



*Create in me a clean heart*, open and receptive, so that I may embrace the many ways You choose to visit my life.

*Create in me a clean heart*, cleared of the refuse of old battles with others and deadly opposition with myself.

*Create in me a clean heart*, purified through the daily disruptions and the life encounters that take me beyond my grasping control and ego-centeredness.

*Create in me a clean heart*, freed from the clutter of cultural enticements, so that I can enjoy the beauty of life's simple things and relish the gifts I easily take for granted.

*Create in me a clean heart*, bathed from harsh thoughts, shame, and perfectionistic tendencies, warmly welcoming others with the embrace of non-judgment.

*Create in me a clean heart*, brushed free of frantic busyness, so that I will have time to dwell with You in the listening space of solitude and silence.

*Create in me a clean heart*, rinsed of the residue of false messages about my identity, enabling my inner goodness and light to shine through all I am and do.

*Create in me a clean heart*, cleansed of anxiety and lack of trust, restoring in me an enduring faith in Your abiding presence and unconditional love.

*Create in me a clean heart*, scrubbed of racism and prejudice, drawing me toward all as my sisters and brothers.

*Create in me a clean heart*, washed with Your mercy and strengthened by Your love, helping me move beyond whatever keeps me from union with You.

*Create in me a clean heart, God.* Dust off the unmindful activity that constantly collects there. De-clutter my heart from harsh judgments and negativity wash away my resistance to working through difficult relationships. Rinse off my unloving so the beauty of my generous and kind heart can shine forth. Remove whatever keeps me from following in Your compassionate footsteps. *Amen*

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# Trinity Methodist Church

LINDEN, JOHANNESBURG



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

*8 March 2015*

## THIRD SUNDAY IN LENT

I have set the Lord always before me.  
Because he is at my right hand, I will not be shaken.  
Therefore my heart is glad and my tongue rejoices;  
My body also will rest secure,  
Because you will not abandon me to the grave,  
Nor will you let your Holy One see decay.  
You have made known to me the path of life;  
You will fill me with joy in your presence,  
With eternal pleasures at your right hand.

Psalm 16: 8-11



Then the Jews demanded of him, *‘what miraculous sign can you show us to prove your authority to do all this’*

Jesus answered them, *“Destroy this temple, and I will raise it up again in three days”*.

The Jews replied, *“It has taken forty-six years to build this temple, and you are going to raise it in three days?”*

But the temple He had spoken of was His body.

After he was raised from the dead, his disciples recalled what he had said. Then they believed the Scripture and the words Jesus had spoken.

John 2: 18-22

**PLEASE PRAY FOR:**

**HOLIDAY CLUB (30<sup>th</sup> March – 3<sup>rd</sup> April)** Pray for leaders who are on the leadership training camp this weekend & pray that more leaders will come forward. Pray especially for Kate & Lauren who have overall responsibility of the running of the Holiday Club.

**PAM JENKINS** suffering with a bronchial infection, her lungs are very congested causing excessive coughing. Pam is on new medication & regular injections to try and keep her out of hospital.

**WILLEM VD KLIS** was badly bitten on his hand by a dog last Saturday & had surgery on Sunday. He is now home and doing well.

**VAL TYLER** is suffering with fibrillation of her heart.

**DOUG (Meryl's daughter, Megan's, brother-in-law)** underwent a complicated spinal fusion on Wed, surgeon happy with the outcome of this very difficult op.

**PETER OCHSE** having surgery on Wednesday 11<sup>th</sup> March to remove bony growth from his right ear canal.

**VERONICA BAILEY** (Trinity website) Pray detectives will find the evidence needed to solve the murder case of her son, Donovan, who was murdered on April 17<sup>th</sup> 2013.

**WE CONTINUE TO PRAY FOR:**

**JENNA, 16, (Wendy & Rob Smith's granddaughter)** suffering from Enthesitis related arthritis, she is currently on treatment which is causing severe nausea, doctors are looking at putting her on alternative medication.

**RENEE BARNES** diagnosed with cancer of the throat and a huge tumour has been detected in her stomach. She is at home with family and friends visiting her. We remember Renee especially tomorrow, 9<sup>th</sup> March, which is her birthday.

**BRUCE (Melanie's brother)** progressing well after removal of mole & cyst from his chest. Praise God that no chemo or radiation is needed.

**ELLY WINKELMAN** is very frail & still sore after her fall. It is her birthday tomorrow, 9<sup>th</sup> March.

**DUNCAN EDWARDS (48)** very ill, he has now suffered a stroke affecting his speech.

**MARGARET SCHEMEL** (a prayer request from Trinity's website) has serious family problems. Her grandchildren were abducted, her mother has been diagnosed as bi-polar and Margaret was conned out of all her savings & retirement funds. She is asking us to pray for strength & guidance to overcome life's challenges.

**GARY WOODBURN** is still not well; he was to have further surgery on Friday, but it was thought that the wound site would not hold stitches. Linda and family are very concerned.

**ELAINE ORPEN** having further chemo this week, she thanks all for love & prayers.

**DENESE PIETERSE** had a bad fall last weekend & dislocated her left shoulder which is painful & bruised. Pain in her side is a lot better but she still has back pain.

**LOUIS BRUGMAN (wife Jackie)** is in good spirits, he is still weak but spiritually strong & is thankful that the op is over & that it was successful. Thanks for prayers.

**CHRONIC LIST:** *Christine Dugmore* (broken shoulder), *Dirk Beier* (broken foot), *Gloria McPherson* (emphasema), *Anna Wadsworth (90 -frail)*, *Denese Pieterse* (severe pain), *Thembile* (back problems), *Sonette Mac Gregor* (thymus gland removed), *Gordene* (in hospital), *Woolf Schulze* (dementia), *Vennie Spears* (bad fall), *Sean* (schizophrenia), *Dallas Cass* (had shoulder surgery), *Reef* (USA - on-going problems), *Omar* (kidney problems), *Kate Waterston* (cortisol levels), *Neith Thompson* (hip surgery), *Peter Clarke* (back problems), *Steven Basson* (Atrial fibrillation), *Lanie* (Marie Palmer's godchild - domestic problems).

**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*, *Daniela Andrade (7)*, *Russell Jones*, *Ursula Ryder*, *Lesley Steyn*, *Don 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*, *Keith Bunce* (UK - wife Liz), *Bill Coulle*, *Rev Hans Visser*, *Colleen*, *Gordene*, *Lizelle Slabber*, *Stuat Dixon*, *Maureen Booth*, *Marie Vosloo*, *Nick Breytenbach* (leukaemia).

## CLAY

Lord, you made me from clay, often an unrecognisable shape.  
I would have preferred a sculpture, not a potter  
chiselling his stone to carve me.

But clay I am, *and you are the potter*  
Always willing to shape and reshape clay.

For the best results you need appropriate ingredients.  
These can only come through your grace  
available from prayer and sacraments.

### ***This Lent work metanoia on me by turning:***

- ✠Pride *into humility,*
- ✠Anxiety *into acceptance,*
- ✠Frugality *into generosity,*
- ✠Criticism *into praise,*
- ✠Coldness *into warmth,*
- ✠Neglect *into concern,*
- ✠Indifference *into love,*
- ✠Grudges *into joy,*
- ✠Ingratitude *into thankfulness,*
- ✠Prayerlessness *into devotion at the foot of the cross.*

(Metanoia means "after-mind" and signifies a change of mind:  
thinking one way, but then *fterwards* thinking another)