



PRAY

WASH YOUR HANDS

KEEP YOUR DISTANCE

Sweet Hour of Prayer

Establishing Spiritual Survival

The lesson taught last Sunday by Pastor Willis focused on prayer. One of the points that came out of the teaching was that we, the saints, needed to pray at least one hour a day and to keep a record to validate the time spent.

Bro. Willis expressed how essential prayer is to a born again Christians life. Pastor Willis also added that prayer is how we are spiritual. And this adds to what was taught earlier in the month, "That spiritual growth is the surest way to prevent apostasy". Jesus is waiting.



And it was about the sixth hour, and there was a darkness over all the earth until the ninth hour. And the sun was darkened, and the veil of the temple was rent in the midst. And when

Jesus had cried with a loud voice, he said, Father, into thy hands I commend my spirit: and having said thus, he gave up the ghost.

(Luke 23:44-46 KJV)

Seeing then that we have a great high priest, that is passed into the heavens, Jesus the Son of God, let us hold fast our profession. For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

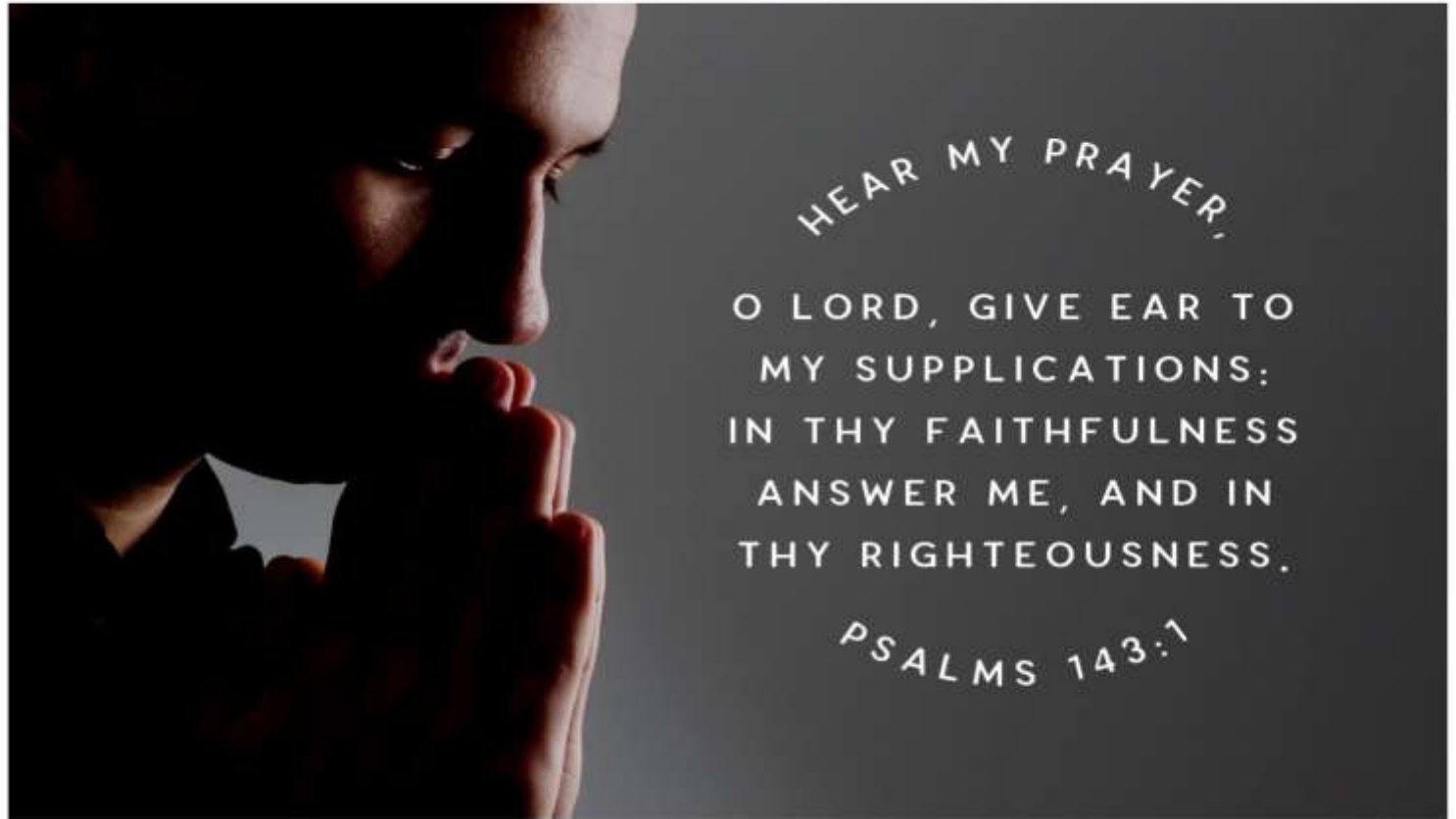
(Hebrews 4:14-16 KJV)


*Lord,
Hear Our
Prayer*

For those that are wanting inspiration in how to create a prayer record or journal, a sheet with ideas is included on tracking your prayers.

PRAYING ALWAYS

Biblical Words of Encouragement



HEAR MY PRAYER,

O LORD, GIVE EAR TO
MY SUPPLICATIONS:
IN THY FAITHFULNESS
ANSWER ME, AND IN
THY RIGHTEOUSNESS.

PSALMS 143:1

Tips for a Healthy Heart



Heart pumping physical activity not only helps to prevent cardiovascular disease but can also improve overall mental and physical health. The American Heart Association recommends five 30 minute moderate exercise sessions each week. While this may seem daunting, it is important to note that these sessions can be broken up into two or three 10 or 15-minute segments throughout the day. Walking, jogging, biking and swimming are all great forms of exercise. It is important to remember that something is always better than nothing. Opting to take the stairs and parking farther back in the parking lot are great ways to squeeze in activity when the time is short.

A Psalm of David, when he was in the wilderness of Judah.

O God, thou art my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is; To see thy power and thy glory, so as I have seen thee in the sanctuary. Because thy loving-kindness is better than life, my lips shall praise thee. Thus will I bless thee while I live: I will lift up my hands in thy name. My soul shall be satisfied as with marrow and fatness; and my mouth shall praise thee with joyful lips: When I remember thee upon my bed, and meditate on thee in the night watches. Because thou hast been my help, therefore in the shadow of thy wings will I rejoice. (Psalms 63:1-7 KJV)

The fruit of the righteous is a tree of life; and he that winneth souls is wise.
Proverbs 11:30 KJV