

EVEN THE VERY HAIRS ON YOUR HEAD ARE NUMBERED

Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from the will of your Father. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows.

Matthew 10:29-31



Jesus says that His Father has taken the time to count each one of the hairs on our head! While we may be pre-occupied by the colour of our hair or how many are falling out on a daily basis, the Father focuses in on each strand. *What incredible attention to detail!*

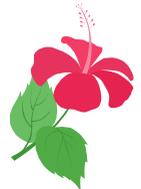
It is amazing to think that such insignificance in our eyes seems so important to God. *God is so big that He scoops the oceans in the palm of His hand, and yet He is so small that He can number each hair on our head.* Even the falling of an insignificant sparrow requires His attention.

Jesus encourages us that if our Father is intimately involved in the falling of one sparrow, *how much more is He involved in our everyday lives!*

We don't have to be afraid, for our Father is watching over us 24 hours a day, 7 days a week. *He really, really loves us and is involved in the smallest details of our lives.* If there are days that you feel alone, when you think that no one is really attending to your needs, remember this scripture passage.

He has taken the time to count each hair on your head, not because He is bored or has nothing else to do, but to simply demonstrate your great worth in His sight.

His call to you is not to be afraid. He is in control of all that goes on in your life and since He cares for the sparrows, He will certainly care for you.



Father, I know You are in control of the world even when I feel that my life is out of control. Help me to trust in Your incredible ability to care for each detail of my life. Thank You for taking the time to count all the hairs on my head! I know You love me, and I believe that my worth to You is of greater value than many sparrows. I pray that the reality of this truth will seep deeper into my heart today. In the name of your beloved Son, Jesus, I pray Amen.

Trinity Methodist Church

LINDEN, JOHANNESBURG



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

16 November 2014

LORD, *our Lord,*
how majestic is your name in all the earth!
You have set your glory in the heavens.

Through the praise of children and infants
you have established a stronghold against your enemies,
to silence the foe and the avenger.

When I consider your heavens,
the work of your fingers,
the moon and the stars,
which you have set in place,
what is mankind that you are mindful of them,
human beings that you care for them?

***You have made them a little lower than the angels
and crowned them with glory and honour.***

You made them rulers over the works of your hands;
you put everything under their feet:
all flocks and herds, and the animals of the wild,
the birds in the sky, and the fish in the sea,
all that swim the paths of the seas.

LORD, *our Lord,*
how majestic is your name in all the earth!

Psalm 8

PLEASE PRAY FOR:

GRACE WATERSTON (Kate, Neil, Ella) & all the family. Grace admitted to hospital on Wed with very high white cell count & high temperature . she had a difficult lumbar puncture on Thursday, all tests clear, *Praise God.* **ELLA** who has been experiencing “fear” problems is very worried about Grace.

LIZELLE SLABBERT (husband Martin, 2 young children) diagnosed with breast cancer. May the docs be given wisdom and guidance in the treatment for Lizelle.

SYLVIA MAPHISA who used to work at Trinity has been ill with high sugar, TB and a stroke which affected her eye and can no longer see out of it. She spent several weeks in the Helen Joseph.

GLYNIS PARKER is to have a back op on Saturday as she has a fractured vertebra.

RENEE BARNES is feeling flat, weak with no strength; haemoglobin low & she needs vitamin B12 injection. Has had colonoscopy & tests, all negative, *Praise God.*

SONETTE MACGREGOR (Husband Roderick) was diagnosed on Thursday with myasthenia gravis, a chronic autoimmune neuromuscular disease.

THOSE SUFFERING WITH DEPRESSION that they may seek, and accept, the help they need in order to experience healing.

MEMBERS OF OUR CONGREGATION who are experiencing difficulties and doubt in their lives, that they may not forsake the care of the Trinity Church family.

MESSAGE FROM S’BU SANGWENI (CIRCUIT SUPERINTENDENT)

“Sunday 2nd Nov we had a break-in at the Forest Town Manse. A laptop & other valuables were taken during worship.

November 8th , 5 women were severely assaulted and robbed at the Mead-West Society, in the early hours of Saturday morning, after an all-night prayer vigil.

*May I declare a 21 day, one minute mid-day prayer from Wednesday 12th November, for us as a Circuit to pray for God’s protection over our ministers and families, for an end to crime, violence & abuse and other social ills in our beloved country. May I also ask you to join me (if possible) in a day of fasting and prayer on Wednesdays. I believe God is waiting for our concerted supplications during these difficult times of our Christian witness. **Grace & Peace. S’bu”***

WE CONTINUE TO 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 diagnosed with hepatitis, he is out of hospital and coming on slowly.

WINIFRED TENNANT still in ICU & not very responsive, Barbara continues to bear the load of her mother’s illness along with other major family problems.

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) had gall stones removed last Wed. The surgery went well & Margie went home on Thurs. Thanks to all for the prayers.

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

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

ELSABE VORSTER was re-admitted to hospital this past week for further manipulation of the spine under anaesthetic. She is now staying with her son.

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

EVA HUMPHREYS (husband Brian) may the help from the social worker find a solution to the problem of where Eva will be placed for further care, that Brian will experience a smooth transaction in the selling of their home.

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, Dudley Hudson.*

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), 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), Terry, Audrey Newberry (broken wrists), Gail de Klerk (hip replacement), Delene Muller (broken knee cap).*



Lord, you cover the night sky with a roll of black velvet scattered with diamonds. The stars are numberless, yet you count each one.

Who are we that we should matter to you?

So insignificant, yet you care for us and call us by name.

Not even a sparrow falls to the ground without your knowledge.

Your love is infinite and beyond our understanding.

Joyce Rupp