

The Sugar Beat

SUGAR GROVE CUMBERLAND PRESBYTERIAN CHURCH

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From the Pastor (a page from my journal—brutally honest)

Prayer prayer prayer. This word is driving me crazy!! God is dealing heavily with me concerning prayer. The religious books I read concerning almost anything all point to prayer as the beginning point. So how is prayer in my life? Honestly? Not nearly what it should be. Okay, I confess. My prayer life is weak. There I have said it. What does God want me to do about it? Pray? No, not like I usually do but to pray as Jesus prays. As He taught His disciples to pray. First, to spend time in quietness, to be still, to enjoy His presence. To give God a chance to speak, to develop ears that listen to Him. To be willing to be changed by Him. I do need to be transformed by His Spirit.

Something happens within me when I allow God's Spirit to reveal His presence in me. I sense the peace and the joy of the Lord afresh. If this is true why don't I come to that place more often? I could say I suffer from some disorder like attention deficit disorder. But I really believe it is more like worldly attention disorder. I allow the world to transform me more than God by allowing my attention to focus on the things of the world. It is not necessarily the "things" but the attitude of the world that becomes my attitude.

For example, I have received an email from the class president of my high school senior class. He is trying to get a 40 year (class of 1968) reunion together. My thoughts? If I were practicing accounting as a CPA, I wouldn't mind showing up. But I am an ordained minister of God. What will my high school buddies think? Do you see something wrong with this attitude?

Well I guess I better get back to praying. I need to be transformed into the likeness of my Savior. I have found prayer is a good way of that taking place.

Journaling like prayer is one of the spiritual disciplines. It helps me to be clear in my thoughts as I "write to God". For me it is like prayer on paper. I invite you to a season of prayer for the church. Like me, the church needs to be transformed as well. God will hear our prayers and answer our prayers if we allow ourselves to be moved by His Spirit.

Bro. Gary

Youth news

Our youth purchased 2 fans for Pennyryle Allied Community Services for people in our community who do not have a fan or air conditioning.

Thank you for your love and support!

Choir (Middle English from Latin *chorus*, “a dance”) Isn’t that interesting? But dancing is not required to be a part of the choir (although moving to the rhythm is certainly welcomed). The choir gets together at 5:15 pm on Sundays to sing to the Lord a new song and some old ones as well. Be encouraged to join this fine group of saints that lead us in worship every Sunday morning.

Celebration in Music!!!

We will be blessed by
ings at our next fellow-
will not want to miss



Mark it on your calendars and invite your friends. September 14, at 5 pm, we will gather around the fellowship table for fried chicken and all the sides you want to get the desserts) After the we will gather in the sanc-
pm, to be lead in worship



several music offer-
ship gathering. You
this time of worship.

bring. (Don’t for-
breaking of bread,
tuary around 6
in music.

Christian Education Conference November 4—7, 2008

It will be held at St. Columba Conference Center in Memphis. The theme:

**“Risking Ourselves Totally—Discovering
New Ways to Do Sunday School”**

These conferences have been well worth the time and money to attend! See Bro. Gary.

Pictures, Pictures

We are excited about having a new Church Directory produced. Everyone is invited to have your picture made— at no cost to you. You do not have to be a member of the church to participate. The pictures will be taken on September 12 (Friday), and September 13 (Saturday). Please see Ann Crider for additional details. Don’t get left out!!

Prayer List

Pray For	Requested By
Dean Atchison	Eddie Rudolph
Betsy Baldwin	Darl Henley
Brett Brian	Layla Rizzo
Trish Gage	BJ Crider's daughter
Lisa Grubbs	Debbie Carlton
Amy Hardin	Kelly Perryman
Ryan Henry	Ann Crider's Grandson
Mark Herron	Darl's son
Althea Hollowman	Anna Hunt
Angela Lawson	
Stephanie Smith Lester	Anna Hunt
Bill Lynn	Chad Perryman's grandfather
Herman McMMain	Judy McMMain
Ellen Merrick	Jayne Ann Head
Rayloc Employees	
Tommy Roberson	
Ed Rogers	Valerie Hart
Shawna Sharp	Ann Crider's niece
Ike Shelton	
Kaylin Travis	
Mark Travis	David Travis nephew
Marilyn Travis	
Greg Trexler	Darl Henley
Evelena Woodall	Johnnie Travis

Members of the Military

Mark Boaz	David Jones
Cody Brandon	Skyler Powell
Brandon Carlson	Rev. Curtis Pruitt
Valerie Edwards	Joey Shirey
Keith Finney	Jonathon Taylor
Kevin Householder	John Venable
Scott Hurley	John Watson
Josh Jackson	Troy Woody

Others

United States of America
 President Bush and all elected officials
 Elections
 Session
 Sunday School Teachers
 Bro. Gary

Principles

The twelve action steps to prayer are -

1. Become Silent. Be still, and gather yourself. If your spirit, body, mind, and emotions are separated, then you will be unable to pray God's will with singleness of purpose. Silence helps bring you in unity with God.
2. Give Adoration. Worship God for who He is: King of all the earth, your Creator, your Savior, Your All in All.
3. Make Confession. Agree with God about what He says to you and about you. Don't

dwell on past sins but obey God immediately when He shows you that you are wrong.

4. Give Thanks. Offer sacrifices of praise to God with a free heart for all that He has done for you.
5. Make Supplication. As God shows you what He desires, wholeheartedly agree with Him in prayer to fulfill His will.
6. Specify Petitions and Requests/ When you ask God to do something for you, bring evidence relevant to the case-in the form of God's will and Word-through specific, intentional communication.
7. Secure the Promises. When you petition the Lord, take God's promises before Him, applying them to the specific request you are making. Then hold onto God's promises.
8. Plead the Case. Don't beg or moan before God, but pray intelligently because you rightfully deserve the answer based on God's promises.
9. Believe. Believe right at the time you are asking that you have the answer to your request, and you will receive it.
10. Give Thanks. Thank God for what you don't yet see because you believe it is already done.
11. Live in Expectation. Anticipate the answers to your prayers by preparing the way for them.
12. Practice Active Belief. Don't stop after you have prayed. Get up and look for what you asked for. If you seek and knock, it will come to pass.

Understanding the Purpose and Power of Prayer, Dr. Myles Munroe, p149