

Edgcumbe Presbyterian Church

Midweek Update
August 22, 2018

WE COULD TRY PRAYING

In Ephesians 6 (our text for this coming Sunday), Paul says:

“Pray in the Spirit all the time.

Stay awake by praying with perseverance for all believers.”

That sounds impossible, right? Pray all the time—who can do that? I certainly can't, or at least don't. Recently, what I am doing personally is trying to check in with the Holy Spirit several times each day. Some people set an alarm on their phone to go off once per hour or at certain times to remind them to make a moment for the Spirit. For myself, whenever I feel stuck or resistant or grumpy or stubborn or indecisive or hurt or angry (get the idea?), then I try to pause for just a moment, take a breath, and say within myself: “Holy Spirit, what do you want me to do?” Or: “Holy Spirit, you have everything I need already. Help me to rest right now in your love and generosity.” This rhythm of praying throughout the day has not solved all my problems. It does however, give me a moment of peace and clarity, opening new avenues of wisdom and kindness in my life.

In the same way, Paul invites to pray for others. Just like above, I am trying to pray throughout the day for the people in my life. Especially when I feel blamed or hurt or intimidated or ignored or invalidated or manipulated or scared or angered or saddened by what someone else is doing—Right Then I try to remember to pray for that person and for myself. Again, the specific words you use are not very important. But taking a moment to breath and ask God's wisdom and blessing on the person you are thinking about or struggling with at that moment can change our hearts and minds. Through prayer, we begin to see each other as God sees us—as love and love alone.

Most of us have been taught the way of anxiety, and we cling to it as if our lives depend on it. God says: Give thanks in everything. God says: Trusting me leads to all wisdom. God says: the way to be free is to love one another. What do you say?

SCHOOL TOOLS

Collections are being taken for School Tools through this Sunday, August 26, when we will dedicate the offering in worship. If you want to help deliver the items to HPHS, please talk to Pastor Julie.

PRAYERS

1. For the Clary family as Josh heads back to school in Winnipeg and Belinda goes back to school (let's just say it's been a long time and leave it at that) with the hope of exploring midwifery!
2. For Angelie Ryah as she heads back to San Diego and explores both moving where she lives and new ministry possibilities along the border.

If you missed the handball report, the result was Phil-O, Irish-1. Maybe next time.

Loads of love to you all! Pastor Phil