

## Prayer List

Please keep the following individuals and families in your prayers:

|                       |                             |                          |
|-----------------------|-----------------------------|--------------------------|
| David Cook and family | Jerry Davidson              | Eddie Allen              |
| Billy Hawthorne       | Lawrence and Charlotte Webb | Mary Crowder             |
| Layton Powell         | Otha Wilkins                | Dorothy Driskill         |
| Dee Welch             | Scott Carter                | Alicia Clary             |
| Danny Ilacqua         | Edith Hite                  | Ashley Clary             |
| Becky Kelley          | Tommy Cage                  | Penny Callis             |
| Virginia Gee          | Thomas Taylor               | Barbara Callis           |
| Vernon Gee            | Edith Umberger              | Edith and Raymond Tanner |
| Frances Seaman        | Grace Marshall              | Jim Caffmon              |
| Marvin                | Hilda Ozlin                 | Patsy Fectheistien       |
| Vicky                 | Hazel Taylor                | Bernard Nash             |
| Shirley Jackson       | Michelle Honeycutt          | Beverly Hill             |
| Dot Scott             | Jo Ann Vansickle            | Gary Birkett             |
| Kathy McReynolds      | Ogburn Taylor               | Tommy Conner             |
| Carl Sands            | Bertha Arthur               | Junior McHenry           |
| Caroleen Williams     | Sarah Hite and family       | Lara Rawlings and family |
| Don Accord            | Frances Hawthorne           | Woody and Ann Hudson     |
| Mable Winn            | Virginia Overby             | Jo Anne Parsons          |
| Marie                 | Debbie and Buzz Wlilis      | Rudy Conner              |
| Bernard Bottoms       | John Cadmus                 | Mary White               |
| Tom Tanner            | Grant Cooper                |                          |
| Betsy Biggerstaff     |                             |                          |

### Prayers for the church, nation, and world:

- For Charis Storms as she prepares to transition into her full-time work in 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 all organizations working to help men and women freed from oppression
- For lasting peace on the Korean peninsula
- 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 Benin, Ivory Coast and Togo

### Others I would like to pray for:



# Transformation



# Journal & Exercises

December 12, 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, December 12th**

Sermon Notes:

***Why is inner peace important? Why do we need to share it?***

Read Isaiah 35:1-10. Because the great plans of God will come to pass in the future, we need not fear the trials and struggles we face now. Do you feel this type of inner peace most of the time? **Exercise:** Ask God to show you times when you are not at peace and figure out why!

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**Monday, December 13th**

Read Isaiah 35:3-4. Because we have peace, we are called to strengthen those who do not have peace. How often do you serve as an ambassador of peace? **Exercise:** Who comes to mind as someone you know is not at peace? Do something to bless them today.

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**Tuesday, December 14th**

Read James 5:7-10. Like James' first readers, we are often impatient for God. What areas of your life are you impatiently waiting for God to bring peace? **Exercise:** Do you know anyone who is waiting for God to answer a prayer that God wants to use you to answer? Do it!

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**Wednesday, December 15th**

Read Philippians 4:4-8. Paul ties prayer with peace by saying that when we give something to God in prayer, God's peace can then overcome our anxiety in that area. How well do you do this? **Exercise:** Take time to pray about your biggest stress, then leave it with God.

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**Thursday, December 16th**

Read John 14:25-29. Do you let your heart become troubled? **Exercise:** When you begin to be upset or stressed, do not let your heart be troubled—redirect your thoughts to the blessings you have in life.

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**Friday, December 17th**

Read Galatians 6:2. How is God calling you to bear the burdens of those around you? Is it through the Lay Pastor's Ministry? **Exercise:** Call or visit someone today and ask them how you can pray for them.

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**Saturday, December 18th**

Read Ephesians 6:18-20. How often do you pray for those who are not at peace? **Exercise:** Take some focused time to pray for the person you talked with yesterday.

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**Sunday, December 19th**

As we gather for worship, think over your pilgrimage this week and choose one of the exercises you worked on this week to continue to work on this exercise for the rest of Advent. Inner peace is a vital part of a whole life, and it can take some work!