

one of life's difficulties, praying people take the time for processing and reflection before God. It just doesn't sound right to ask God to hold your hat while you go beat some sense into your neighbor.

3. **Prayer increases the power to forgive.** Those who pray for those closest to them are more likely to act with grace and compassion toward them, even in times of stress.
4. **Prayer builds trust.** Those who report praying with a close friend also report an increase of intimacy with that friend. The ability to share the most difficult times in prayer creates a foundation for a strong viable relationship.
5. **Prayer reduces stress.** This portion is true only if your prayers are "other" focused. Those who pray for "personal gain or wealth" did not report prayer being helpful with stress. There is, however, a correlation between a focus that moves outside of ourselves and a reduction of personal stress.

So, does this mean we should pray because some research teaches us that prayer might be helpful to us physically? Of course not.

It does indicate that healthy beneficial prayer is an exercise of the surrender of self and a focus that is outside ourselves. It shouldn't be a surprise. Jesus reminded us that we forgive, as our Father in heaven has forgiven us. The focus of healthy prayer is transcendent. It is the exercise that allows a movement outside of selfishness and directs us toward a God-like mindset.

Grace and Peace,

Carl

Where belonging to God means belonging to each other.

St John Church of Christ
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St John Church of Christ
A Family of God

November 6, 2016

Those who know me know that I am a big advocate of praying. I enjoy a rich prayer discipline that shapes my day, shapes me, and opens me to a consciousness of God and my place before him.

Lots of people pray. A Pew Research poll in 2013 found that half of Americans report praying daily and 75% believe that daily prayer is an important part of life.

I am surprised by the inadvertent consequences of prayer. There is research that supports some tangible, measurable benefits of prayer.

1. **Prayer helps with self-control.** Those who regularly pray are more self-regulated, less likely to have outbursts and impulsive behaviors. Self-control is like a muscle, the more you exercise it, the stronger it becomes. It stands to reason then that those who make a practice of stopping to pray before difficult choices are less likely during stressful times to act in rash manner.
2. **Praying reduces aggression.** That is right, praying folks are nicer folks. Rather than having a purely emotive response to

SUNDAY: Leisure Homestead Service—9:30 am
Bible Study for all ages—10:00 am
Worship Service—10:45 am
WEDNESDAY: Adult Bible Study—7:30 pm
Youth Group—7:30 pm (@ Carl's)
ELDERS: Richard Brensing, Teddy Gingrich, Loyd Ratts,
Terry Sallee, George Shelton
DEACONS: Jerry Kinnamon, Jon Mansel
TREASURER: Richard Brensing

WORSHIP ORDER FOR NOVEMBER 6, 2016

SONG LEADER: Gary Hornbaker
GATHERING SONG: No. 31—Be Still and Know
WELCOME: Tom Turner
SCRIPTURE READING: Luke 15: 1-7 (Ben & Kolton)
SONGS: No. 624—Seeking the Lost
No. 214—Have You Seen Jesus My Lord?
No. 129—Amazing Grace
No. 769—May I Call You Father?
PRAYER: Jerry Kinnamon
SONG: No. 176—Lamb of God
COMMUNION: Stan Aldrich
Orrin Feril
Ned Marks
Fred Johnson
MEMORY WORK: Carl Feril
SONG: No. 611—Heavenly Sunlight
LESSON: Carl Feril (*Children's Bible Hour*)
SONG: No. 902—Nothing But the Blood (vs 1)
PRAYER: Richard Brensing

(CCLI #2440129)

WELCOME VISITORS

We are pleased you have joined us in worship and hope that you will come again! Please stay for our potluck lunch today.

MISSIONARY UPDATES

CHIHUAHUA—A newsletter is posted from Ubaldo Cordona, in Paral, Chihuahua. A few pictures were also included. They have had more baptisms recently.

OAXACA, MEXICO—Latisha Serrano's grandfather passed away on Saturday. She will be flying back to the states on Monday so she can attend his funeral in Anton, Texas. She is bringing Violet (her 10-month old daughter) with her.

Latisha then received word yesterday that her uncle (on her father's side) is in grave condition and her father will likely travel to Washington to be with him, and miss Latisha's grandfather's funeral. The family is very distraught over this sad situation and requests your prayers.

SYMPATHY

We also extend our sympathy to Marisa Mansel and her family, on the passing of her father, Larry Barnett, in Houston last Thursday.

WEDNESDAY GATHERINGS

- Adult Bible Class starts this week
- Meet at 7:30 pm
- There will be NO Youth Group this week

An invitation to the **50th Anniversary celebration** for Larry and Linda Hamm is posted. Date is Nov 26, from 2-5 pm at the Kingman Church of Christ.

WOMEN WALKING WITH GOD

A virtual event will be held this afternoon at 2:30 pm on their Facebook page, announcing the 2017 theme and speakers. Find their page on Facebook to learn more and watch the event today!

PRAYER REQUESTS

Current Updates

Lisa Cornwell—hairline fracture in her knee; should heal in a walking brace; thankful no surgery is required
Landon Neidig (Teddy & Carol's great grandson) - heart cath & ear tube procedures Nov 10th & 11th
Rod & Cris Seidel in Pratt (friends of Richard & Shelly) - Cris had cancer surgery last week

Ongoing Requests

June Cornwell—now in Kenwood Plaza
Jonathan Batten—recent cancer-related surgery; send him a card at: 909 N 1st St, Garden City, KS 67846
Greg Barlage (Baylee Sizemore's cousin, who lives in Wellesley, MA) diagnosed with Leukemia
Glennys Sallabedra (Tom's mother)-cancer; feeling better
Larry Berg (Tom's friend) - cancer; ongoing treatments
Alex Garcia (neighbor of Stan & Orvalee) - improving health
Stan Aldrich—health concerns
Ty Hewitt (Baylee Sizemore's cousin) - leukemia
Jill Morphew (Janet's sister-in-law) - cancer
Gladys Hornbaker—cancer
Annie Kent (Lupe Hudson's niece) - cancer
Eldon Ivy (Marilyn's brother)-in hospice care/his wife, Sheryl
David Ivy (Marilyn's brother) and his wife, Kathy
Marilyn Sprawka (Don Rugan's sister) - cancer
Jenny Walker (Carol's sister)
Sharon Goode Ames—lung cancer
Roger Dick—ongoing cancer treatments
Theo Birkett (Tara's mother)
Jim Soukup (Gingrich's son-in-law [Shari's husband])
Bonnie Guthrie (Kay's mother) – Hospice Care at Leisure Homestead in Stafford
Myron Brensing (Richard's father) – Leisure Homestead
Laura Wyatt—now on hospice care; send her a card at: Kenwood Plaza, 607 E 1st, St John, KS 67576
Vic & Phyllis Staub (Kenwood Plaza)-health concerns

Church website: www.stjohnchurchofchrist.org