MOVING A MOUNTAIN A TEASPOONFUL AT A TIME

This mountain of mine is huge, Father! I've prayed over and over that You would remove it from me but still it remains looming, threatening. Must I move it myself? I don't think I can handle such a task.

There's much to be done and so little time. Yet I am determined. Whether I'm weary or not, in season or out, I must begin moving my mountain, even if it's only a teaspoonful at a time.

Lord, help me face each problem head on within Your will. When fires and hot, parching winds surround me, *remind me You are here.* When fierce, storms assault me, *help me dig in my heels and hang onto Your Word.* When I'm forced to plod through sinful murk and mud, *I ask You to cleanse me with Your pure, sweet living water. Lighten my step that I don't get bogged down in such things.*

When evil seeks to devour me, I seek protection with Your holy armour. When others criticize me and self-righteously smirk at my mountain, I may feel crushed and defeated. *Lift me up then, I pray. Help me to hold my head high and go on.* ***For I am Your child - the child of a King!***

When life's heavy trees and rocks fall on and about me, ***I shall not fear, for You are helping, guiding all the way.***

At times I may ask, '***Why me, Lord?*** Why must I move this mountain and carry this tree, my cross? I'm too weak!' please help me. Please love me. I trust You, for this mountain shall be removed and I praise You for the victories to come.

This little poem brings a smile as well as reminding us of the hope we have through faith in God. It was written by parents of damaged children who call themselves the '*Humpty Dumpties'*

Good morning, Humpty Dumpty, Sir
How amazing, you're still here!
By legend you were shattered,
How cohesive you appear.
Humpty jumped, and said with a smile,

'The tale of horses and men wasn't the end!
The KING Himself, put me together again'

Trinity Methodist Church

LINDEN, JOHANNESBURG

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

29 June 2014

The Lamb… will be their shepherd; he will lead them to springs of living water.
And God will wipe away every tear from their eyes. (Revelation 7:17)

You say '*it's impossible'.*
God says *"**The things impossible with men are possible with God"***(Luke 18:27)

You say, '*I can't go on*
God says ***He will direct and make straight and plain your path*** (Proverbs 3: 6)

You say, '*I'm not able'.*
God says, ***"I am able"*** (2 Corinthians 9:8)

You say, '*I can't forgive myself'.*
God says, "***I forgive you!"*** (1 John 1:9)

You say, "*I'm afraid".*
God says, ***"do not be afraid little flock"*** (Luke 12:32)

You say, '*I'm so worried'.*
God says, ***"give all your worries to me"*** (1 Peter 5:7)

You say, '*I feel so alone'.*
God says, ***"I will never leave you or forsake you"*** (Hebrews 13:5)

PLEASE PRAY FOR:

MANDY CAULDER has had a very swollen ankle for over a week. She has been for x-rays and tests, but nothing has shown up. Still very painful. Pray Doctors find the cause.

HERB ANSTADT has bronchitis, improvement is slow.

GILBERT HUGHES had a mild stroke and pneumonia twice recently, he is on the mend.

NEL GARDNER pulled muscles in her leg when her foot was in a boot after her operation.

TERENCE WATERSTON had keyhole surgery on his knee on Wed, which went well.

ELIZABETH INNES **l**eg has gone lame. Having had an MRI and x-rays, she may need a hip replacement. She will see a specialist on Thursday.

HELEN URBAN'S GRANDMOTHER passed away on Tuesday 24 June. Our love and sympathy are with Helen, family and friends.

WE CONTINUE TO PRAY FOR:

GOETZ **(**Norma Hart's brother-in-law, Kate's uncle**)** was admitted to ICU with low blood pressure, low white cell count & very low oxygen level. Doctors have diagnosed possible pneumonia & liver problems. Pray God's healing on Goetz.

DAPHNE TROLLIP had a very bad fall 2 weeks ago, badly damaging & bruising her face. We hold her to our Lord praying for a speedy recovery.

JENNY DEMBOVSKY had an op on her finger last week. We pray complete healing.

ARTHUR MC COY sadly passed away 2 weeks ago. We pray for the peace and comfort of the Lord to be on his wife Barbara and family.

HEATHER SEYMOUR suffering with emphysema, please pray for the correct medication, treatment & healing.

ALFRED LE GRANGE had op on his Achilles tendon and is confined to his bed for a while. Pray healing for Alfred & peace for Marie & family.

WARREN AND FAMILY Warren has 3 young children & his wife is about to deliver their 4th child. We pray for a safe delivery, a healthy baby and peace and joy for the whole family on the birth of this new addition to their family.

NORA & NIC SWART **Nora** is doing well after colon surgery; thanks for prayer. **Nic** had a stroke, leaving him frail & using a walker. Doctor allowed him home as he was unhappy in hospital.

NIC BREYTENBACH has been diagnosed with Myelodysplastic Syndrome (MSD), a form of Leukaemia where his bone marrow is not producing platelets as it should. Please pray for him and his Naturopath as they seek to follow the path of natural healing.

CHERYL SINGE is progressing well, the Doctor is happy with her progress.

MAUREEN DEWBERRY has to take it easy was seeing the heart specialist last week.

ROSE **(Dayne Myles' Auntie)** is doing much better. They hoped she will be out of hospital before this weekend.

DENNIS MEINTJES **(Sheila Marley's brother) and his wife Ann** are both home now, the long road to recovery begins.

JOHN SANDISON **(Sheila Marley's cousin)** is on chemo treatment for his cancer.

CLAUDIA GOLIATH has had the lump removed from her breast and is back home.

REEF now has hearing aide; pray that he will be able to cope with it.

CHARMEON CARNESON **(Reef's grandmother)** had a gall bladder op three weeks ago. Pray healing for Charmeon and peace for ***DOH*** (husband & Reef's grandfather on Cancer List) who is doing reasonably well after surgery but is still experiencing a lot of pain. We pray for a release of the pain & perfect healing for the family.

HAYLEY POLLARD'S friend's son we pray for him and the family as he receives counselling after traumatic hi-jacking incidents.

VENNIE SPEIRS she is progressing slowly after a hip op a few weeks ago. Pray wisdom for docs & healing for Vennie & peace for Tom, Mary, Wayne & family.

YOUTH PASTOR please be in ***urgent*** prayer that a suitable person will soon be found & employed so that the essential work of pastoring youth within Trinity can continue.

JOY VD KLIS & Willem are at the coast, we pray continued healing on her.

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),** ***Diane Turner, Maureen Lupton, Martin vd Merwe*** **(**Karin Blackburn's dad**)**, ***Joy vd Klis***, ***Jean Clarence, Rebecca Owens*** (bone marrow transplant), ***Daniela Andrade*** **(7), Estelle,** ***Russell Jones, Ursula Ryder, Lesley Steyn, Verna, David Edwards (UK), Elma, Doh Carneson, Louise Shaw*** **(Texas),** ***Brian K, John Sandison, Claudia Goliath.***

CHRONIC LIST: ***Denese Pieterse*** (back problems), ***Dave*** (Guillain Barre Syndrome), ***Emmanuel Thavhiwa*** (difficult times), ***Elaine Vermaak*** (osteoporosis), ***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), ***Diana Viljoen's Mom*** (stroke), ***Harold*** (very tired), ***Mike & Helen Urban*** (ill health), ***Mushe Roos*** (brain surgery), ***Colleen Hunter*** (brain op), ***Christiaan Vermeulen*** (heart surgery), ***Noelle Marshall*** (eye problems), ***Deon*** (facial surgery), ***Nora Swart*** (colon surgery), ***Susanne*** (stroke), ***Fiona*** (broken foot), ***Mavis*** (Hip op) ***& Ron Edmunds, Duncan Edwards*** (rare disease), ***Ellmine Caroline*** (frail), ***Moira*** (heart), ***Noelle Marshall*** **(**leukemia**)**, ***Louise Combrink*** (nervous breakdown**)**, ***Shirley Williams*** (chronic), ***Sue Edwards*** (slipped disc), ***Jenny Dembovsky*** (needs employment), ***Rolene.***

Therefore do not worry about tomorrow,
for tomorrow will worry about itself.
Each day has enough trouble of it's own. Matthew 6:34

You are my hiding place; You will protect me from trouble and surround me with songs of deliverance. Psalm 32:7

Casting all your care upon Him;
For He careth for you 1 Peter 5:7