

Loving Father God,
 Because of Your love for us,
You sent Your Son as Sacrifice, Example and Saviour.
 He had to become the Man of Sorrows
 To make the joy of heaven possible for us.
He descended into poverty,
 So that we could experience the riches of Your forgiveness.
 He shed His godly Majesty,
So that we could become children of the King.
 He gave His love unconditionally,
So that we could love others.
 Through His life He set the perfect example.
He died a brutal death on a cross,
 So that we could be part of His triumphal procession,
Lord Jesus, Man of Sorrows,
Make us willing to accept the challenges
Of being Your children,
 And to live and die as Your faithful witnesses.
Thank You that they who share in Your cross,
Also share in Your crown;
That they, who suffer with You, will also live with You.

Soli Deo Gloria! Amen



Lenten practice suggestion by Joyce Rupp, from USCatholic.org:

“Choose one thing that you do every day *such as brushing your teeth, getting dressed, turning on your computer, eating, rising from bed in the morning, or going to sleep in the evening.* As you do this action, *pause to remember that God is with you. Do this every day for the entire six weeks of Lent.*”



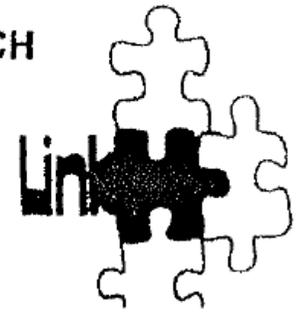
The cross is seen as the saving act of Christ,
 But even more than this,
It is seen as the final place of reconciliation
Between God and humanity. Calvin Miller

TRINITY METHODIST CHURCH

Linden, Johannesburg



IN EVERYTHING JESUS CHRIST IS SUPREME
 Colossians 1:18



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PRAYER IS THE KEY OF THE MORNING AND THE BOLT OF THE NIGHT

March 2014

FIRST SUNDAY IN LENT

At that time Jesus came from Nazareth in Galilee and was baptized by John in the Jordan. As Jesus was coming up out of the water, he saw heaven being torn open and the Spirit descending on Him like a dove. And a voice came from heaven: *‘you are my Son, whom I love; with you I am well pleased’*

At once the Spirit sent him out into the desert, and he was in the desert forty days being tempted by Satan. He was with wild animals, and angels attended him.

After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. *‘The time has come’* he said. *‘The Kingdom of God is near. Repent and hear the good news’*

Mark 1:9-14



Your boasting is not good. *Don’t you know that a little yeast works through the whole batch of dough?* Get rid of the old yeast that you may be a new batch without yeast - as you really are.

For Christ our Passover Lamb has been sacrificed. Therefore let us keep the festival, not with the old yeast, the yeast of malice and wickedness, *but with bread without yeast, the bread of sincerity and truth.* 1 Corinthians 5: 6-8

PLEASE PRAY FOR THE FOLLOWING:

MUSHE ROOS had surgery on Wednesday to remove pressure in his brain. Although he is in a lot of pain, the surgeon said the op went well. We pray the op is a complete success and Mushe enjoys a full recovery. We pray peace for Marlene & family.

DOUGLAS (Wayne Bouwer's dad) is in ICU with pneumonia & problems with a valve in his heart. He underwent electric shock treatment to try and get his heart back to a normal rhythm. We pray wisdom for doctors, healing for Douglas & peace for all.

REBECCA OWENS is receiving aggressive treatment in preparation for a bone marrow transplant. She is in sterile unit, in ICU. We pray strength & peace for all.

DIANA VILJOEN'S MOTHER suffered a bad stroke a while ago, which has affected her arm & leg. Pray peace for Diana, Gert & family, comfort & healing for her mum.

JOAN POTGIETER (known to Meryl Wright) had major heart surgery on Wednesday. Pray success of op and healing and peace for Joan & her family.

SYLVIA (Carol Dyantyi's daughter) was nearly killed by her friend's boyfriend who killed himself & her friend. Sylvia was hospitalized for 2 weeks with minor injuries & is seriously traumatized. We pray for Sylvia & family.

ELLEN COETZEE underwent surgery for obstruction of her intestines. She was moved to cardiac ICU & will soon be transferred to High Care. Pray complete recovery for Ellen & peace for her daughter Suzan & family.

DEBBIE & GARRON BOTHA were held up at gunpoint at home on Friday. They were not injured, but very shaken. We pray healing and peace for them and their family.

WE CONTINUE TO PRAY FOR:

LAURA (Neith Thompson's daughter) we continue to pray peace and healing for Laura and family after she was held up and robbed 2 weeks ago.

BEV HART may Bev & Rod be conscious of the love of God surrounding them bringing healing & peace after an armed robbery in their new home a few weeks ago.

MAVIS EDMUNDS is slowly recovering after hip surgery, we pray for her healing and strength for her & her family including Sue, Coral, Gail, Terry and Ron.

REBECCA, a troubled teenager, needs our prayers for healing & wholeness. We pray the Lord's hand of guidance on her family, praying for His strength, peace & love.

DANIELLA (7) had cancer on her spleen and colon resulting in a 5 hour op on Friday. Daniella is doing very well. Pray for her recovery, peace & strength for her family.

PATTI BIRD (Annie Haan's aunt) was diagnosed with pancreatic cancer & had a stent fitted. May she be aware of God's healing love surrounding her.

NOMSA has been ill for a few weeks and is very weak although she has been going to work. We pray healing and a return of strength for Nomsa.

JOY VD KLIS is very tired but in good spirits. We pray for Joy's continued healing and an assurance of the love of Jesus surrounding them for both her and Willem.

HAROLD (Maurice's dad) is very tired with very little change in his condition. Jean, Maurice's sister, has suffered a breakdown and has completely lost her voice. We pray God's hand of healing on Harold and Jean & peace for the whole family.

JEANIE (Neil Waterston's mum) praise God that Jeanie is doing well after a double mastectomy, she has no pain and doesn't need chemotherapy. Pray continued healing.

CANCER LIST: *Gordon Bennett, David Edwards, Anton Marais (Sydney), Lee Barnes, Nola Dodds, Tracy Hoy (UK), Hilda Louter, Val Warren, Dudley Middleton, Marguerite, Peter, Myrren (18), Joy Anderson, Diane Turner, Maureen Lupton, Garth Odendaal, Martin v d Merwe (Karin Blackburn's dad), Joyce v d Klis, Jean Clarence, Les Tippett, Rebecca Owens. Daniela Andrade (7), Estelle.*

CHRONIC LIST:

Denese Pieterse (back problems), Dave (Guillain Barre Syndrome). Emmanuel Thavhiwa (difficult times), Elaine Vermaak (osteoporosis, knee pains), Rolene (cellulitis), Craig Hart (sleep apnea), Moira Smith (hiatus hernia), Brian & Eva Humphreys (Eva's recovery), Maureen Dewberry (heart problems), Alison (spinal problems), Illia & Graham (UK), Rodney (very weak).



What shall I do this Lent?

Shall I forgo dainty foods? Or will it be the television set?

No, says the Lord, neither of these is enough.

What then shall I do this Lent?

Shall I attend an extra mass or bible study class?

No, says the Lord, these too are not enough.

Oh, Lord, what shall I do this Lent?

Shall I endeavour to pray more? Or visit the sick or poor?

No, says the Lord, These are still not enough.

Lord, I surrender!

Ah, child that is the word I have been waiting to hear,

Longing to hear from your heart.

Surrender your will dear child; immerse yourself in My love,

Learn of that love, that complete love, that took Me to Calvary.

Linger awhile my dear child, lovingly gaze on me,

Till you know of My love, that embraced all of mankind

To give him eternal life

Then go and keep your Lent for good company you have,

Whatever you do this season, will be done in love for Me.

That is indeed enough.