

Prayer List

Please keep the following individuals and families in your prayers:

Eddie Allen	Brennan Simkins	Sharon Keller
Dorothy Shields	Betty Roegge	Carl Sands
Betty Lipford	Kitty Springer	Bernard Bottoms
Suzanne Stigall	Trinit Beck	Dee Welch
Dorothy Driskill	The family of Blackwell	David Jones
Wanda Chumney	Burnette	Allen Alcock
Tim Hurt	Jennifer Hudson	Brad Morris
All those who are unemployed	Bertha O. Arthur	Billy Hawthorne
Edith and Raymond Tanner	C. W. Bing	Tom Tanner
Mary Lee Leistra	Grant Cooper	Charlotte and Lawrence Webb
Beverly Hill	Kathy McReynolds	Betsy Biggerstaff
Gary Birkett	Susan Murray	Scott Carter
Bernard Nash	Caroleen Williams	Otha Wilkins
Tommy Conner	Ed Hall	Roy Maynard
Junior McHenry	Mr. Jennings	Virginia and Vernon Gee
	Chuck and Melvina	David Cook and family
	Vincent Keller	

Prayers for the church, nation, and world:

- For Charis Storms that she would be a blessing to the orphanage she is working with in Ulan Baatar, Mongolia; for approval of her visa application
- For the people of Mongolia, that they would hear the Gospel of Jesus Christ and not be confused by the many cults and sects coming into the country
- For the Society of Saint Andrew's as they seek to provide nutritious food to many around this country who often go without
- For the 32 million people in the world with AIDS and for their family members who help care for them
- For the new United Methodist Church plant in the Fort Lee area and for their pastor, Rev. Gina Anderson-Cloud, as they begin the STAND preschool
- For the people of Liberia and Sierra Leone

Others I would like to pray for:



Transformation



Journal & Exercises

November 28, 2010

Inviting you to daily time with God.

Every day the Transformation Journal will offer you a scripture passage and a question or two for reflection and an exercise to help you live out your faith. Take a few minutes each day, and see what God has for you! The prayer list is also on the back, so please take time to pray for those we have lifted up on Sunday.

Sunday, November 28th

Sermon Notes:

What is a pilgrimage? Am I interested in pilgrimage this Advent?

Read Psalm 122. This psalm was sung by people on pilgrimage to Jerusalem. What would it mean for you to be on a pilgrimage during Advent? Are you willing to embark on this journey?

Exercise: Pray for peace in Jerusalem, Israel and Palestine.

Monday, November 29th

Read Isaiah 2:1-5. After encountering God, the nations beat their weapons into tools. What kind of encounter with God would lead people to get rid of all tools for physical violence? **Exercise:** Do you have any items that you keep to harm others? Get rid of them!

Tuesday, November 30th

Read Matthew 12:33-37. How do you feel knowing that God is going to judge us on our careless words? How have your careless words done violence? **Exercise:** Every time you speak today, take a deep breath first to give yourself a moment to ensure your words are not careless.

Wednesday, December 1st

Read Proverbs 26:18-19. Sarcasm is like randomly shooting arrows—you do not always hit someone, but your shots can be very harmful! How have your sarcastic words hurt people? **Exercise:** Avoid all sarcasm today—it is hard but with God’s help you can do it!

Thursday, December 2nd

Read Ezekiel 16:49. Sodom’s main sin was not sexual sin but neglect of the poor around them. How does this make you feel? **Exercise:** Do something tangible today for someone you know is poor.

Friday, December 3rd

Read Isaiah 58:1-9. Think about ways that people are exploited in our nation and around the world. **Exercise:** Examine what you buy and commit to buying at least one less item that exploits workers.

Saturday, December 4th

Read Matthew 21:28-32. Think about a time when you have exhibited passive-aggressive behavior like the second son. Why did you act that way? **Exercise:** Do nothing behind anyone’s back today!

Sunday, December 5th

As we gather for worship, think over your pilgrimage this week and choose one exercise to commit to for the rest of Advent. This should be an area that God has shown you that you especially need to focus on in order to be a man or woman preparing for the Prince of Peace.

Readings: Isaiah 11:1-10; Psalm 72; Romans 15:4-13; Matthew 3:1-12