

There is a time for everything, and a season for every activity under heaven.

A man who had worked hard all his life was asked what he would do in retirement. 'For the first month', he said, 'I'll sit on the porch in my rocking chair'. 'And then what?' "**Then I'll start rocking – slowly**" he answered.

Why do we find it so hard to slow down? Most of us aren't human beings any more, we're human *doings*. We rush around madly from one thing to the next. Achievement is all that counts. We show each other full diaries, shake our heads and say we wish we had more spare time, but secretly we enjoy the thought that the world can't get along without us. That if we didn't do things, the earth would grind to a halt. **That we are indispensable.**

But this constant activity leaves us little time to look at who we are or where we're going. No time to think. A wise writer in the Bible said that *there's a time for everything under the sun – this includes a time to release ourselves, let go and recharge our batteries.*

'Be still and know that I am God', the Psalmist advises. It means 'relax and know...' The problem with our frenetic activity is that it crowds God out. We think our busyness is on His behalf, but really it pushes Him to the edge of our lives. **Take time out today, relax and give God a chance to make Himself felt.**



How may we be sure of winning every battle this day?
How may we be sure that nothing will happen to shatter our lives, or make us afraid? Can we do this? *In a world full of uncertainties, can we be sure of anything?*

First let us find a few minutes this day in which to be still. It is not easy, but it is worth doing. **Be still. Try to be receptive.** *Let God have a chance with you.*

Then, in the quiet of a consecrated time *you will realise the power of God*, and you will learn again that if a man has faith, no evil can befall him, for by his faith he turneth all things to good.

Be still, and be strong.

Lord, when life is fast and I'm getting breathless, help me to feel Your presence in the pressure.

Trinity Methodist Church

LINDEN, JOHANNESBURG



Prayer is the key of the morning and the bolt of the night.

19 October 2014

“Show me, O Lord, my life’s end
And the number of my days;
Let me know how fleeting is my life,
You have made my days a mere handbreadth;
The span of my years is as nothing before You.

Each man’s life is but a breath.
Man is a mere phantom as he goes to and fro:
He bustles about, but only in vain;
He heaps up wealth, not knowing who will get it.

“But now, Lord, what do I look for?
My hope is in You.
Save me from all my transgressions”

Psalm 39: 4-8a

**“BEHOLD NOW IS THE ACCEPTED TIME;
BEHOLD NOW IS THE DAY OF SALVATION”**

2 Cor. 6:2

PLEASE PRAY FOR:

JOY (Sam Wiggett's sister) we give God thanks that tests from hysterectomy show cancer was contained; Joy will start radiation in 6 weeks' time. She is in a lot of pain but having all her sons with her, including one from NZ, has given her courage.

GAIL DE KLERK (husband Len) undergoing hip surgery today (Sunday) to remove the hip she had fitted 17 years ago. This is a delicate and long op whereby all the cement has to be removed without breaking the existing bone.

DENNIS MEINTJIES, after the big intestinal op he had a while back, is now feeling so much better. Thanks so much for your prayers.

KYA SANDS VICTIMS 700 homes burnt down leaving 2000 + people homeless & traumatised having lost all belongings. We give thanks for the individuals, schools, organisations that have assisted with soup kitchens, building materials, clothes etc.

GORDON BENNETT (wife Charlotte) suffering with cancer & not at all well.

WE CONTINUE TO PRAY FOR:

THE DE VAAL FAMILY we continue to pray for strength and comfort for Ann, Ian, Barry, Lorika, Chris and family in their recent loss of Graeme. The family extend their sincere thanks to their Trinity family for all the love, prayers & support over this time.

GILBERT HUGHES (Dolphine's husband, daughter Jualanne) has been diagnosed with cancer in the oesophagus & bones, also has thrombosis in his leg.

DELENE MULLER is slowly recovering, still has leg in plaster, it was so good to see her, with husband Nic at Senior's Meeting on Wednesday.

DAVE (Sherrie's brother-in-law, wife Eileen) still battling after being attacked by a dog and is feeling really low.

HANS (Heather Heskes husband) has been diagnosed with thinning of the retina.

TERRY broke his leg & ankle in 3 places after fall & is in danger of losing his job.

WAYNE VD KLIS although he is feeling very restricted, Wayne is recovering well from his broken jaw as a result of being attacked. His jaw has been wired up.

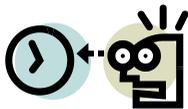
SANDISO MZANA feels the Lord is preparing her to become a minister & needs prayer on the way forward. Pray she will receive the sponsorship needed to continue.

PAM JENKINS is home & recovering slowly; she is still very tired and has to rest as much as possible.

WENDY (50's) after being very ill with ARV treatment is now much better.

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), *Diane Turner, Maureen Lupton, Martin vd Merwe* (Karin Blackburn's dad), *Joy vd Klis, Jean Clarence, Daniela Andrade* (7), *Russell Jones, Ursula Ryder, Lesley Steyn, David Edwards* (UK), *Doh Carneson, Louise Shaw* (Texas), *Brian K, John Sandison, Cindy Saunders, Marina van de Ruit, Ron Senyar, Brian Tromp, Chloe Thomas, Elizabeth Innes, Greg Cleeve-Edwards, Joanna*(Maurice's niece).

CHRONIC LIST: *Denese Pieterse* (back problems), *Dave* (Guillain Barre Syndrome), *Elaine Vermaak* (osteoporosis), *Moira Smith* (hiatus hernia), *Maureen Dewberry* (heart problems), *Alison* (spinal problems), *Illia & Graham* (UK), *Diana Viljoen's Mom* (stroke), *Helen Urban* (ill health), *Colleen Hunter* (brain op), *Christiaan Vermeulen* (heart surgery), *Deon* (facial surgery), *Susanne* (stroke), *Duncan Edwards* (rare disease), *Noelle Marshall* (leukemia & eye problems), *Louise Combrink* (nervous breakdown), *Heather Seymour* (emphysema), *Nic Swart* (stroke), *Nic Breytenbach* (MDS Leukaemia), *Pat Mostert* (heart problems), *Elwyn Dyer* (hip op), *Bradley Manson* (Kidney disease, dialysis), *Ella* (wounds on her leg), *Reef's grandparents, Eve & Brian Humphreys, Val Ochse* (bone density), *Noreen Mckenzie* (eye problem), *Coral Fisher* (foot problems), *Jules* (auto immune disease), *Lesley* (broken wrists), *Louis Brugman* (heart & hip problems), *Linda Hann* (needs employment), *John*, Elaine Vermaak's nephew (heart problems, loss of job), *Dennis Meintjies*, Sheila Marley's brother (intestinal op), *Moira Wessels* (in frail care), *Rhys Thomas* (heart), *William Marrs* (elbow op), *Mari Thomasset* (Leg op), *Helene Segal* (fractured arm), *Harold* (Maurice's dad – tired & frail), *Bella* (prem baby), *Rebecca Owens* (fungal infection).



A perfect today influences an unknown tomorrow and repairs yesterday's deficiencies.

God so limited human beings that they can control **only** the present moment. If a person wants to repair the past, *they must put perfection into the present moment.*

Each day they must seek cheerfulness with the same energy as a bee *which flies enormous distances to collect the pollen that it transforms into delicious honey.*

*To live one day at a time is to apply ourselves
To being positive, to live the best that is within us,
To be present to the best that is within others.*

The clock of life is wound but once and no man has the power to tell just when the hand will stop - at late or early hour.

*Now is the only time you own! Live, love, toil with will;
Place not faith in 'tomorrow' for the clock may then be still
The present moment is given to us to CREATE MARVELS.*