

Trinity Methodist Church

LINDEN, JOHANNESBURG



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

23 August 2015

Hear my cry, O God;
Listen to my prayer.

From the ends of the earth I call to you,
I call as my heart grows faint;
Lead me to the rock that is higher than I.
For You have been my refuge,
A strong tower against the foe.

I long to dwell in your tent forever
And take refuge in the shelter of your wings.
For you have heard my vows, O God;
You have given me the heritage of those who fear your name.

Increase the days of the king's life,
His years for many generations.
May he be enthroned in God's presence forever;
Appoint your love and faithfulness to protect him.

Then will I ever sing praise to your Name
And fulfil my vows day after day

Psalm 61



COME TO THE WELL if you are ill, stressed anxious, depressed, grieving or having to cope with various problems. **'The Well'** is a weekly healing service, held every Thursday from 17h 45 to 18h30 at Trinity Methodist Church

WE PRAY FOR:

TERRY_SUNDGREN suffering with an acute case of very painful shingles & severe headaches, he is on large doses of pills, we pray for his wife, Megan, & family.

HENRIETTA SMALL was in hospital suffering with pneumonia and fluid on her lungs, she is now recovering at home.

LINDA HARRIS (husband Keith) fell of a ladder while pruning a tree; she thankfully didn't break any bones but has some very large bruises and has difficulty walking.

JACO BARNARD (Rita Fergusson's son-in-law) underwent a further 3 biopsies to determine what type of cancer he has, he saw the oncologist on Thurs for the results.

ANNA WADSWORTH (92) is very weak & was admitted to hospital. Pray strength & peace for Anna, Fiona (Anna's daughter) and David (Fiona's husband).

BABY BELLA underwent difficult surgery on her oesophagus on Friday. Bella turned one last Sunday; Welma & Laurence thank everyone for their prayers.

HEATHER CLARKE fell ill while transporting people for the Candle Light Club last weekend & was taken to hospital. Besides her diabetes Heather was treated for a liver infection and was due to come out of hospital on Thursday.

ELAINE VERMAAK - her hip is very painful, she is battling to walk, can't sit for long, is unable to lie down in certain positions & her blood pressure is up. Elaine is on medication and **ANDRI**, her daughter, has started chemo.

WE CONTINUE TO PRAY FOR:

THE CONGREGATION we pray for each Trinity member as we start '*My journey with Jesus*' today. May each one be truly blessed over the next 7 weeks.

STACEY BRYSON (Nic & Nora Swart's daughter) having heart surgery on Friday.

SCHOOLS IN GAUTENG & WESTERN CAPE on 28th Nov 6 schools in Gauteng & Western Cape will appear in the Supreme Court, in JHB, on charges of practicing Christian faith in schools. Please pray that God will guide attorneys and judge.

BRONWYN (Leigh Beukes daughter) Bronwyn is home but her baby, Bailey Jayne, is in hospital being treated for a protein deficiency.

MATLAKALA MADILOLA (ETHEL) has problems with her eyes which we pray will be healed by treatment at the hospital.

PAT MOSTERT (husband John) having an electrophysiological study tomorrow; the results of this will decide if it is necessary for her to have a heart ablation op.

NAN TIPPETT doctors confirmed that cancer has spread; Nan had biopsies on Thurs to determine the type of cancer which will be a deciding factor in future treatment.

JEAN & DOUG COLE – Doug had a bad fall during the week, he is not doing well and Jean is under a lot of stress.

BOB DOUGLAS (74 - Angela Wessel's dad) we continue to pray for Bob's recovery and for guidance for the Wessel's family as they make decisions regarding his care.

TREVOR BARTLETT (wife Hanna-Marie) the tumour has spread through the colon wall to 4 lymph glands & Trevor will be having chemo in 6 weeks' time.

CHRONIC LIST: *Gloria McPherson* (emphysema), *Denese Pieterse* (severe pain), *Thembile* (back problems), *Anna Wadsworth (90 - frail)*, *Woolf Schulze* (dementia), *Sean* (schizophrenia), *Reef* (USA - on-going problems), *Omar* (kidney problems), *Peter Clarke* (back problems), *Steven Basson* (Atrial fibrillation), *Lanie* (Marie Palmer's godchild - domestic problems), *Val Tyler* (heart fibrillation), *Louis Brugman* (heart problems), *Duncan Edwards* (stroke), *Pat Levins* (very ill), *Julian Squires* (skin grafts), *Audrey Newberry* (low blood pressure), *Sue* (hip replacement), *Sumi* (depression), *Harold Adams* (frail), *Miguel Moco* (13 - rugby injury), *Henrietta Small* (breathing problems), *Patti Price* (recovery from surgery), *Doug Cole* (frail), *Frances Simpson* (frail), *Zelma's sons* (home on bail), *Willa Retief* (frail), *Pat Mostert* (chronic heart problems), *Ella Waterston* (7 - chronic anxiety disorder), *Kate Waterston* (severe migraines), *Sebastian Msimang* (prostate), *Kerry* (severe back pains), *Grace Wilson* (fractured femur), *David* (heart problems), *Jean Thompson* (heart problems), *Tobias Steyn* (lungs & heart problem), *Bishop Peter Witbooi* (back problems).

CANCER LIST: *David Edwards*, *Anton Marais*, *Nola Dodds*, *Hilda Louter*, *Val Warren*, *Dudley Middleton*, *Marguerite*, *Peter*, *Myrren (18)*, *Diane Turner*, *Maureen Lupton*, *Martin vd Merwe*, *Russell Jones*, *Ursula Ryder*, *Lesley Steyn*, *Don Carneson*, *Louise Shaw*, *Brian K*, *John Sandison*, *Cindy Saunders*, *Marina van de Ruit*, *Brian Tromp*, *Elizabeth Innes*, *Greg Cleve-Edwards*, *Joanna*, *Joy*, *John Clarke*, *Bill Coulle*, *Rev Hans Visser*, *Colleen*, *Gordene*, *Lizelle Slabber*, *Stuart Dixon*, *Maureen Booth*, *Marie Vosloo*, *Nick Breytenbach* (leukaemia), *Elaine Orpen*, *Geoffrey Waters*, *Mykel*, *Brenda Hulshoff* (leukemia), *Ingrid Ingram*, *Clive Glover*, *Eric*, *Ulrich Bracht*, *Brian* (leukaemia), *Jaco Barnard*, *Deidre Standsfield*.



We can't do prayer alone. We can't coerce and shove our way into a relationship with God. Learning to pray takes a lifetime of openness and hope and it is especially challenging when the last thing we want to do is pray. *One of the best ways to make ourselves available to a deepening friendship, however, is spending time with the other person.*

What is vital to my prayer is that I continue to be faithful to being with God. God wants and needs no more than this from any of us -- *just our faithful presence.*



I have a window facing east in my study where I like to pray. Sometimes I sit looking out at the starry sky before dawn. Sometimes I kneel at a little table beneath the window. The window has nine panes.

One morning I rose earlier than usual, burdened with many problems. I was worried about members of my family who were going through hard times. My desk was covered with letters to be answered and accounts to be paid. There were lonely people that my wife and I never seemed to find time to visit. It was all just too much. *You probably know the feeling.*



As I sat staring into the darkness I remembered an article that appeared in the Reader's Digest of June 1984: "*One Hour that Can Change Your Life*" So I remained quiet for some time. The problems seemed like pieces of a jigsaw puzzle scattered about in my mind.

Then I saw Jesus. I don't mean I actually saw Him. But I saw Him nevertheless, *in the centre of the muddle.* And as He took His place in the centre, all the bits and pieces moved into a pattern around Him and I felt a great peace. I knew that with Him at the centre I could cope and I would know when to do each thing that had to be done, *and there would be time for all that He wanted me to do.*



So, I lowered myself off the chair onto my knees, as *I did so, a bright star came into view. It was in the very centre of the centre pane of my window. Just as Jesus was at the centre of my life.* The words came into my mind, almost, the last words in the Bible: ***I Jesus am the bright and morning star.***



THE SECRET OF PRAYER

I feel impelled to give a few extracts on prayer for St Teresa of Avila: "*I never knew*", she tells us, "*what it was to get satisfaction and comfort out of prayer until Our Lord taught me this method.* I beg you to test it: **God, as we know,** is everywhere, *but He dwells in a very special manner in the human soul.*

So close your eyes and look at Him there present within you. **This is already a prayer.** This simple gaze gives great glory to God. The whole mischief comes from our not really grasping the fact that He is actually living in us.

How is it, Lord that we do not look on Your face when it is so near to us? Look at Him; keep Him company, talk to Him. Do not be foolish. *Speak to Him as to a Father or a Brother.* This manner of prayer brings with it a thousand blessings. *Before long you will see for yourself how much you have gained.*