

## Prayer List

Please keep the following individuals and families in your prayers:

Edith Umberger	Vicky	Gary Birkett
Vincent Keller	Caroleen Williams	Junior McHenry
Sharon Keller	Mr. Jennings	Joan Sudec
Sheila Cage	Susan Murray	Lois Payne
Tommy Cage	Shirley	Edna Bagley
Frances Hawthorne	Roy Maynard	Jeff Hendricks
Drew	Edith Hite	The family of CJ Stallings
Kathy McReynolds	Michelle Honeycutt	Kitty Springer
Carl Sands	Jo Ann Vansickle	Dare Simmons
Bernard Bottoms	Hilda Ozlin	Spenser Wallace
Tom and Willie Ann Tanner	Hazel Taylor	Woody and Anne Hudson
Lawrence and Charlotte Webb	Mildred Larrish	Gertrude Hite
Jerry Davidson	Jerry Banis	Wayne Grant
Scott Carter	Marge Thompson	Margaret and Harry Smith
Otha Wilkins	Red Tanner	Bertha Arthur
Billy Hawthorne	Edith and Raymond Tanner	Alfred Green
Dee Welch	Barbara Callis	Suzanne Stigall
Brad Morris	Penny Callis	Mary Crowder
Virginia Gee	Patsy Featherstien	Amy Crowder
Vernon Gee	Tommy Conner	Dorothy Driskill
Allen Alcock	Beverly Hill	Dennis Chumney
David Jones	Bernard Nash	Alicia Chumney
Marvin	Charles Blackman	

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

- For Charis Storms as she prepares to transition into her full-time work in Mongolia; Praise God 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 Ganta United Methodist Hospital in northeastern Liberia and the 450,000 people they serve
- For all organizations providing food to the hungry this Christmas
- 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 Ghana and Nigeria

### Others I would like to pray for:



# Transformation



# Journal & Exercises

December 19, 2010

*Inviting you to daily time with God.*

Every day the Transformation Journal will offer you a scripture passage, 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 19th**

***This week, as the last week in our Advent pilgrimage towards the Prince of Peace, we will be focusing on peace with God. Over the last three weeks, you have been encouraged to take one exercise from each week and continue it throughout Advent. How is that going for you?***

Read Matthew 1:18-25. Jesus' name indicates that he came to save us from our sins. Have you been saved both from the power of sin to control you and the punishment of sin? **Exercise:** What is one of the sins you struggle with the most? Ask Jesus to save you from its power!

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**Monday, December 20th**

Read Isaiah 7:10-16. Jesus is Emmanuel, "God with us," and he is still working to help us have peace with God today. How have you experienced Jesus helping you have peace with God? **Exercise:** Ask Jesus to touch those places in your life where you are distant from God.

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**Tuesday, December 21st**

Read Romans 3:21-26. What does it mean to have the righteousness of God because of Jesus? Does your life reflect this? **Exercise:** Take something with you today (a stone in your pocket or a piece of jewelry) and when you see it, remind yourself to live out God's righteousness!

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**Wednesday, December 22nd**

Read 1 John 2:1-6. John reminds us that we are called not to sin, but when we sin, Jesus makes peace with God for us. How should we live with the call to holiness and the knowledge of forgiveness? **Exercise:** What is one way you knowingly sin? Ask God for the grace to stop!

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**Thursday, December 23rd**

Read Psalm 32. What is the role of confession in receiving peace from God? **Exercise:** Think through the last 24 hours and ask God to forgive you for your thoughts and deeds that fell short of God's best for you.

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**Friday, December 24th**

Read Psalm 32. Are you open to hearing correction from God or do God need to use a bridle? **Exercise:** Take time to listen to God until you hear a word of correction (we all need correction, so it will come!)

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**Saturday, December 25th**

Merry Christmas! Read Luke 1:46-56; 2:1-20. How do you praise God for the gift of Jesus today? **Exercise:** Join with Mary and the angels in their songs to God. Make their song your own, and sing it out!

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**Sunday, December 26th**

As we gather for worship, think over your pilgrimage throughout Advent. Have you become more of a person of peace? Are there any practices that God is calling you to continue as a regular part of your life of faith?