

Our pastor had just implied that worry might be a sin. Then he leaned on the pulpit and said, “*Will all those who never worry please remain seated*”.

Statistics have proved that over 80% of what we fret about never happens, which wastes a lot of valuable time. To conserve the wasted time he suggested that we make a ‘*worry list*’, jotting down all our concerns as they occur. However, we are not permitted to stew about these things until a designated time - say at 3’clock on Thursday afternoon.

If someone should happen to drop by and ask what we are doing, we’re to say, *Can’t you see? I’m worrying, I’m on number sixteen*”.

It’s imperative that we recognise our propensity to label worry as a ‘*godly concern*’ and legitimize it as a recurring ‘*prayer request*’. It is crucial that we acknowledge God’s loving care and ability to handle our concerns.

But it is more essential that we learn the freedom of casting all our cares on Christ, who is able to keep to the uttermost that which we truly commit to Him.

Susan Lenzkes



In the following reflection, the Holy One speaks to those who need trust in times of great anxiety and loss

Look at the geese of the sky; they neither worry nor are anxious about the winter warnings of their lives; for they know within their deepest selves that their journey will take them to a place of shelter, of comfort, of nourishment, a place where winter harshness cannot reach them.

See how they fly, winging onward with sureness, with trust in their hearts’ instinct. If these geese, who have not the faith and grace of human hearts, can follow the mystery and secrets of their deepest selves, cannot you, my loved and chosen ones, *you whom I care for as my very own, cannot you be in touch with the mystery of your own hearts?*

Cannot you trust in me to guide you on your journey of life? For I have promised to give peace in seasons of distress, strength in seasons of sorrow, strength in seasons of great weakness. *Trust in me. Do not be afraid. I am with you. I will be your peace.*

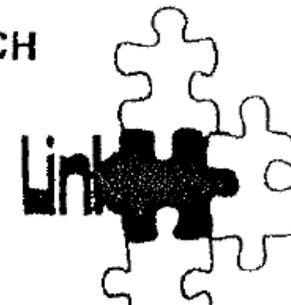
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IN EVERYTHING JESUS CHRIST IS SUPREME
Colossians 1:18



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PRAYER IS THE KEY OF THE MORNING AND THE BOLT OF THE NIGHT

18 May 2014

**But now, this is what the Lord says -
He who created you, O Jacob
He who formed you, O Israel:**

***“Fear not, for I have redeemed you;
I have summoned you by name; you are mine.
When you pass through the waters,
I will be with you;
And when you pass through the rivers,
They will not sweep over you.
When you walk through the fire,
You will not be burned;
The flames will not set you ablaze,***

***For I am the Lord, your God,
I the Holy One of Israel, your Saviour.***

I give Egypt for your ransom,
Cush and Seba in your stead.
Since you are precious and honoured in my sight,
and because I love you,
I will give men in exchange for you,
and people in exchange for your life.
Do not be afraid, for I am with you.

PLEASE PRAY FOR:

LOUISE COMBRINK has been hospitalized for 21 days after suffering a nervous breakdown. We pray for Louise, her sister Cynthia & the children they care for.

LORNA (Jenny Hides-Newman's cousin) had surgery to remove a massive tumour in her colon, doc have taken biopsies from the nodes. Pray for successful op & peace for all concerned.

CORINNE DU TOIT came through her knee replacement op well and is now beginning to walk. Peter & Corinne thank everyone for their prayerful support.

BARBARA ANSTADT is undergoing more tests. We pray wisdom for docs in their diagnosis & future treatment & peace for Barbara & family.

DOUG (Norma Hart's brother) passed away Tues. His wife, Trish, passed away the day before & Doug's first wife 8 days earlier. This has been a very tough time for Norma, her sister & their family. We lift them up to the God of all comfort & peace.

JOAN CUTLER passed away Fri 9th May. Our prayers are with her son & family.

NOELLE MARSHALL is expecting to undergo another procedure on Tuesday. Pray wisdom for the docs who attend her and peace for Noelle & Tony.

FRED ALLNER is not well & is having problems with his leg. He has been confined to his bed. We pray God's healing touch and comfort for Fred.

AL CARSTENS we pray healing & strength for Al who hasn't been well this week.

TIMOTHY battling with behaviour related problems & anger. We pray the love, healing and wisdom of our Lord into the lives of Timothy and his family.

MAVIS & RON EDMUNDS – Ron's sister passed away & their carer, Maria, was involved in a taxi accident on her way to work. We pray for healing & peace for all.

WE CONTINUE TO PRAY FOR:

REEF CARNESON (USA) all praise to our Lord that Reef is *cancer free*. There are no cancer cells left; they are now 100% donor cells. Thanks to all who prayed.

BECKING FAMILY praise and thank God for His healing of Aureen & Stephen who are both home. The family thanks everyone for praying them through a tough time.

CAROL SMIT had a scan on 9th May which showed a cyst in the abdomen. We pray for Carol & family as they discuss the way forward with the surgeon on Monday.

DUNCAN EDWARDS (48) suffering from a very rare disease, he is critically ill. His parents have returned to SA to be with him. We pray for God's hand on all.

ELLMINE CAROLINE is very frail and tired. Pray peace in her life and strength for her daughter, Charmaine, and the rest of her family.

ISRAEL TRIP we give thanks and praise God for richly blessing all those who went to Israel, under the caring of Cecil & Sue. We thank God for their safe return.

MOIRA (John Wessel's mom) out of hospital & in frail care at St Michael in order to continue her recovery. We pray for perfect healing, peace for Moira & family.

JOY VD KLIS her latest SMS "News today is good, cancer marker down by 4.4 to 24.4. My grateful thanks to all for love & support. Praise God for His goodness.

ELMA is now in a wheel chair, she is having radiation therapy to try and reduce the size of the growth on the brain which is causing pressure on the brain & is too deep to remove. We pray the Lord's special touch of healing and peace for Elma.

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, Rebecca Owens (bone marrow transplant), Daniela Andrade (7), Estelle, Russell Jones, Ursula Ryder, Lesley Steyn, Verna.*

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), Mavis Edmunds (Hip op), Douglas (heart problems), 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), Ellen Coetzee (hiatus hernia), Deon (facial surgery), Nora Swart (colon surgery), Susanne (stroke), Fiona (broken foot).*



It's hard to miss those boulders of trouble that roll into my life.

They're big enough to climb on, so

I take Your hand, Jesus,

and scramble up with Your help.

It's those pebbles of pressure, noise,

and everyday frustration

that are nearly stoning me senseless.

Lord, toughen my hide and soften my heart.

Teach me to walk

that slow winding cobblestone path to

Christian maturity.

Susan Lenzkes