



A METHOD for PRAYER

*If we are to be who we are called to be,
and do what God calls us to do,
we must do it prayerfully.*

By Alexander S. Brown, Minister

Prayer is hard.

I think for most of us, prayer is something we struggle with and perhaps often feel guilty about. We know that we *should* pray, and we know that we *can* pray, because Christ has given us full and free access to God. And yet, it is hard to pray.

It is hard to find time to pray, and when we do find time, it can be hard to know *what* to pray.

We know, of course, that one of the reasons (and perhaps the chief reason) that prayer is hard for the Christian is that we have a devil who is very concerned that we do not pray.

We see, from Paul's requests to the recipients of his letters that they pray for him, that prayer is a vital part of the Christian life.

If we are to be who we are called to be, and do what God calls us to do, we must do it prayerfully, praying for ourselves and depending on the prayers of others for us.

So it is no real surprise that the devil is keen that we do not pray. If he can convince us that we are doing fine without much prayer, then we are in a

dangerous position, and while he might not be able to kill our faith, he can certainly poison it with a crippling dose of self-reliance.

However, I think another major reason that we can struggle with prayer is because we try to do too much too quickly.

If you have ever tried to start running, you know that temptation – to go too fast or too far too soon. We start, and have visions of finishing our first 5k, and push ourselves too quickly to get there.

I think sometimes the same can be true of prayer. We have all heard of men like George Mueller and his incredible prayers that sustained his orphanage in Bristol. We know well Martin Luther's little quip: "I have so much to do today that I'm going to need to spend three hours in prayer in order to be able to get it all done."

We have heard stories of men like James the brother of Jesus who was known as "old camel knees" because of the sheer amount of time he spent on his knees in prayer.

And sometimes in our desire to have a prayer life like that we try too much too soon and we burn out.

A third reason why prayer can be hard is that we just sometimes don't know what to say. If you have been brought up in the Evangelical world you know the exhortation that we should pray to God like we are speaking to a friend. This sounds nice but is hard to actually put into practice.

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August Calendar

Sunday

9:30 a.m. Sunday School

"Instruments in the Redeemer's Hands"

10:30 a.m. Morning Worship

"Gospel of Matthew"

6:00 p.m. Evening Worship

"The Pastoral Letters of Paul to Timothy and Titus"

Children's Church, Nursery available

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- | | | |
|-----|------|--|
| Sun | 8/2 | Sacrament of the Lord's Supper (10:30 a.m.) |
| Wed | 8/5 | "First Wednesday" Social Dinner (6:30 p.m., Gardner home...see pg. 2) |
| Thu | 8/13 | CE Committee (4:00 p.m., Brown home) |
| Mon | 8/17 | Ladies Bible Study "The Four Loves" (6:00 p.m., Chilton home ...see pg. 4) |
| Tue | 8/18 | Stated Session Meeting (6:00 p.m., GIPC) |
| Wed | 8/19 | Missions Committee (6:00 p.m., Huddlestons) |
| Tue | 8/25 | Finance Committee (6:30 p.m., Curriers) |
| Thu | 8/27 | B&G Committee (6:30 p.m., GIPC) |

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A Method for Prayer *(Continued from page 1)*

After all, as much as I like my friends, I do not (literally) adore them, and we tend to speak in conversations; but when we sit in prayer our “conversation” is rather one-sided.

So, how can we overcome some of these challenges? Well, I want to propose a *method of prayer* in which we do literally have a conversation with God, and which will, if committed to, help us develop a more healthy, natural time of prayer.

The first thing that is important is to **set aside a time to pray** – a time when you can be uninterrupted. Many people find the early morning most suitable, when the world is still waking up and when you know you won’t be interrupted by phone calls or a need to be somewhere else. Others find an evening time better, perhaps right before bed when they can get away alone and pray.

The second thing is to **find a place to pray** – perhaps a quiet room where you know you can be alone, or going for a walk where you know you won’t be disturbed by family. Wherever and whenever, it is important to plan ahead – if we don’t we will probably get caught up in life and it will not happen.

And when your appointed time arrives, it is time to **start listening**. Now, I’m not talking about just sitting silently waiting for a voice to come from the heavens. We begin our time in prayer by listening to God in the one place where we know He speaks – in the Bible, and this is where our “conversation” starts.

As you open your Bible and start reading, do it with an eye on what in that passage leads you to **ADORE** God, what leads you to **CONFESS** your sin, what leads you to **THANKSGIVING**, and what leads you to pray in **SUPPLICATION**.

ADORATION is simply the act of giving God glory for Who He is and what He has done. As we read through our passage and we hear God revealing Himself to us it will lead us to delight ourselves in our God.

It might be that we adore Him for His Sovereignty and the knowledge that He will defeat all His enemies. It might be that we adore Him for His tender mercies toward us. It might be that we adore Him for giving us His Word that we might come to know Him.

The central point in Adoration is simply exulting in God and rejoicing in Him.

CONFESSION is when we acknowledge that we have lived in a way that is contrary to God’s commands. When we read through imperative portions of Scripture, whether it be the Law, or the commands that are scattered throughout the New Testament, it is easy for us to see ourselves reflected there and confess to God that we have failed to obey His commands.

But as we read through other portions that are simply more descriptive we are still led to confess that we have failed to be mindful of what we are reading or what we have enjoyed from God’s hands, or that we have been tempted to believe something to the contrary.

THANKSGIVING is the natural accompaniment to Confession, because the first area that we are always to be thankful for is the grace that we have received in Christ. We cannot confess our sins without being led into giving thanks to God that we can confess our sins to Him without fear because we know that “Jesus Paid it All.”

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“First Wednesday” Social Dinner

**Wednesday, August 5th
6:30 p.m.**

All are invited to the next Social Dinner set for Wednesday, August 5th at the home of Grady and Dottie Gardner, located about a mile north of the church.

Please bring a Main Dish Salad or Side Salad, or a Dessert. A pool is available for those who enjoy swimming.

Building & Grounds

- Improvements were made to the entryway of the Children’s Playground area.
- The next committee meeting is scheduled for Thursday, August 27th.

Finance

Loan Update

Loan Balance 6/25/15 \$721,657

July Payment:

Interest	\$ 3,045
Principal	\$ 2,903
Total Payment	\$ 5,948

The Finance Committee is scheduled to meet Tuesday, August 25th.

Men’s Ministry

The Men’s Fellowship will resume in the fall with a study based on the book, “The Life of God in the Soul of the Church,” by Thabiti Anyabwile.

Copies of the book are available at the Book Stall in the church foyer.

A Method for Prayer *(Continued from page 2)*

But in addition to that, the passage that we are reading will lead us to give thanks for the things that we find there. If it is a passage that describes the work of God, we give thanks to God for that work. If it is a passage that describes the many good things that God showers on His people, we give thanks for those gifts.

SUPPLICATION is what we often think of when we think of praying – asking God for things – and while it is only a part of how we pray, it is an important part, as we pray for ourselves and for others.

However, our supplication is to be informed by the passage that is before us.

If we have on our prayer list to pray for Aunt Jeannie’s knee operation, what we have adored God for, and confessed, and given thanks for should inform how we pray for that knee. So, instead of just “help Aunt Jeannie’s knee,” we pray in a way that focuses on God and His glory in the success of that operation.

As you begin this process, it might take you five or ten minutes to go through the passage in this way. But over time, it will take root, and grow and bear fruit as you fix your heart on God, listening to what He tells you about Himself and responding to that revelation. ■

GIPC Blog

From time to time Pastor Brown mentions articles and posts that he finds on the internet, which he believes will be helpful and informative for the congregation.

Occasionally, these articles are inserted in the church newsletter, but in order to more regularly point you to good material he has set up a blog on the church website.

As he finds things that may be of interest, or material that is relevant to discussions we are having, he will post links on the blog as a central reference point.

The blog can be found at:

gipc-pca.org/blog

psalm

OF THE MONTH

Psalm 111 (selected)

God's promise shall forever stand;
He cares for those who trust His Word.

Upon His saints His mighty hand
the wealth of nations has conferred.

His works are true and just indeed;
His precepts are forever sure.

In truth and righteousness decreed,
they shall forevermore endure.

By God's own hand redemption came;
His covenant sure no change can know.

Let all revere His holy name
in heaven above and earth below.

In reverence and in godly fear
we find the key to wisdom's ways;
the wise His holy name revere.

Through endless ages sound His praise!

THIS MONTH our Psalm of the Month will be the last four verses of Psalm 111. The focus of the song is the covenantal-redemptive work of God, and especially the blessings that come through the fulfillment of the covenant which God made with Abraham.

In verses 5 and 6 the psalmist praises God, writing,

“He provides food for those who fear Him; He remembers His covenant forever. He has shown His people the power of His works, in giving them the inheritance of the nations.”

But the Psalmist does not just focus on what God has done, he then turns in v. 10 and, quoting Proverbs 1:7, concludes,

“The fear of the LORD is the beginning of wisdom; all those who practice it have a good understanding. His praise endures forever!”

What he is saying is that the blessings of redemption should lead us to a holy reverence for God, which leads to living with wisdom and understanding, which is to say, living in accordance with the law of God.

In this Psalm we see both the indicative and the imperative of the Gospel – meditation on God’s gracious saving work, and the consequent life that flows from it.

WHAT THAT means is that this psalm leads us to the **ADORATION** of God for what He has done for us in His grace, especially now that what this psalm speaks of has come to magnificent fulfillment in Christ.

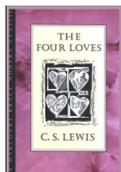
And it leads us to **CONFESSION** for how we have lost our sense of wonder at all that God has done, and for how we have failed to live with a due reverence for God.

We are brought to **THANKSGIVING** for Jesus and His perfect fulfillment of the Abrahamic Covenant and for God’s global grace by which the Gospel was brought to us so that we might become children of Abraham by faith (Gal. 3:7).

And finally, we are led to **SUPPLICATION**, praying that God would continue to renew our affections and impress upon us the wonder of our salvation, and asking that the Church around the world would be increasingly marked by a holy fear of God and lives that are shaped by our salvation. ☩

Women in the Church

▶ The Wednesday Morning Ladies Bible Study is set to resume in September.



▶ Beginning Monday, August 17th (and meeting the first and third Monday evening of each month at 6 o'clock), a new study will be offered at the home of Diane Chilton. The group will explore the nature of love, using C.S. Lewis' classic, *The Four Loves*, as a guide.

▶ The Book Group for Women will resume in September with a discussion of Liane Moriarty's "Big Little Lies."

Set on a scenic peninsula in Australia where there is only one school that accommodates students from various economic backgrounds, this book focuses on three main characters. These three women, who become dysfunctional friends with each other, all have children in that school, some in the same classroom. One is rich and bossy; one is the mousy, stay-at-home type; and the other is a single mother, new in town, trying to make ends meet. There is the drama of a terrible school-sponsored event that happened one night and ends in a dreadful calamity. As the characters navigate through various crises, they engage in dangerous little lies that they believe they have to tell simply to survive. The story concludes with a twist that will be a surprise to readers. 



Sundays at 9:30 a.m.

This 12-week study by Tim Lane and Paul Tripp is designed to present biblical and Christ-centered principles to equip believers for personal ministry to others.

Class notes are available or you may wish to delve further into the topic by picking up a study guide in the church foyer (\$8).

"An instrument is a tool that is actively used to change something, and God has called all of His people to be instruments of change in His redemptive hands."

(Paul David Tripp)



The Session of GIPC is evaluating certain local ministries in order to endorse them to our congregation for volunteer service opportunities or financial support.

One such local ministry is the Miranda Faith Foundation for Children, which helps poor and underprivileged children of Coastal Georgia to attend school better equipped. Last year more than 725 backpacks containing school supplies were provided. Additionally, each person who receives a backpack also receives a Bible.

"God promises His Word will not return void. The Miranda Faith Foundation wants to be sure all people have access to His Word."

If you would like to help by providing some school supplies, you may purchase some from the list below and drop items off at the following locations *by August 8th*:

Backpacks	Pocket tissue	<u>Drop off locations</u>
Colored pencils	Rulers	Chick-Fil-A
Crayons	School boxes (small)	Coastal Bank of Georgia
Folders (w/pockets and w/prongs and pockets)	Scissors (plastic)	First Baptist Church, Brunswick
Glue		Island Cinemas / Glynn Place Cinemas
Glue sticks		Staples
Graph Paper (1/4 inch)		St. Simons Bank & Trust
Hand Sanitizer		
Ink Pens (blue or black)		
Notebook paper	For more information, or to make financial contributions, visit:	
Pencils	www.mirandafaith.com	



**Fall
Kick-Off
Dinner
and
Calendar
Preview**

GOLDEN ISLES PRESBYTERIAN CHURCH

Phone: 912.638.2563

E-Mail: office@gipc-pca.org

48 Hampton Point Drive
Saint Simons Island, GA 31522

Missed a Sunday?

Sermons are available at:
gipc-pca.org/sermons

AUGUST

"Speak, LORD, for Your servant hears." (I Samuel 3:10)

Family Worship

Old Testament Reading

Date	Book	Chapter	✓
1	<i>Judges</i>	15	<input type="checkbox"/>
2		16	<input type="checkbox"/>
3		17	<input type="checkbox"/>
4		18	<input type="checkbox"/>
5		19	<input type="checkbox"/>
6		20	<input type="checkbox"/>
7		21	<input type="checkbox"/>
8	<i>Ruth</i>	1	<input type="checkbox"/>
9		2	<input type="checkbox"/>
10		3,4	<input type="checkbox"/>
11	<i>I Samuel</i>	1	<input type="checkbox"/>
12		2	<input type="checkbox"/>
13		3	<input type="checkbox"/>
14		4	<input type="checkbox"/>
15		5,6	<input type="checkbox"/>
16		7,8	<input type="checkbox"/>
17		9	<input type="checkbox"/>
18		10	<input type="checkbox"/>
19		11	<input type="checkbox"/>
20		12	<input type="checkbox"/>
21		13	<input type="checkbox"/>
22		14	<input type="checkbox"/>
23		15	<input type="checkbox"/>
24		16	<input type="checkbox"/>
25		17	<input type="checkbox"/>
26		18	<input type="checkbox"/>
27		19	<input type="checkbox"/>
28		20	<input type="checkbox"/>
29		21,22	<input type="checkbox"/>
30		23	<input type="checkbox"/>
31		24	<input type="checkbox"/>

AUGUST

"Speak, LORD, for Your servant hears." (I Samuel 3:10)

Family Worship

New Testament Reading

Date	Book	Chapter	✓
1	<i>Acts</i>	19	<input type="checkbox"/>
2		20	<input type="checkbox"/>
3		21	<input type="checkbox"/>
4		22	<input type="checkbox"/>
5		23	<input type="checkbox"/>
6		24	<input type="checkbox"/>
7		25	<input type="checkbox"/>
8		26	<input type="checkbox"/>
9		27	<input type="checkbox"/>
10		28	<input type="checkbox"/>
11	<i>Romans</i>	1	<input type="checkbox"/>
12		2	<input type="checkbox"/>
13		3	<input type="checkbox"/>
14		4	<input type="checkbox"/>
15		5	<input type="checkbox"/>
16		6	<input type="checkbox"/>
17		7	<input type="checkbox"/>
18		8	<input type="checkbox"/>
19		9	<input type="checkbox"/>
20		10	<input type="checkbox"/>
21		11	<input type="checkbox"/>
22		12	<input type="checkbox"/>
23		13	<input type="checkbox"/>
24		14	<input type="checkbox"/>
25		15	<input type="checkbox"/>
26		16	<input type="checkbox"/>
27	<i>I Corinthians</i>	1	<input type="checkbox"/>
28		2	<input type="checkbox"/>
29		3	<input type="checkbox"/>
30		4	<input type="checkbox"/>
31		5	<input type="checkbox"/>

AUGUST

"Speak, LORD, for Your servant hears." (I Samuel 3:10)

Private

Old Testament Reading

Date	Book	Chapter	✓
1	<i>Jeremiah</i>	28	<input type="checkbox"/>
2		29	<input type="checkbox"/>
3		30,31	<input type="checkbox"/>
4		32	<input type="checkbox"/>
5		33	<input type="checkbox"/>
6		34	<input type="checkbox"/>
7		35	<input type="checkbox"/>
8		36,45	<input type="checkbox"/>
9		37	<input type="checkbox"/>
10		38	<input type="checkbox"/>
11		39	<input type="checkbox"/>
12		40	<input type="checkbox"/>
13		41	<input type="checkbox"/>
14		42	<input type="checkbox"/>
15		43	<input type="checkbox"/>
16		44	<input type="checkbox"/>
17		46	<input type="checkbox"/>
18		47	<input type="checkbox"/>
19		48	<input type="checkbox"/>
20		49	<input type="checkbox"/>
21		50	<input type="checkbox"/>
22		51	<input type="checkbox"/>
23		52	<input type="checkbox"/>
24	<i>Lamentations</i>	1	<input type="checkbox"/>
25		2	<input type="checkbox"/>
26		3	<input type="checkbox"/>
27		4	<input type="checkbox"/>
28		5	<input type="checkbox"/>
29	<i>Ezekiel</i>	1	<input type="checkbox"/>
30		2	<input type="checkbox"/>
31		3	<input type="checkbox"/>

AUGUST

"Speak, LORD, for Your servant hears." (I Samuel 3:10)

Private

New Testament & Psalms

Date	Book	Chapter	✓
1	<i>Mark</i>	14	<input type="checkbox"/>
2		15	<input type="checkbox"/>
3		16	<input type="checkbox"/>
4	<i>Psalms</i>	1,2	<input type="checkbox"/>
5		3,4	<input type="checkbox"/>
6		5,6	<input type="checkbox"/>
7		7,8	<input type="checkbox"/>
8		9	<input type="checkbox"/>
9		10	<input type="checkbox"/>
10		11,12	<input type="checkbox"/>
11		13,14	<input type="checkbox"/>
12		15,16	<input type="checkbox"/>
13		17	<input type="checkbox"/>
14		18	<input type="checkbox"/>
15		19	<input type="checkbox"/>
16		20,21	<input type="checkbox"/>
17		22	<input type="checkbox"/>
18		23,24	<input type="checkbox"/>
19		25	<input type="checkbox"/>
20		26,27	<input type="checkbox"/>
21		28,29	<input type="checkbox"/>
22		30	<input type="checkbox"/>
23		31	<input type="checkbox"/>
24		32	<input type="checkbox"/>
25		33	<input type="checkbox"/>
26		34	<input type="checkbox"/>
27		35	<input type="checkbox"/>
28		36	<input type="checkbox"/>
29		37	<input type="checkbox"/>
30		38	<input type="checkbox"/>
31		39	<input type="checkbox"/>

Week beginning AUGUST 2

Matthew 6:19-21

Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

Week beginning AUGUST 9

Matthew 6:22-23

The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

Week beginning AUGUST 16

Matthew 6:24

No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.

Week beginning AUGUST 23

Matthew 6:25-26

Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?

Week beginning AUGUST 30

Matthew 6:27-29

And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these.