

# A Week of Prayer Against Human Trafficking

*A collaboration between 24-7 Prayer South Africa and Love Justice*

---

This prayer guide has been created to support **A Week of Prayer Against Human Trafficking** and is designed for **individuals, families, and small groups** who are committing to pray daily over seven days.

Human trafficking is one of the greatest injustices of our time. It strips people of their dignity, freedom, and hope, exploiting vulnerability through deception, violence, and greed. While trafficking affects every nation, South Africa is both a **source, transit, and destination country**, making this an issue that is not distant or abstract, but painfully close to home.

As followers of Jesus, we believe prayer is not a passive response to injustice. Prayer is how we align ourselves with the heart of God — the God who sees the oppressed, hears their cries, and acts to bring freedom. Throughout Scripture, God consistently calls His people to **seek justice, defend the vulnerable, and walk humbly with Him**.

This guide is not intended to inform you of everything there is to know about human trafficking, nor is it meant to place the burden of fixing the problem on you. Rather, it is an invitation to **pray faithfully, honestly, and consistently**, trusting that God is already at work and that our prayers matter. Each day focuses on a specific prayer theme, guiding you to:

- Reflect on who God is
- Lament the pain caused by trafficking
- Intercede for nations, leaders, organisations, victims, and communities
- Give thanks for real breakthroughs and lives protected

Some of the themes may feel heavy. Please move at a pace that is healthy for you. You are encouraged to pause, return to Scripture, and rest in God's presence whenever needed. **God carries the weight of injustice — we carry it to Him in prayer.**

We are aware that as you pray through this guide, you may think of other countries, communities, or situations beyond South Africa. Allow these prayers to overflow naturally into those contexts as the Holy Spirit leads.

Our prayer is that this week would not only deepen compassion, but also strengthen faith — reminding us that **darkness does not have the final word**, and that God's justice, mercy, and love are already breaking through.

To support those who feel led to pray more deeply, a **separate Resource Guide** is available alongside this prayer guide. It includes additional background information, stories of impact, Scriptures, and extended prayer points that can help shape and deepen your intercession.

These resources are **optional**. You do not need to read or use everything. You may simply choose one story, one Scripture, or one prayer focus that the Holy Spirit highlights. Some of the material is confronting, so please engage at a pace that is healthy for you, and feel free to pause or step back at any time.

If, as you pray, you feel inspired to gather others and create a shared space for prayer, a **Prayer Activities Guide** is also available. This guide offers practical ideas for setting up prayer stations and hosting a prayer room in a church or community context.

This prayer guide is complete on its own. The Resource Guide and Prayer Activities Guide are offered as companions — to support deeper prayer, collective intercession, and faithful action — trusting that even one prayer, prayed in faith, can change lives.

"Learn to do right; seek justice. Defend the oppressed."

**Isaiah 1:17**

## **IN COLLABORATION WITH LOVE JUSTICE**

This prayer initiative is created in collaboration with Love Justice, a Christian organisation working to stop human trafficking before it happens. Love Justice operates at transit points such as borders, bus stations, and airports, where trained monitors identify red flags, intervene, and prevent people from being trafficked. By God's grace, Love Justice has:

- Intercepted over 108,000 potential victims
- Contributed to 2,157 arrests and 30% conviction rate
- Established 57 intervention stations, Piloted transit monitoring in 31 countries
- Continues to intercept 70–100 potential victims each month in South Africa alone

This week of prayer stands alongside their frontline work — covering their staff, monitors, and beneficiaries in prayer, and declaring that God's justice is stronger than exploitation.

## DAY 1

# The God of Justice

“The LORD loves righteousness and justice; the earth is full of his unfailing love.” Psalm 33:5

### Reflection

We begin this week by fixing our eyes on who God is. God is perfectly just. His character and all His actions are rooted in righteousness. He sees every wrong — including those hidden in darkness — He defends the weak, and He promises that **nothing will ultimately escape His justice.**

Even now, God is at work. He is exposing what is hidden, confronting evil, and bringing freedom to the oppressed. And one day, His justice will be fully and finally revealed when **Jesus Christ returns to judge the nations and establish His Kingdom forever.** On that day, every tear will be wiped away, every wrong made right, and every life restored in Him.

But God does not act alone.

Throughout Scripture, God calls His people to **partner with Him in justice.** We are commanded to seek justice, defend the oppressed, and speak for those who cannot speak for themselves. Justice is not only something God does — it is something He invites His church to live out with Him.

In Isaiah 58, God gives extraordinary promises to His people when they take this calling seriously. He promises that **light will break forth like the dawn**, that **healing will quickly appear**, that **He will guide us always**, strengthen us, and restore what has been broken. When the church acts justly, God not only transforms communities — **He blesses His people with His presence and provision.**

Today is not about striving or fixing everything.

This first day invites us to **rest in God's presence**, to reflect on who He is — the God of Justice — and to renew our commitment to walk with Him. We begin this week confident that as we align our hearts with His justice, **God Himself will go before us and pour out His blessing.**

### Prayer Focus

- Thank God that He is just and good
- Trust Him with injustices you cannot fix
- Ask Him to align your heart with His

## **Prayer**

*Lord, You are the God of Justice.*

*Your ways are perfect, and You see every wrong and every hidden thing.*

*Thank You that You love righteousness and justice,  
and that one day You will bring full and final justice when Jesus returns.*

*Forgive me where I have been silent or indifferent.*

*Help me to walk humbly with You, to act justly, and to love mercy.*

*Teach me to speak up for the voiceless and to defend the weak.*

*Thank You for Your promise in Isaiah 58 —*

*that when we loose the chains of injustice,*

*our light will break forth like the dawn,*

*our healing will come quickly,*

*and You will guide us always.*

*Make me, and make Your church,*

*like a well-watered garden,*

*a people of justice and mercy,*

*until the day when You wipe away every tear.*

***Amen.***

## **Optional Action**

Write the words "God of Justice" somewhere visible today.

## DAY 2

# Break Our Hearts: Entering the Pain of Trafficking

*"The Lord is close to the brokenhearted." Psalm 34:18*

### Reflection

We cannot fight for justice with apathy. God does not call His people to remain distant observers of suffering. He calls us to **feel what He feels**. Allowing our hearts to be broken by the reality of human trafficking is part of aligning ourselves with God's heart for the oppressed.

When we lament the pain of those who are exploited and cry out on their behalf, we join not only in God's grief — but also in **His determination to bring rescue and restoration**. Lament is not weakness. It is a holy response to injustice.

To understand the weight of trafficking, we must move beyond statistics and step, however briefly, into a victim's shoes. We must imagine the fear, the hopelessness, the loss of dignity — and ask ourselves what it would feel like if this were happening to someone we loved deeply. God loves every human being **more than we could possibly imagine**.

Today is not about shocking ourselves or carrying burdens we were never meant to bear. It is about asking God to **soften our hearts**, to remove indifference, and to awaken compassion. At Love Justice, this posture is often called *"the Broken-Hearted Anointing"* — the compassion and righteous anger that compels us to pray, to act, and to stand on behalf of those God loves.

As we allow God to break our hearts, we trust Him to shape that brokenness into **prayer, courage, and obedience**.

*A longer reflective story, "The Greatest Injustice," is available at the end of this guide for those who feel led to engage more deeply. Please approach it prayerfully and at your own pace.*

### Pause

Before you begin, ask the Holy Spirit to guard and guide your emotions, keeping you tender but not crushed.

## **Prayer Focus**

- Ask God to break your heart for what breaks His. help him to remove the defence mechanisms that you have set up to ignore, pretend or ignore.
- Repent of the ways that we have turned away from those who are hurting, and ask God to renew in you a determination to fight for them with the strength He gives. God doesn't use able people, He uses people who are willing, obedient and trust in His power to supply all the grace we need to do what He asks.
- Pray for every child and woman trapped in human trafficking situations today.
- Pray that the church will not turn away, but rise up in compassion and justice.

## **Optional Action**

Sit in silence for one minute.

Offer that quiet space as a prayer for those who have no voice.

## **Closing Words of Hope**

Do not leave this place in despair. Remember: our God is a God of justice. He has promised to "loose the chains of injustice" (Isa. 58:6), and when we partner with Him, we are working with the most powerful force in the world.

There is so much to do to help those in need — in prayer, in action, in love. Carry this brokenness as fuel for hope: the same Spirit who raised Jesus from the dead is at work today, rescuing, restoring, and bringing freedom.

## DAY 3

# Praying for the Nations & the Drivers of

*Ask of me, and I will make the nations your inheritance." Psalm 2:8*

## Trafficking

### Reflection

Human trafficking is not only a social issue — it is first a **spiritual issue**.

At its root lies sin in the human heart. Without Jesus, the heart bends toward selfishness, greed, lust, and the desire for power. These distortions fuel exploitation and allow trafficking to continue across nations, cultures, and generations. This is why trafficking persists even where laws exist and systems attempt reform — because the deepest problem cannot be solved by policy alone.

But Jesus is the hope of the world.

When Jesus invades hearts, families, and communities, He transforms desires at their source. He replaces greed with generosity, lust with purity, corruption with integrity, and despair with hope. Through Him, broken families are restored, orphans are embraced, and the vulnerable find protection. The gospel does not only rescue individuals — it **reshapes societies**.

As we pray for nations today, we recognise that we are not only praying against darkness, but **for the Kingdom of God to come**. In Isaiah 58, God promises that when His people act in His justice, they become *"repairers of broken walls, restorers of streets with dwellings."* This is the vision of God's justice: not only stopping harm, but restoring what has been ruined.

Jesus calls His church to partner with Him in this work — to undo the effects of sin by bringing His Kingdom of righteousness, peace, and hope into every place trafficking has taken hold. As we pray for the nations, we do so with faith that **God is able to heal hearts, transform systems, and restore communities**.

### Prayer Focus

- Reflect on the Root: Acknowledge that the true driver of trafficking is sin in the human heart.
- Pray for Renewal: Ask God to transform hearts through Jesus — beginning with

yourself, your family, and your community.

- Pray Over the Drivers: Choose one driver (poverty, corruption, lust, greed, family breakdown, orphans) and intercede for nations trapped in that cycle. (see Appendix 2)
- Declare Hope in Christ: Proclaim Jesus as the only lasting solution — that His Spirit would change desires and raise up His church as repairers of broken ruins.

## **Prayer**

*Lord of the Nations,*

*We lift before You the countries gripped by exploitation.*

*Expose corruption, confront greed, and heal broken systems.*

*Transform hearts through Jesus — beginning with my own*

*Let Your Kingdom come on earth as it is in heaven.*

*Amen.*

## **Optional Action**

Choose one nation and commit to pray for it throughout the week.

## DAY 4

# Prayer for South Africa – Leaders and Authorities

I urge that prayers be made for all those in authority." 1 Timothy 2:1-2

### Reflection

South Africa's story is one of both deep challenges and remarkable victories.

Human trafficking continues to cause immense harm across our nation. For every victim rescued, many more remain enslaved. For every case that fails or is delayed, there are others that end in strong convictions and life sentences — restoring hope, protecting communities, and sending a clear message that exploitation will not go unchallenged.

Scripture reminds us that God cares deeply about how nations are governed. Leaders, law enforcement officers, prosecutors, and judges carry immense responsibility. Their decisions can either enable injustice to continue — or become instruments of protection and freedom for the vulnerable.

As we pray today, we hold both realities together: the pain of what is still broken, and gratitude for progress that has already been made. We thank God for every victory, every conviction, and every life protected — while continuing to cry out for justice where systems remain weak or compromised.

We ask God to raise up men and women of integrity, courage, and skill — leaders who will resist corruption, pursue truth, and lead the fight for justice in our nation. We pray for wisdom, protection, and perseverance for those who stand on the frontlines of law enforcement and justice, often at great personal cost.

Today, we stand in the gap for South Africa — trusting that God is at work, strengthening what is good, exposing what is broken, and calling His people to pray with faith and perseverance..

### Prayer Focus

- Pray for government, law enforcement, and the judiciary
- Pray for integrity and courage
- Pray for justice to prevail over corruption
- For better training, resourcing, and coordination.

- For courage and protection for investigators, prosecutors, and judges.
- For survivors to be empowered and supported to testify safely.

## **Prayer**

*God of Authority,*

*We pray for leaders entrusted with justice in South Africa.*

*Expose corruption and strengthen integrity.*

*Protect those who stand for truth.*

*Let justice roll on like a river in our land*

***Amen.***

## **Optional Action**

Pray by name for one leader or authority figure today.

## DAY 5

# Prayer for South Africa – Covering Organisations in Prayer

“The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.” **Matthew 9:37–38**

### Reflection and Prayer Focus

Many organisations stand on the frontlines of prevention, rescue, and restoration. Their work is costly, complex, and often unseen.

We thank God for these organisations serving faithfully across South Africa:

- **Love Justice International** – Stops trafficking before it happens through transit monitoring and online interception.  
*Pray for wisdom and boldness for monitors, and for every potential victim intercepted to find safety and freedom.*
- **National Freedom Network (NFN)** – Connects and strengthens anti-trafficking stakeholders across South Africa.  
*Pray for unity in the fight against trafficking and for effective collaboration between organisations and government.*
- **A21** – Raises awareness, rescues victims, and provides aftercare globally and in South Africa.  
*Pray for more victims to be reached and restored, and for greater public awareness to prevent exploitation.*
- **Stop Trafficking of People (STOP)** – Educates communities and equips leaders to prevent and respond to trafficking.  
*Pray for impact in schools, churches, and communities as they train people to recognise and resist trafficking.*
- **Brave to Love** – Reaches women exploited in prostitution and trafficking, offering rescue and restoration.  
*Pray for courage and compassion in outreach, and for every woman encountered to find hope and dignity in Christ.*

- **Free to Fly** – Provides rehabilitation and reintegration support for survivors, especially women and children.  
*Pray for deep healing and long-term restoration for survivors as they rebuild their lives.*
- **Unchain Our Children** – Advocates for and assists in locating and rescuing missing or trafficked children.  
*Pray for breakthroughs in rescue cases and comfort for families searching for their children.*
- **Set Free Foundation** – Equips churches and communities to raise awareness and support survivors.  
*Pray for local churches to be empowered as places of safety, healing, and advocacy for the vulnerable.*

## Prayer

*Lord of the Harvest,*

*Thank You for those who stand in the gap for the vulnerable.*

*Strengthen every worker, volunteer, and organisation.*

*Provide what is needed and guard their hearts.*

*Multiply their impact for Your Kingdom.*

***Amen.***

## Optional Action

Send a message of encouragement or prayer specifically to one organisation.

## DAY 6

# Praying for Victims, Traffickers, and the Demand

“Do not be overcome by evil, but overcome evil with good.” **Romans 12:21**

### Reflection

Human trafficking thrives because of three groups:

- Victims who are trapped, deceived, or coerced.
- Traffickers who profit from their exploitation.
- Consumers (those who purchase sex, consume pornography, or exploit workers) who create demand.

Each of these groups needs God’s intervention:

- Victims need rescue, healing, and restoration.
- Traffickers need conviction, repentance, and justice.
- Consumers need freedom from lust, addiction, greed, and distorted desires.

The greatest injustice is that image-bearers of God are treated as commodities. But God’s justice is greater: He rescues, He convicts, and He redeems.

### Prayer Focus

#### For Victims:

- Pray for those currently being trafficked — for miraculous rescue, protection, and restoration.
- Pray for prevention: that even one person would be stopped before being deceived.
- Pray for deep healing from trauma, shame, and despair.

#### For Traffickers:

- Pray for conviction, exposure, and arrest — that the stakes of trafficking become so high they abandon it.

- Pray that hardened hearts would be broken, leading to repentance and salvation.
- Pray for syndicates and networks to be shut down completely.

**For Consumers (Porn & Prostitution):**

- Pray for those enslaved to lust, pornography, or buying sex (the "Johns") to be set free.
- Pray for conviction of the damage they cause to others and themselves.
- Pray for healing of the wounds and addictions that drive them to exploit.
- Pray for men and women to rediscover God's design for love, sex, and intimacy in Christ.

**For Exploitative Employers:**

- Pray for business owners and bosses who profit from forced labor and exploitation.
- Pray that greed would be replaced with repentance, and that they would choose righteousness over profit.

**Optional Action**

Pray for "one" — one victim protected, one trafficker stopped, one heart changed.

DAY 7

# Praying for Love Justice – Red Flags of Breakthrough

*"The Lord is my banner." Exodus 17:15*

## Reflection

Love Justice is a Christian organisation working to stop human trafficking before it happens. We believe every person is created in the image of God and deserves to live free. We place trained staff at border posts, bus stations, and airports — the very places where traffickers move victims. By asking the right questions, we are able to intercept and prevent exploitation before it begins. At every interception, we share the hope of the gospel of Jesus Christ, because true freedom is found in Him.

By God's grace we have:

- Intercepted over 108,000 potential victims
- Contributed to 2,157 arrests and 30% conviction rate
- Established 57 stations in 18 countries, strategically positioned at key transit points.
- Piloted transit monitoring in 31 countries
- Continues to intercept 70–100 potential victims each month in South Africa alone

Every red flag we raise is a life saved, a trafficker exposed, and hope restored.

## Prayer Focus

- Thank God for lives already protected
- Pray for expansion, protection, and provision
- Commit yourself to continued prayer

## Prayer

*Lord Jesus,*

*You are our banner of justice.*

*We thank You that You have called Love Justice to raise the red flag against trafficking.*

*We declare that You will open new doors of expansion and access.*

*We believe You will bring the right people to stand in this fight.*

*We pray that every effort will bear impact for Your Kingdom.*

*We trust You for protection and flourishing over every staff member, monitor, and survivor.*

*We ask that the gospel would go forth in power, changing hearts and uniting Your people.*

*We depend on You for provision, knowing You are our faithful Father.*

*And we commit ourselves to prayer and fasting, so that this work will be rooted in Your Spirit.*

*Lord, raise Your red flag of justice over the nations.*

*May the oppressed go free, traffickers be stopped, and Your Kingdom come on earth as it is in heaven.*

*Amen.*

## Optional Action

Give thanks for one specific breakthrough and commit to ongoing prayer.

## Closing Encouragement

This week does not end the fight — it strengthens it.

Prayer fuels obedience, courage, and hope.

*"Let justice roll on like a river."*

**Amos 5:24**

# APPENDIX 1

## The Greatest Injustice

*----The content you are about to read includes disturbing descriptions of human trafficking and sexual violence and is not recommended for those who are sensitive to these things, or have been directly or indirectly affected by them. ----*

God loves every person more than you love the person you love most. So if you want to get closer to his view of human trafficking, you should imagine how you would feel if it happened to someone you love. In this exercise you will actually think of a real person who is precious to you as you hear about one of the worst forms of human trafficking: sex trafficking. Although many of the elements described below are common in sex trafficking cases, each case is unique and sex trafficking is just one form of human trafficking.

*Close your eyes, and picture a child who is precious to you. See her face, her innocence and gentleness, the quiet hope for her life and wonder at the world. Her little smile, her laugh, the ease and grace in her playful movements.*

*Now imagine that this precious little girl was born into poverty, and uncertain about her future. Picture her at home—her friends, her little bed, walking the paths that she loves and wondering what her life will be like. She is filled with hope and dreams--to be known and loved, to find someone who will cherish her as God wants her to be cherished.*

*Now imagine that someone arrives and offers her a great opportunity. Maybe it is a job, or a marriage, or a chance for education. These are the promises that traffickers use to deceive their victims.*

*Lured by hope for a better life, she leaves behind everything she has known: the dirty walls of her house that she has seen from a thousand angles, the faces of her family and friends. She is excited and scared, but she is brave, so she sets out with the hopeful expectation of a better life.*

*She is innocent, and so she is trusting. She follows the instructions of her host because she hopes for, and so believes in what he has promised her. Together they travel by train or bus, stopping along the way to eat, trying to keep out of sight. She looks out at the changing countryside, wondering what her new life will be like, hopeful. She is filled with wonder at the landscapes she had scarcely dreamed of. They cross the border on foot, and she does not ask why they must be so secret, and accepts easily whatever explanation her benefactor happens to give.*

*They arrive at the destination, and she is told to wait for her benefactor to return. She grows impatient and tries to go look for him, but the way is barred. She is told that she has been sold, that she is no longer free, because she now owes the brothel-owner a great deal of money. The other girls will help her understand the disgusting way she will be forced to pay back the debt her trafficker claims over her. She must have sex with old men. That is her job now. This is her home now.*

*She does not understand. She never agreed to this. She does not want to do it. She wants to go home. She is indignant, angry, still feeling that her benefactor will return, and determined that she will not do this kind of work. She is still a little girl. She has not yet been broken; she soon will be.*

*When she refuses, she is subject to the most horrible forms of rape and torture. Trafficked girls are sometimes locked in a dark room, forced to take drugs, or told that if they refuse, their mothers and sisters will be trafficked in their place. Day after day, if she continues to refuse, the tortures will grow worse. The other girls will tell her what is inevitable: she cannot hold out, she has no choice in the matter, she must accept her fate.*

*She will break. Her dream of meeting someone who will love her and cherish her will die. She will give it up to stop the pain, to see the sun, to save her sister, to save her life. From this point forward, her days are made up of repeatedly being violated through every unspeakable form of sex. She is beaten if she tries to refuse.*

*She may try to escape, but doesn't know how to get home. She has no money, does not speak the language, and the criminal justice systems of her new home have been corrupted so that they may be more likely to accommodate human traffickers than its victims.*

*It is likely that one day one of the men she is forced to have sex with will pass to her the disease that will kill her. At first she will not realize it, passing it on to others for several months. Eventually she will be tested, her heart pounding as she waits for the results, and then dropping when she hears the words: "HIV positive." She is forced to leave the brothel, and return to her home. She left a virgin; she is returning with HIV. She wanders back to her village, heartsick and alone. She does not love the paths anymore. Her friends are all gone, and her family will reject her. She is unclean now, not a suitable person for good people to be around--no longer welcome in the house whose dirty walls she used to know so well. She cannot find a job, a husband, or a friend.*

*If it comes to this, she will do the only thing she knows. She will wander the nearby villages until she sees a young girl at just the right age with a pretty face—a trusting, innocent girl as she herself once was. She will promise this young girl a job. She will lie, and the little girl will believe her. And the two together will take a bus to a border town, crossing the border on foot...*

Open your eyes. Now...imagine if you could go back to a moment in time for this precious child, where you could change the ending to the story, and cut off all the evil that began when she was deceived by a trafficker. Imagine that you could go back to that innocent child so full of hope and dreams, and just...keep her on that path.

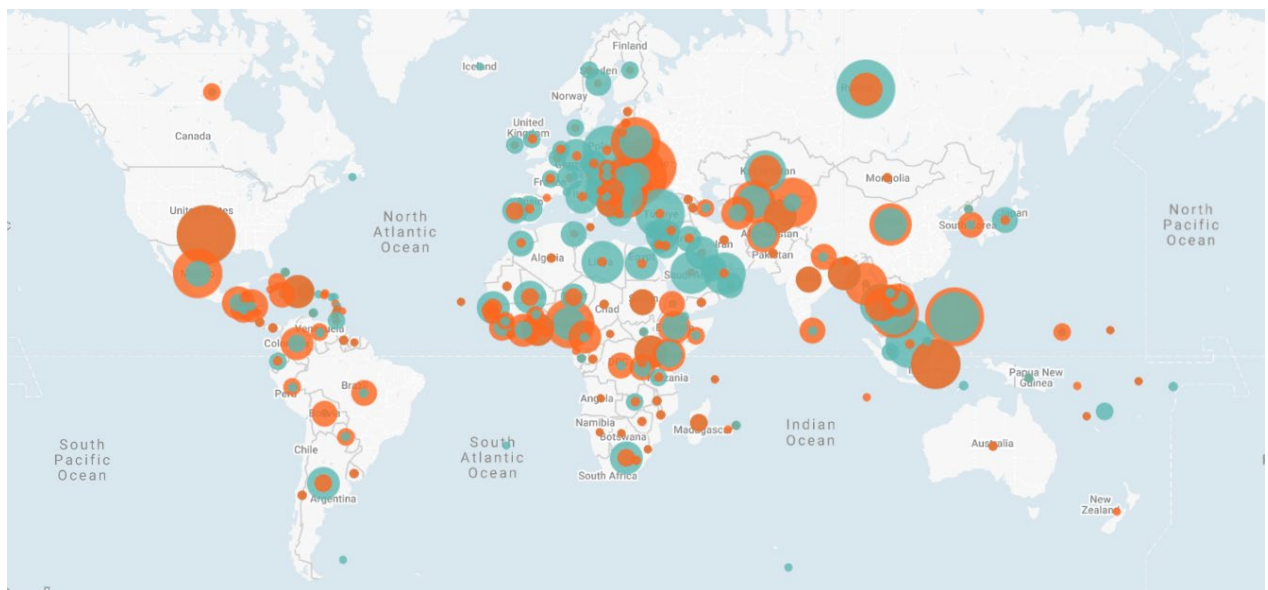
Is there anything in the world you wouldn't give, or any treasure on earth that would be more valuable than that chance?

# APPENDIX 2

## The Drivers of Trafficking

At the root of trafficking is sin in the human heart — greed, lust, selfishness, and a hunger for power that leads people to exploit others. From this root flow the many other drivers that allow trafficking to thrive:

- Poverty & Unemployment – Desperation makes people vulnerable to false promises.
- Corruption – Sin in leadership blinds eyes and silences justice.
- Lust & Sexual Immorality – The demand for commercial sex fuels sex trafficking
- Greed – Traffickers profit by treating people as commodities.
- Breakdown of Families – Abuse, neglect, and dysfunction leave children unprotected.
- Orphans & Abandoned Children – Without guardians, they become easy targets.



Source [CTDC Data Collaborative](#)

Key: Orange circle represents nationals trafficked out of the country, and blue represents people trafficked into the country.

## SLAVERY BY THE NUMBERS



**49.6**

There are an estimated 49.6 million people enslaved right now.<sup>1</sup>



**\$236**

Human trafficking generates an estimated US \$236 billion dollars per year.<sup>2</sup>



**1 in 4**

Men, women, and children can all be victims of modern-day slavery:  
54% women and girls  
46% men and boys  
1 in 4 victims are children.<sup>3</sup>



**5.2 / 1,000**

An estimated 7 million people are living in modern day slavery in Africa. That is 5.2 out of every 1000 people.<sup>4</sup>

Source A21 [www.a21org.content](http://www.a21org.content)

1 Walk Free, International Labour Organization (ILO), and International Organization for Migration (IOM). (2022). Global Estimates of Modern Slavery: Forced Labour and Forced Marriage. pp. 2. Retrieved from [cdn.walkfree.org](http://cdn.walkfree.org) ▶

2 International Labor Office (ILO). (2014). Profits and Poverty: The Economics of Forced Labour. pp. 13. Retrieved from [ilo.org](http://ilo.org) ▶

3 Walk Free, International Labour Organization (ILO), and International Organization for Migration (IOM). (2022). Global Estimates of Modern Slavery: Forced Labour and Forced Marriage. pp. 2. Retrieved from [cdn.walkfree.org](http://cdn.walkfree.org) ▶

4 Walk Free (2023) Modern slavery in Africa. Retrieved from [walkfree.org](http://walkfree.org) ▶