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Jesus, your life and ministry were constantly clothed with love. I hold the image of your loving qualities and virtues close to me as I pray:

- ✝ when my spiritual clothes are soiled with negativity and neglect, *may I have the desire and energy to clean them.*
- ✝ when my spiritual clothes droop, sag and do not fit, *may I have the wisdom & determination to let my words & actions fit my values & beliefs.*
- ✝ when my spiritual clothes need changing, *may I have the ability to make good decisions and the courage to follow through with the necessary changes.*
- ✝ when my spiritual clothes are torn and need mending, *may I make amends and be open to forgiveness and reconciliation.*
- ✝ when my spiritual clothes are not accepted by others, *have the self-affirmation to be my true self and not give in to demands of others.*
- ✝ when my spiritual clothes become thin and frayed, *may I strengthen them with a garment of loving-kindness.*

Jesus, transform all I am and all I do into the kind of love that permeated your presence. Clothe me with your love and grant me grace to be kind & caring.

May my spiritual clothes be spun from the gold of your goodness and last into eternity.



The prayer St Francis of Assisi

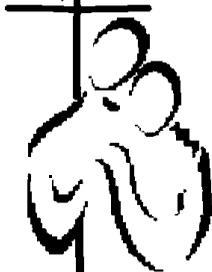
Trevor Hudson, in his book ‘*Journey of the Spirit*’, tells us that ‘as we put the prayer of St Francis into practice, we die to self and we rise again .We begin to go the way of the cross and the resurrection. When we try to live by this simple prayer, the whole gospel opens up with new meaning and comes to life. The way of Christ begins to make sense and takes root in our daily lives.

But there is something else that happens. We become instruments of God’s peace in our world:

*Where there is hatred, we sow love
Where there is injury, we bestow pardon
Where there is doubt, we bring faith
Where there is despair, we bring hope
Where here is darkness, we shed light
Where there is weakness, we inspire strength
And where there is sadness, we bring joy*

Trinity Methodist Church

LINDEN, JOHANNESBURG



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

9 November 2014

“So you are a teacher of Israel,” said Jesus, “and you do not recognise such things? I assure you that we are talking about something we really know and we are witnessing to something we have actually observed; yet men like you will not accept our evidence. Yet if I have spoken to you about things which happen on this earth and you will not believe me, what chance is there that you will believe me if I tell you about what happens in heaven?”

No one has ever been up to Heaven except the Son of Man who came down from heaven. *The Son of Man must be lifted above the heads of men – as Moses lifted up that serpent in the desert – so that any man who believes in Him may have eternal life.*

For God loved the world so much that He gave His only Son, so that everyone who believes in Him should not be lost, but should have eternal life. You must understand that God has not sent His Son into the world to pass sentence upon it, but to save it— through Him.”

John 3: 10-17 (JB Phillips)

This is how we know what love is: *Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers.*

1 John 3:16

PLEASE PRAY FOR:

HAROLD ADAMS (Jean & Maurice's Dad) we pray that his prayers will be answered and that he will soon pass into the Presence of his Lord.

GARY HOLME very ill with suspected viral hepatitis, a liver specialist has been called in. Please pray for Gary, doctors and family.

WINIFRED TENNANT (Barbara-Anne Smut's mom) has been in ICU for 8 weeks. Barbara is bearing the load of her mother's illness with other family problems.

JOY VD KLIS CEA 12.4, LDH 122. She is battling to break the 10 barrier & is working with the dietician as she has lost too much weight. Please pray for Joy as she goes for a bone scan next week. Thank you all for your love and prayers.

LINDA WOODBURN is home after being in hospital this week on a cortisone drip.

ANNABELLE-JANE (5) is fearful & insecure with fits of crying for her mother, Cara, who leaves her alone and goes off with friends.

MARGIE HARRISON (husband Russell) will be having gall stones removed on Thursday 13th November.

CEDRIC WHITE has been praying for money in order to buy a car. (Prayer request received via Trinity's web site.)

KEITH BUNCE (UK) (wife Liz) has prostate cancer which has progressed to the lower spine and surrounding organs.

CYNTHIA ROSS undergoing a lower lumber fusion to stabilize her spine on Thurs.

WE CONTINUE TO PRAY FOR:

BRYAN BAYNE (Merri's husband) recovering well after hip replacement op.

ELSABE VORSTER gradually recovering after back manipulation last week.

DUDLEY HUDSON (wife Charmaine) diagnosed with widespread cancer.

AUDREY NEWBERRY her fingers are swollen and she is experiencing pain in her chest. Caro House is going to try to get her into hospital for assessment & X-rays.

MATRICES please continue to pray for them as they write their final exams.

GAIL DE KLERK hopes to be out of hospital next week. She will be confined to a wheelchair for the first few months progressing to a walker, then crutches.

EVA HUMPHREYS (husband Brian) urgent prayer needed. Eva is now in Crescent Clinic. Brian very stressed and has to deal with a huge bill from the German Homes.

ROGER DOUBLEDAY (Tyrone Pugh's granddad) coming on well and feeling much better, the family thank everyone for their prayers.

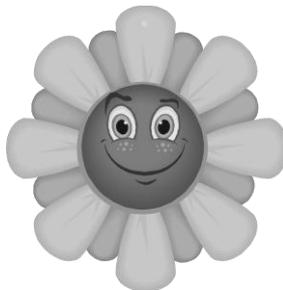
CRISIS RELIEF INTERNATIONAL (CRI) please continue to pray for the safety of CRI and their families as they have made the decision to stay in war torn Erbil.

DELENE MULLER will hopefully have the cast removed from her leg soon; Delene is progressing well but still remains frustrated.

PLEASE CONTINUE TO PRAY FOR ALL ON CANCER & CHRONIC LISTS.

CANCER LIST: *Gordon Bennett, David Edwards* (UK), *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, Doh Carneson, Louise Shaw* (Texas), *Brian K, John Sandison, Cindy Saunders, Marina van de Ruit, Brian Tromp, Chloe Thomas, Elizabeth Innes, Greg Cleeve-Edwards, Joanna* (Maurice's niece), *Joy* (Sam's sister), *Gilbert Hughes, John Clarke.*

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), *Elwyn Dyer* (hip op), *Bradley Manson* (Kidney disease, dialysis), *Reef's grandparents, Eve & Brian Humphreys, 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), *Rebecca Owens* (fungal infection), *Rhys Thomas* (heart), *William Marrs* (elbow op), *Mari Thomasset* (Leg op), *Helene Segal* (fractured arm), *Harold* (Maurice's dad – tired & frail), *Bella* (prem baby), *Terry* (broken leg), *Pam Jenkins* (blood pressure problems), *Hans* (thinning retina).



CLOTHED WITH THE QUALITIES OF CHRIST

Clothe yourselves with compassion, kindness, humility, meekness and patience. Bear with one another and, if anyone has a complaint against another, forgive each other....above all, clothe yourselves with love, which binds everything together in perfect harmony

Colossians 3: 12-14

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