



# For the New Year!

**H**old fast to your faith (Hebrews 4:14)  
**A**ssemble with the saints (Hebrews 10:25)  
**P**ray earnestly every day (1 Thessalonians 5:17-18)  
**P**ray for great blessings (Malachi 3:10)  
**Y**ield not to temptation (1 Thessalonians 5:22)

**N**eglect not your talents and opportunities (Galatians 6:10)  
**E**xamine yourself daily (2 Corinthians 13:5)  
**W**ork diligently for the Lord (1 Corinthians 15:58)

**Y**ield your members to righteousness (Romans 6:11, 16)  
**E**xercise yourself in godliness (1 Timothy 4:7)  
**A**im for a perfect, mature faith (Hebrews 6:1)  
**R**edeem the time (Ephesians 5:15-16)

-by Gus Nichols



## Words of Encouragement

### RENEW

Create in me a new pure heart, O God, and  
 renew a steadfast spirit within me.  
 Psalms 51:10 (NIV)

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Special points of interest:

- Epiphany, January 6, 2016
- Baptism of the Lord, January 10, 2016
- Martin Luther King Jr.'s Birthday Observance, January 18 2016
- Week of Prayer for Christian Unity, January 18-25, 2016
- Enjoy this Month's Newsletter!

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# The Trinity Tablet

# Pastor's Corner



## The Lord's Prayer

(Matthew 6:9-13; Luke 11:2-4)

When we don't pray as Jesus tells us to, we allow our hearts and thoughts and desires to fall out of tune with God. And in so doing, we rob ourselves of being more and more in harmony with the God and Creator of the universe! We desperately need to worship and believe and be in tune with God—and remind ourselves that **He** is our greatest need—on a daily basis. In other words, praying **The Lord's Prayer** is our need, not God's.

Jesus intended to put words in our mouth and mind by giving us **The Lord's Prayer**. Praying **The Lord's Prayer**—out loud or meditatively in our hearts—is a way that Jesus gives us to “tune” our hearts to be in harmony more and more with who God really is. In **The Lord's Prayer**, we ascribe to God what is true of Him—that our greatest need is our dependence upon Him as our Father, Creator, Redeemer, Restorer, Sustainer, Provider, Protector, Deliverer, and Source of Life. And in praying this way, we ascribe all these truths more and more to our own hearts and minds as well (**Read Psalm 103 where the psalmist does the same**).

The Lord's Prayer is Jesus' guide to what and how we should pray for ourselves and for other people—for family, friends, church, community, and anyone else we want to pray for. These are the kinds of prayers God wants us to pray and that He wants to answer.

Always keep in mind that you don't have to bow your head and close your eyes when you pray. In fact, Jesus often prayed looking up (Matt 14:19). *"And he commanded the multitude to sit down on the grass, and took the five loaves, and the two fishes, and looking up to heaven, he blessed, and brake, and gave the loaves to his disciples, and the disciples to the multitude."*

Below is a kind of expanded version of **The Lord's Prayer**, where each line provides a heading in order to guide our prayers. The goal is not just trying to get through this as if it's a ritual. The purpose is to let it guide our prayer—to let these prayers soak a while in our minds and hearts so it can comfort us—challenge us—and change us!

### Our Father in heaven

(Jesus teaches us to pray with security in our Heavenly Father's love for us and presence with us).

You are my Father

You are my Creator—my Maker

You intimately knit me together in my mother's womb (Ps 139:13). *"For thou hast possessed my reins: thou hast covered me in my mother's womb."*

I exist because you created me and intended for me to exist (Ps 139:16; Rev 4:11)— *"Thine eyes did see my substance, yet being imperfect; and in thy book all my members were written, which in continuance were fashioned, when as yet there was none of them."* *"Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created."*

I exist by you and for you (Rom 11:36) *"For of him, and through him, and to him, are all things: to whom be glory for ever. Amen."*

You are intimately acquainted with every detail of my life (Ps 139:3; Lk 12:7)

You are my Father who is always present with me (Ps 23:4; Ps 118:6-7; Ps 139:7)

You are "our Father"—so all your people are my brothers and sisters precious in your sight.

### Hallowed be your name

May your name be glorified and honored—I glory in your glory

May your name be high and lifted up—in my heart and mind and soul ... (Isaiah 57:15 *"For thus saith the high and lofty One that inhabiteth eternity, whose name is Holy; I dwell in the high and holy place, with him also that is of a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite ones."*)

May your name be treasured and loved and cherished above all else

May my life bring glory to your name in my words, my relationships, my work, my...

Not my will, but Your Will be done! (As Jesus prayed in Lk 22:42) *"Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done."*

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### Give us this day our daily bread

Provide for me today everything I need for today—  
And for tomorrow everything I need for tomorrow  
I trust You that everything You provide is everything I need  
Fill me with the Bread of Heaven to satisfy my hungry soul

### **Forgive us our sins...**

(Jesus assumes our need for forgiveness every time we pray. And giving us this prayer request means that God answers the prayers of sinners! Sometimes we can become paralyzed in our praying and afraid to approach God because of guilt. Being united in/with Christ, we need to trust in Jesus' death as our 100% payment for our debt of sin, and his life and resurrection as our 100% perfect righteousness before God. In other words, we are always sinners completely saved by grace, completely saved by grace, completely saved by grace, And God does not turn away the prayers of sinners when we pray like this.)

Forgive me for all the ways I have turned away from You and Your Will—  
The ways I have not trusted You—  
The ways I have offended and grieved You—  
The ways I have rejected Your Wisdom, Your Love, Your Goodness, and Your Glory for my life

### **We forgive those who have sinned against us**

I forgive those who have offended me and sinned against me, because You have forgiven me of such a greater debt of offenses and sins I've committed against You  
I forgive those who have hurt me—those who have acted against me  
I forgive them and release to You my bitterness, resentment, and anger toward them  
I will let go of my unforgiveness and let You deal with them

### **Lead us not into temptation**

Keep me from being deceived by temptation's false promises  
And help me overcome every temptation by believing Your Promises of true Life in Christ— By believing  
Your Promises are always far more satisfying and rewarding than the false promises of sin  
By believing Your Will for me is always my only true good forever

### **Deliver us from evil**

Deliver me from the evil one—  
Who is seeking and desiring only to destroy me—  
To rob and destroy Your Good for my life

### **Because Yours is the kingdom, and the power, and the glory forever. Amen**

I use capital "The" in "The Lord's Prayer", because in the Greek language it is called an definite **article**. **Article** is a [word](#) (or [prefix](#) or [suffix](#)) that is used with a [noun](#) to indicate the type of reference being made by the noun. Articles specify grammatical [definiteness](#) of the noun, in some languages extending to volume or numerical scope. In languages that employ articles, such as Greek, every [common noun](#), is expressed with some exceptions, with a certain [definiteness](#). Therefore: "The Lord's Prayer"

God's Blessings  
Pastor and Louise "15"

## **Spiritual Gifts (Luke 11:11-13, KJV)**

**11** If a son shall ask bread of any of you that is a father, will he give him a stone? or if he ask a fish, will he for a fish give him a serpent?

**12** Or if he shall ask an egg, will he offer him a scorpion?

**13** If ye then, being evil, know how to give good gifts unto your children: how much more shall your heavenly Father give the Holy Spirit to them that ask him?



# Kindness Counts

Need some creative ideas for performing acts of kindness? Here are a few from [randomactsofkindness.org](http://randomactsofkindness.org):

- Make blankets or scarves for homeless people.
- Send a care package to someone who's in college or the military.
- Collect coins for a charity or cause.
- When you can't attend an event, give the tickets to strangers.
- Provide tutoring or mentoring in your field of expertise.
- Offer to babysit or pet-sit for free.
- Send a note of appreciation to someone who's made a difference in your life.
- Share your gifts of music, reading or conversation at a nursing home.
- Donate old sports equipment to schools.
- Give someone the benefit of the doubt — maybe even a family member or yourself!



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# LET FREEDOM RING

**Answers to this month's quiz:**

- 1) Garrett Morgan
- 2) Elijah McCoy /Real McCoy
- 3) Dr. Charles R. Drew / blood plasma