

Then David, girt with a linen apron, came dancing before the Lord with abandon.
2 Samuel 6:14

I ask myself: *Do I do anything "with abandon" before my God?*

Have I ever been that wildly enamoured of and grateful for this Gracious One's presence in my life?

Does my heart sing with joy? Do my feet lift in happiness?

Why is it, I wonder, that I more often pray about pain and troubles than I do about joy and delight?

I know my laughter and my enjoyment of life can be as much prayer as my solemn and sombre moments of reflection.

King David's enthusiastic response to God has reminded me of this. ***Today I will look for something to dance about in my prayer and in my life.***



I am your Lord, gracious and loving. Rest in My Love, walk in My ways.

Be calm, be true, be quiet. *I watch over you.* Rest in My love. Joy in the very Beauty of Holiness. *You are Mine.* Deliverance is here for you, ***but thankfulness and joy open the gates.***

Try in all things to be very glad, very happy, very thankful. It is not to quiet resignation I give My blessings, but to joyful acceptance and anticipation.

Laughter is the outward expression of joy. That is why I urge upon you love and laughter.



Being thankful is like an analogy of being given a dish of sand and told there were particles of iron in it. We could look for the iron by sifting our clumsy fingers through the sand, but we wouldn't find much.

If we took a magnet, however, and pulled it through the sand, it would draw to itself the almost invisible iron particles.

*The unthankful heart, like the clumsy fingers, discovers no mercies, but let **the thankful heart** sweep through the day, and as the magnet finds the iron, **so will the thankful heart find heavenly blessings every time!***

The twin sister of thankfulness is *Praise*; Isaiah 61: 3 speaks of ***'putting on the garment of praise for the spirit of heaviness'***.

Trinity Methodist Church

LINDEN, JOHANNESBURG



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

5 October 2014

*Let them praise the name of the Lord:
For he commanded, and they were created.*

He hath also established them for ever and ever;
He hath made a decree, which shall not pass.

Praise the Lord from the earth

Fire, and hail; snow, and vapour;
Stormy wind fulfilling his word:
Mountains, and all hills;
Fruitful trees and all cedars:

Beasts and all cattle;
Creeping things, and flying fowl:
Kings of the earth, and all people;
Princes and all judges of the earth:
Both young men, and maidens;
Old men, and children:

*Let them praise the name of the Lord:
For His name alone is excellent;
His glory is above the earth and heaven.*

PRAISE YE THE LORD

Psalm 148: 5 - 14

PLEASE PRAY FOR:

GRAEME DE VAAL has been critically ill in ICU, these past 10 days, with heart, liver, kidney failure, pneumonia & now has Klebsiella infection. He is now off the ventilator and slowly improving. There is a long way to go so please keep praying for Graeme and his family, especially Ann, Ian, Chris & Barry.

WILLIAM MARRS had surgery on his elbow to remove plate; docs had to re-break his arm in order to wire it up. He is now at home his wife Marion.

MARI THOMASSET had op on Tues to remove steel plates and screws in her leg.

HEATHER & CHARLES DARLINGTON have sold their home & moved across the road to friends until they find a new place to live.

FRED (Carol Warren's father) passed away a few weeks ago. Carol has been overseas and has since returned.

SANDISO MZANA needs prayer as to the way forward with her theological studies. She feels the Lord is preparing her to become a minister. Pray that she may receive the sponsorship needed to continue.

CARLA RABIE suffering with hepatitis. Husband Gary, children Jared & Camryn.

GILBERT HUGHES (Dolphine's husband) has been diagnosed with cancer.

Head of CRISIS RELIEF INTERNATIONAL, Sean Malone, asks for urgent prayer cover as he reports the following: *'we have lost the city of Queragosh, it fell to ISIS and they are beheading children of Christian families systematically. This is the city we have been smuggling food to. ISIS forces are within 10 minutes of where our CRI team is working. The UN has evacuated its staff but our team is unmoved & will stay'*

WE CONTINUE TO PRAY FOR:

LOUISA asks Trinity folk to pray that she will soon find a job.

PAM JENKINS we give thanks to our Lord that there is improvement in her eye problem. The cardiologist has insisted that she cuts back on her activities in order to give her heart a chance to recover, allowing the medication to work to its maximum.

WENDY (50's) attacked at a shopping centre, hands bitten, slapped around, shoulder very sore. She was given anti tetanus and ARV treatment; she is very shaken & upset.

JOANNA (Maurice's niece) has had a double mastectomy, she remains cheerful and positive. Her husband, Dean, is supportive but her mom, **Jean**, is taking great strain.

SAM & CHRISTINE WIGGET please continue to pray as they come to terms with the tragic death of Sam's brother as well as the bad news that Sam's sister, **JOY**, has been diagnosed with cancer of the womb. Sam & Christine are now back home.

HELENE SEGAL fractured her left arm during her fall, staying with her daughter.

BETTY BOYD is much better and is being supported by her Home Group.

BARBARA (Grace Grant's sister) had surgery to remove cancer in her parotid gland.

HAROLD (Maurice's dad) is receiving specialist nursing, he is very tired and longs to meet his Lord face to face.

BRIAN & EVA HUMPHREYS are both feeling much better; it was good to see them at the service on Sunday.

BELLA (prem baby) has gained about 2kg in weight, she is doing well although the drain in her throat is causing problems.

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, Daniela Andrade (7), Russell Jones, Ursula Ryder, Lesley Steyn, David Edwards* (UK), *Doh Carneson, Louise Shaw* (Texas), *Brian K, John Sandison, Cindy Saunders, Marina van de Ruit, Ron Senyar, Brian Tromp, Chloe Thomas, Elizabeth Innes, Greg Cleeve-Edwards.*

CHRONIC LIST: *Denese Pieterse* (back problems), *Dave* (Guillain Barre Syndrome), *Emmanuel Thavhiwa* (difficult times), *Elaine Vermaak* (osteoporosis), *Moira Smith* (hiatus hernia), *Maureen Dewberry* (heart problems), *Alison* (spinal problems), *Illia & Graham* (UK), *Diana Viljoen's Mom* (stroke), *Mike & 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), *Jenny Dembovsky* (needs employment), *Heather Seymour* (emphysema), *Nic Swart* (stroke), *Nic Breytenbach* (MDS Leukaemia), *Pat Mostert* (heart problems), *Elwyn Dyer* (hip op), *Bradley Manson* (Kidney disease, dialysis), *Ella* (leg wounds), *Reef's grandparents, Eve & Brian Humphreys, Val Ochse* (bone density), *Noreen Mckenzie* (eye problem), Coral Fisher (foot problems), *Jules* (auto immune disease), *Lesley* (broken wrists), *Louis Brugman* (heart & hip problems), *Linda Hann* (needs employment), *Graham* (primary progressive aphasia), *John, Elaine Vermaak's nephew* (heart problems, loss of job), *Dennis Meintjies*, Sheila Marley's brother (intestinal op), *Moira Wessels* (in frail care), *Rhys Thomas* (heart), *Rebecca Owens* (fungal infection).



Shout for joy to the Lord, all the earth.

Worship the Lord with gladness;

Come before Him with joyful songs.

Know that the Lord is God.

It is He who made us, and we are His;

We are His people, the sheep of the pasture.

Enter His gates with thanksgiving and His courts with praise;

Give thanks to Him and praise His name.

For the Lord is good and His love endures forever;

His faithfulness continues through all generations.