Thankful 100 (4) hearwelldone.org

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| 61 You Never Leave Me Nor Forsake Me  62 You Will Finish What You Began In Me  63 Surely Goodness And Mercy Will Follow Me All The Days Of My Life  64 You Change Me  65 You Grow Me  66 You Allow Trials So My Faith Results In Praise  67 You Are Faithful In My Affliction  68 You Give Counsel In The Night Season  69 You Bring Godly Counselors  70 You Bless Me  71 You Give Discernment  72 You Restore Me  73 You Give Knowledge  74 You Give Understanding  75 You Give Access  76 You Are Great  77 Your Power Is Unstoppable  78 Your Thoughts Are Higher  79 Your Ways Are Higher  80 You Word Is For Every Situation  81 You Prepare A Table For Me In The Presence Of My Enemies |

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**Relationship Topic** – Thankful 100 (5) hearwelldone.org

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| 82 My Cup Runs Over  83 You Enable Me To Bless Others  84 You Are Faithful In Every Season  85 You Give True Riches  86 You Give Enduring Wealth  87 You Are My Refuge  88 You Are My Best Friend  89 You Stoop Down To Make Me Great  90 You Provide For My Every Need  91 You Wait For Me  92 You Pray Through Me  93 You Love Through Me  94 You Serve Through Me  95 You Reveal Yourself To Me  96 You Invite Me Into Your Presence  97 You Are Good  98 You Have Been Good To Me  99 You Are My Peace  100 Your Mercy Endures Forever |

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