

LENTEN REFLECTION by Joyce Rupp

Joyce Rupp writes: 'Each of us has a burden to carry, sometimes huge, sometimes small. No matter the size, any affliction offers an opportunity for us to grow in a way we had not anticipated.

As we enter Lent, I offer a prayer about carrying crosses, those that come from external events and situations or from our hidden, interior life.'

Holy One who journeys with me

- ✠ *May I recognize the cross that is mine and carry it in a trustful way, confident that the unwanted parts of my life can be guides to my growth.*
- ✠ *Teach me how to be with my personality traits that I consider unacceptable.*
- ✠ *Inspire me to release my tight grip when I wrestle with the resistant part of myself that insists on having everything in life turn out the way I want.*
- ✠ *Increase my awareness of the false judgments and unfair expectations that crowd out kindness and compassion for self and others.*
- ✠ *Lessen unrestrained fears keeping me imprisoned in turmoil and confusion.*
- ✠ *Soften any hardness of heart that I have toward another. Strengthen my ability to love. Help me topple the walls that prevent my being a forgiving person.*
- ✠ *Expand my perception of the good things that life holds. Decrease fear of not having enough, being enough, doing enough, growing enough.*
- ✠ *Awaken the undying song of hope in my soul as I carry my unwanted cross each day, so that even in the worst of times I will continue to trust that I can do what is required.*

*Confident of your grace and daily empowerment, I give myself to you as fully as I am able at this time. As I carry the burden that is mine, **remind me often that you are always with me, and never against me. I rest my desire for union with you into your loving care.** Amen.*

Abundant peace,
Joyce Rupp

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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

16 March 2014

SECOND SUNDAY IN LENT

For God so loved the world that he gave his one and only Son, *that whoever believes in him shall not perish but have eternal life.* For God did not send his Son into the world to condemn the world but to save the world through him.

John 3:16-17



Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. For He chose us in Him before the creation of the world to be holy and blameless in His sight.

In love He predestined us to be adopted as His sons through Jesus Christ, in accordance with His pleasure and will - to the praise of His glorious grace, *which He has freely given us in the One He loves.* In Him we have redemption through His blood, *the forgiveness of sins, in accordance with the riches of God's grace that He lavished on us with all wisdom and understanding.*

Ephesians 1:3-8;



Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. (Colossians 3:15)

Be still in the presence of the LORD, and wait patiently for him to act. Ps 37:7a

PLEASE PRAY FOR THE FOLLOWING:

HOLIDAY CLUB LEADERS we pray for the leaders who are on a leadership training camp this weekend. May our Lord prepare them for Holiday Club which starts on the 31st March., giving them guidance, wisdom and strength.

RUSSELL JONES diagnosed with advanced stomach cancer which is inoperable. Russell is not coping well and we hold him and his family up to our Lord.

DEBBIE & GARRON BOTHA Debbie is receiving counselling after armed robbery in their home, Garron to be counselled. We pray mental & spiritual healing for them.

JACKIE ANTONITES is in ICU after being involved in a serious motor accident. The elbow on her right arm was badly damaged and she needs a number of operations. We pray wisdom for doctors, healing and strength for Jackie and family.

ELAINE VERMAAK her physician believes that she is a candidate for knee surgery. Ellen is comfortable with this decision. We pray for doctors, Ellen and family.

MIKE & HELEN URBAN are both unwell & are going through a tough time; their son Matthew (almost 5 yrs.) is also not well. Pray God's healing & strength for all.

ERIK is in a psychiatric ward for observation for the 3rd time this year. He was a body guard in Iraq for many years. We pray healing and wholeness for Erik and peace for his sister's family with whom he lives.

MAVIS STRACHAN is suffering with serious lung problems and will be seeing a pulmonologist on Tues. Pray wisdom for doc, healing & peace for Mavis & family.

GRAHAM BROWN had emergency appendectomy on Tues. Pray for his recovery.

PAUL HART will be having a neck fusion & carpal tunnel op on his right wrist on April 3rd. Pray peace for Paul & family in the period leading up to the op.

PLEASE PRAY FOR the mom & dad who lost their son in a tractor accident at a camping park over the Christmas period. They are really battling to come to terms with their loss. We pray that our Lord will comfort them & strengthen their faith.

ELSABE VORSTER having a cataract op this week & a further op next week. Pray wisdom & guidance for the eye surgeon and peace for Elsabé & family.

DAVE MCBIRNIE had knee surgery on Thursday. Pray for total healing.

WE CONTINUE TO PRAY FOR:

MUSHE ROOS out of hospital, he is much better, we pray for his total healing.

DOUGLAS (Wayne Bower's dad) is still in ICU and is coming on slowly; we continue to pray for his perfect healing.

REBECCA OWENS is receiving aggressive treatment in preparation for a bone marrow transplant. She is in a 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 is out of ICU after major heart surgery, we pray for God's hand on her during the long road to recovery and peace for her, her family & friends.

ELLEN COETZEE is now in high care and his difficulty remembering and speaking. We pray continued healing for Ellen, peace & strength for her, Susan and family.

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.

HAROLD (Maurice's dad) is somewhat improved and has been moved to Frail Care. Jean is a lot better and 50% of her voice has returned. We pray for the whole family.

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, Jeanie (double mastectomy).*

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), Mavis Edmunds (Hip op).



My dear Saviour who is Love, fill me with Your love that embraces and does not hold back, that accepts and does not condemn, that forgives and does not retaliate, that stretches out and does not stagnate.

Make this Lent a positive time, a growing time but also a reflective time to see myself as You see me.

It is only when my soul is stripped and naked that I can begin once again. ***Help me to shed all my wrappings this Lent so that I may stand before You as You know me.*** Amen.