

Friday

Read Luke 5:15,16. Even though Jesus was very busy, what did he do often, according to these verses? How can you specifically apply this to your life this year?

Ask God for the power and the will to put prayer and meditation into your life regularly.

Saturday

Please pray for our services this weekend as we talk about the 12th step! This will be a very powerful service; please don't miss it!

Prayer Updates

Hospitalized & Surgeries this past week...

Andrew Dueck – surgery 2/4, broken leg
Bruce Roberts – rehab for broken neck & back
Doreen Bartels – pancreatic cancer surgery
Evan Eurs (age 11) – bone cancer surgery, 2/3
Faye Davis – pulmonary problems, RCU
Harry Butler – recovering from major stroke, RCU
Helen “Tari” Sypherd – RCU
Jill Alaimo – minor outpatient surgery 2/6
Jim Bale – surgery, 2/4
Judy Hernandez – back surgery 1/30
Steve Campbell – heart transplant recovery

Recent hospitalizations/surgeries: Barbara Taylor

Hospice care: Audrey Gallagher, Louisa Anderson

Home with the Lord

We were saddened to hear of the loss of **Jim Thomas**, who did not recover from a massive stroke. His wife, Danna, was by his side as he peacefully passed into the Lord's presence. Cards may be sent to 22073 Hatcher Dr., Cottonwood, CA 96022.

Skip Crocker, a gentleman loved by all, is now home with the Lord. He was preceded by his dear wife, Pat, married for 46 years. Please remember their boys, Douglas, Andrew and Malcolm in your prayers.

Please remember Nancy Weber in prayer as she grieves the loss of her mother, **Eva Thiesen**. Nancy and her husband, Bob, serve as Wycliffe Bible translators to the Rapa Nui people living on Easter Island.

A memorial for **Laurel Main**, a beloved member of our TLC family, is planned for Friday, February 13 at 10am in Monschke Hall.

We want to provide pastoral support...

Please call 465-3395 when someone is hospitalized, scheduled for surgery, becomes a shut-in, or in special need. Prayer support is available through our pastors and numerous prayer groups — call 689-9400. Please pick up a Prayer Update at the Information Desk or Welcome Center. **Subscribe to the Prayer Update:** www.tlc.org/profiles



(REAL) CHANGE

Connecting with God

René Schlaepfer
February 7 & 8, 2009

STEP 11:

Seek through prayer and meditation to improve my contact with God, praying only for knowledge of God's will and the power to carry it out...

“The world is full of so-called prayer warriors who are prayer-ignorant. They're full of formulas and programs and advice, peddling techniques for getting what you want from God. Don't fall for that nonsense.” *Matthew 6:7-8a* (The Message)

Five hints for improving my connection...

1.

“Be still, and know that I am God...” *Psalms 46:10a* (NIV)

“But I have stilled and quieted my soul; like a weaned child with its mother, like a weaned child is my soul within me.” *Psalms 131:2*

2.

“But Jesus often withdrew to lonely places and prayed.” *Luke 5:16*

“Pray continually.” *1 Thessalonians 5:17*

3.

“And when you come before God, don't turn that into a theatrical production either. All these people making a regular show out of their prayers, hoping for stardom! Do you think God sits in a box seat?” *Matthew 6:5* (The Message)

“Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.” *Matthew 6:6* (The Message)

“And when you are praying, **do not use meaningless repetition** as the Gentiles do, for they suppose that they will be heard for their many words.” *Matthew 6:7* (NASB)

4.

“But his delight is in the law of the LORD, and on his law he meditates day and night...” *Psalms 1:2* (NIV)

This week, my daily time for prayer and meditation will be:

Ideas for meditating on Scripture:

For iPhones and iPods:

Bible app from YouVersion
www.youversion.com/iphone

Bible Verses Free
www.tinyurl.com/be5jh2

www.podbible.org

On the web:

www.BibleGateway.com
www.BlueLetterBible.org

Daily Audio Bible:
www.whatisgenesis.com/247-about

New-look Bibles:

“Manga Bible”
“Bible Illuminated:
The Book New Testament”

5.

“Your kingdom come, **your will be done** on earth as it is in heaven.” *Matthew 6:10 (NIV)*

Steps Review

- STEP 1:** Admit that I’m powerless over my destructive pattern
- STEP 2:** Believe that God exists and can change me
- STEP 3:** Commit my life to Him
- STEP 4:** The *Review* Step: Make a searching and fearless moral inventory
- STEP 5:** The *Reveal* Step: Admit to God, myself, and another the nature of my wrongs
- STEP 6:** The *Ready* Step: Be entirely ready to have God remove my character defects
- STEP 7:** The *Request* Step: Humbly ask God to remove my shortcomings
- STEP 8:** Make a list of those I’ve harmed and become willing to make amends
- STEP 9:** Make amends if possible, unless this would hurt them or others
- STEP 10:** Make it a habit to take inventory and promptly admit my wrongs

Daily Meditations

Monday

Sometimes prayer gets reduced to mere ritual or superstition. Sometimes wrong ideas about God interfere with my prayer life. Have you ever felt like this:

- My prayers are a laundry list of complaints
- My prayers are little more than a wish list
- My prayers are like a superstition; I may as well try, it might work some day!
- My prayers are respectful but not personal
- My prayers are time to “clock in” with God; He may not bless me if I don’t say a prayer!
- My prayers are ritual repetition of language I learned in church or Sunday School
- My prayers are legalistic attempts to please a God I may have offended
- I ignore prayer until I’m too exhausted to really have quality time with God
- I know I should enjoy prayer, but I really don’t very much
- Frankly, I sometimes resent prayer as another item on my to-do list

What did you learn from the message that you think may help you have a more vibrant prayer life?

Which of the Scriptures popped out for you?

Spend time in prayer today focusing on one of the verses from this week’s message. Meditate on the memory verse. Thank God for His simple teaching on prayer and His love for you!

Tuesday

Read the Lord’s Prayer in Matthew 6:9-13. Jesus starts by calling God “father”. Why is this such an important concept to a healthy prayer life?

Why is the concept of “father” polluted for many people? How about you — is it difficult or easy for you to see God as a father? Why?

Read Psalm 68:3-5, Psalm 27:10, and Psalm 103:13. What kind of “father” is portrayed in these verses?

List some of the ways God is a loving Heavenly Father to you:

Thank God that He is your loving Father. Spend time alone with your Father today. Meditate on the concept: God is my Heavenly Father!

Wednesday

Read the Lord’s Prayer again in Matthew 6:9-13. Notice how Jesus prays for God’s will to be done. Ask God to show you His will for you. Think of all your relationships. Think of your job. Think of your family. Think of your private life. What do you know for sure is God’s will for you today in those areas?

As you meditate on each of those areas, ask God for the power to do His will.

Thursday

Read the Lord’s Prayer again in Matthew 6:9-13. Note how simply and concisely Jesus tells us to state our needs. What do you need right now?

- Physical provision:
- I need to be forgiven of:
- I need to forgive this person:
- Deliverance from:

Take these issues to God in prayer right now! Keep this list and note His answers to these prayers in the days and months ahead!



“You will seek me and find me when you seek me with all your heart.” *Jeremiah 29:13 (NIV)*