



Power of Prayer

A man and his guide were climbing the Weisshorn in the Swiss Alps. It was stormy and they were making their climb on the sheltered side of the peak. When they reached the summit, they were filled with exhilaration. The man forgot about the fierce winds, leaped up and was nearly blown over the edge to the glacier below! The guide grabbed hold of him and exclaimed: "On your knees, sir. You are safe here only on your knees!"

When the storms of life swirl around you, your safety is to kneel and pray to God.

Crepes

$\frac{3}{4}$ cup whole wheat flour $\frac{3}{4}$ cup rolled oats
 $\frac{1}{2}$ tsp salt 2 $\frac{1}{6}$ cup Non-GMO soymilk
1 Tbsp sucanat or date sugar 1 Tbsp olive oil

Blend until smooth. Cook on griddle on medium heat until done. Spread batter thinly in pan. Cook only on one side. Great rolled with fresh strawberries. Yield: 13 crepes.



PROFITABLE TRADITIONS



Cultivate Prayer

Choose a week or however long you decide to focus on prayer.

Find a dead branch and use it as your prayer tree. Make some paper leaves, flowers, and fruits. Punch a hole through them and tie a loop of string through that

hole. This will be to hang them from the branches of your prayer tree.

On the leaves write prayer requests. When partially answered write them on the flowers. When you prayers have been answered write them on the fruits.

QUOTABLE QUOTES



"He who kneels the most, stands the best." — D.L. Moody

Practical Prayers From a Child

“And (Jesus) said, Verily I say unto you, Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven.” Matthew 18:3

Prayer does not bring God down to us, but brings us up to Him. Perhaps since prayer brings us into the throne room of God, the kingdom of heaven, we should take time to consider some lessons from the way that children pray.

Children’s prayers have a **Simple Sincerity**. In **Luke 20:46, 47** Jesus warned *“Beware of the scribes, which desire to walk in long robes... and for a shew make long prayers: the same shall receive greater damnation.”*

By contrast, children’s prayers are generally short and to the point. They don’t strive for fancy words, but in sincerity present their requests before God. For example, in a particular Children’s Home the mother had read the ninety-first Psalm for evening worship. During prayers a few minutes later one tiny chap, an orphan, prayed, “Dear Jesus, please keep me warm under your feathers.”



A father and mother were driving at night through the desert. Early in the evening they put their little daughter to bed in the back seat of the vehicle. Little Helen, however, did not drop off to sleep as they had expected.

“Daddy,” the little girl called, “we haven’t had worship yet, and I can’t go to sleep. We might have an accident.” The car stopped, and family worship followed. Then they drove on through the darkness. Still little Helen was restless.

“What’s the trouble, dear?” father asked. “Why can’t you sleep?”

“I’m still afraid, Daddy,” the small voice from the back seat of the car replied. “I’m afraid we’re going too fast for God to keep up with us.”

Our prayers must be accompanied by corresponding actions on our part. If we pray for a safe trip we must drive at a safe speed. If we pray for God to finish the work, we need to tell others about Jesus. If we prayer for good health, we must live a healthy lifestyle and if we pray for healing we must make use of the natural remedies we have available. Recently I read this statement, *“If we neglect to do that which is within the reach of nearly every family, and ask the Lord to relieve pain when we are too indolent to make use of these remedies within our power, it is simply presumption.” {Medical Ministry 230}* Praying for something without corresponding action on our part is simply presumption. It was Divine power connected with corresponding human effort that took down the walls of Jericho.

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And lastly, we should consider the **Amazing faith** and **Unfaltering trust** that children have. When the disciples could not cast out a devil and they inquired why, *“Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.”-- Matt. 17:20*

Children pray and actually expect God to answer while adults often pray and rationalize all the reasons why God may not be able to answer. We effectively “put God in a box” by our unbelief. I remember one year we were running out of water. I knew the garden needed more water than I could pour on it and it would soon die if it didn’t rain, but there was no sign of rain at all. My youngest daughter, who was about five at the time, saw the problem and began to pray earnestly for rain for our garden. She was totally unwilling to believe that God would do anything but send rain. Her prayer of faith was rewarded when we received a totally unexpected downpour. It rained long enough to thoroughly saturate the ground and then it quit as abruptly as it had come. At church the next day we told about the

rain we had gotten at our house. Nobody else had gotten rain. Apparently it had rained only at our house. After all, why not? God is all powerful and ever open to a child's prayer of faith. **Hebrews 11:6** says, "But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him." Perhaps we should take the time to learn lessons in prayer from our children.

A House, Please

"If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed." **James 1:5, 6**

A little girl lived with her parents in a small village. One day her father joined the army, and a few days later the landlord came to demand the rent. The mother told him she didn't have the money, and that her husband had joined the army. But the landlord was hard-hearted and angrily informed her that they must leave the house, that he wouldn't tolerate people who couldn't pay rent. After the landlord left the mother began to cry. The little girl, having been raised to pray, came to her and said, "What makes you cry, mamma? I will pray to God to give us a little house, and won't He?" The mother didn't know what to say. So the little girl went into the next room and began to pray. Through the open door the mother heard every word. "O God, you have come and taken away father, and mamma has got no money, and the landlord will turn us out because we can't pay, and we will have to sit on the doorstep, and mamma will catch cold. Give us a little home." A pause followed then she added, "Won't you, please, God?" And in the simple faith of a child she came out of that room perfectly happy, expecting a house to be given them.



The mother felt reproved for her lack of faith, but she did not have to pay any more rent. God in answer to the simple faith of the child, touched the heart of the hard-hearted landlord, and the mother didn't have to pay any more rent.

If you need something, don't neglect to tell God about it. As someone once said, "Any concern too small to be turned into a prayer is too small to be made into a burden." God loves to give good gifts to his children.

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GOT STRESS? Part 1

The Bible speaks of a stress level in the last days so great that *“Men's hearts [are] failing them for fear.”*

Luke 21:26 It also accurately describes the effects of stress. *“A merry [joyful] heart doeth good like a medicine: but a broken spirit drieth the bones.”* Proverbs 17:22 Today, scientists realize that stress not only reduces overall immune function, protein synthesis, and cardiac function, but it lowers potassium and CALCIUM levels “drying up the bones”. And yet the Bible did not leave us without a remedy for stress.

“Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones.” Proverbs 3:5-8

Let us trace out a little bit of **G.O.D.'S. P.L.A.N** for health in a stressful world.

G is for Godly Trust – *“A few years ago, several medical researchers were studying the effect of the shocks of life on the central nervous system. They took one lamb and placed it in its pen alone. They hooked up electric shock devices around the pen. As the lamb wandered to one side of the pen, the researchers threw a switch and the lamb was shocked. The lamb would twitch and go somewhere else. They did it again, and again he ran. He would never return to a place where he had previously been shocked. After a series of shocks, the lamb stood in the center of his pen quivering. He had no place to go. Completely overcome emotionally, filled with anxiety and stress, his nerves gave way. The researchers then took the lamb's twin and placed it in a pen, this time with its mother. They followed the same procedure*



with this lamb. Each time he was shocked he ran to his mother and snuggled up to her closely. Evidently she reassured him, because he left her side again. This happened two times in a row. The researchers noted a remarkable difference in the two lambs. The second lamb had no fear of returning to the spot where he received the shock. To the amazement of the researchers, future shocks no longer disturbed him. He showed none of the symptoms of nervousness, stress or anxiety that his twin showed under the same circumstances. What made this remarkable difference? He had the assurance of someone to flee to.” (Lifestyle 2000, pg. 88)

If we will just remember to make use of it, we too have someone to flee to. One of my favorite Bible verses to sing when I am stressed is this one. *“Hear my cry, O God; attend unto my prayer. From the end of the earth will I cry unto thee, **when my heart is overwhelmed: lead me to the rock that is higher than I.** For thou hast been a shelter for me, and a strong tower from the enemy.”* Psalms 61:1-3

I am learning the hard way, that I worry too much and pray too little. The remedy for stress and adrenal fatigue is found in Luke 18:1 *“...men ought always to pray, and not to faint;”* If you can't fix the problem, don't worry about it—Pray. Just say, God I can't handle this, will you please deal with it? It is amazingly effective! Since I have been doing this, God has fixed every problem, and much better than I could have. If you feel like your burden is too heavy, perhaps you are trying to carry God's portion too. For Jesus said, *“Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.”* Matt. 11:28-30



Little Runner's Health Tip

Little Baa, the baby sheep, trusts her shepherd to take care of her. Boys and girls who want to be healthy can trust Jesus to take care of them too.

GOD'S AMAZING CREATURES

One night we heard a too-too-too sound. At first we thought it was something man-made, but the next morning we found out it was the Saw-Whet Owl. They do not sound like most owls.

Their high-pitched too-too-too call may be heard in evergreen mountain forests from January through May.

The Saw-Whet Owl is little for an owl; it is only about the size of an American Robin. The northern saw-whet

owl has a round, light, white face with brown and cream streaks; they also have a dark beak and yellow eyes. The Saw-Whet Owl lives all across the U.S but only in some places does it live year around. We hope that we will be able to see the Saw-Whet Owl again, but

we thank Jesus for making this cute little owl for us to see!



Christian and his daddy saw a drunk man in town. They gave him a little book about Jesus and prayed for him. At bedtime Christian remembered to pray for the man again. He made Jesus happy.



Carnal saw the same drunk man in town. He made fun of him and called him unkind names. He made Jesus sad.

Memory Text

Matthew 7:12 "Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets."

STUDY TO SHOW THYSELF APPROVED

Prayer Highlights

1. Prayer is one of our pieces of armor listed in Ephesians 6. “_____ always with all prayer and supplication in the Spirit, and _____ thereunto with all perseverance and supplication for all saints;” Ephesians 6:18



2. We are told to “_____, and it shall be given you; seek, and ye shall find; knock, and it shall be _____ unto you:” Matthew 7:7

3. God says what must be done in connection with our prayers. “If my people, which are called by my name, shall _____ themselves, and pray, and _____ my face, and _____ from their _____ ways; then will I hear from heaven, and will forgive their sin, and will heal their land.” 2 Chronicles 7:14

4. How often does 1 Thessalonians 5:17 tell us to pray? “Pray without _____.”

5. Philippians 4:6 tells us to “Be _____ for nothing; but in every thing by _____ and supplication with thanksgiving let your requests be made known unto God.”

6. James tells us that “...The _____ fervent prayer of a _____ man availeth much.” James 5:16

7. And we are told in Mathew, “And _____ things, whatsoever ye shall ask in prayer, _____, ye shall receive.” Matthew 21:22

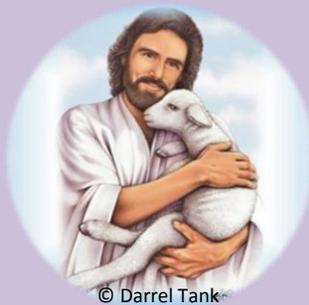
Answers: 1. Praying, watching; 2. Ask, opened; 3. humble, seek, turn, wicked; 4. ceasing; 5. careful, prayer; 6. effectual, righteous; 7. all, believing

BLESSED ASSURANCE

Blessed assurance, Jesus is mine!
Oh, what a foretaste of glory divine!
Heir of salvation, purchase of God,
Born of His Spirit, washed in His blood.

Chorus:

This is my story, this is my song,
Praising my Saviour all the day long;
This is my story, this is my song,
Praising my Saviour all the day long.



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Perfect submission, perfect delight,
Visions of rapture now burst on my sight.
Angels descending bring from above
Echoes of mercy, whispers of love.

Perfect submission, all is at rest,
I in my Saviour am happy and blest,
Watching and waiting, looking above,
Filled with His goodness, lost in His love.

--Fanny J. Crosby.