

Psalm 22

First Reading
Psalm 22

The Gospel
Matthew 5:20-26

*Free Bibles are available
by the Besserer door.

UPCOMING EVENTS + ANNOUNCEMENTS

TUES / JUL 29 Messiah Prayer Meeting
7:00pm @ Messiah Office (315 Lisgar St.)

Lowertown Home Group
7:00pm @ Ian Murray's

WED / JUL 30 Men's Bible Study
5:30pm @ Rideau Centre

THU / JUL 31 The House (Young Adults)
7:00pm @ The Giles'

For more information about ministries and upcoming events, visit messiahchurch.ca, call **613.235.0596**, or email info@messiahchurch.ca.



Questions and/or comments about the sermon or scripture text?
Email George at george@messiahchurch.ca



Church of the
Messiah

Welcome!

Helping ordinary people
be confident, joyful disciples
of Jesus Christ.

July 27, 2014

SIXTH SUNDAY AFTER TRINITY

we are a member of:



Anglican Network
in Canada

messiahchurch.ca

Phone
613.235.0596

Email
info@messiahchurch.ca

Mailing Address
315 Lisgar St.
Ottawa ON K2P 0E1



Please ask a greeter
for assistance.

WELCOME TO CHURCH OF THE MESSIAH!

We are a prayerful, Bible-teaching, evangelical church in the heart of the city with a heart for the city and the world. We are a member of the Anglican Network in Canada and part of the Fellowship of Confessing Anglicans. We seek to be a biblically faithful and orthodox church within the Anglican Way of following Jesus.

Are you new? Get connected!

Are you interested in learning more about Messiah and getting connected? Email info@messiahchurch.ca or call **613.235.0596**. Also check out our website at messiahchurch.ca.

Nursery & Sunday School

Nursery (0 - 24 months) and Sunday School (2 yrs - Grade 6) are available at the 10am Service. For Nursery, you are welcome to bring children to the north side of the lobby before or during the service. For Sunday School, children are invited to "follow the cross" during the third worship song.

The Offering Plate

If you are visiting, please feel free to let the plate go by. If you would like to donate, please make cheques out to "**Church of the Messiah**." If you prefer to donate online, go to www.canadahelps.org, then search "Church of the Messiah Ottawa."

Financial Update - Operating Fund

	JAN - JUN ACTUAL	JAN - JUN TARGET
Offering	\$140,910	\$158,124

LEADERSHIP TEAM

Rector

Rev. Canon George Sinclair

Worship Leader & Young Adults Leader

Jeremiah Smith

Administrative & Communications Manager

Amy van Hemmen

Ministry Interns

Jeremy Giles & Daniel Gilman

Wardens:

Dick Butler, Gary Graber, John Rayson
Shannon Ripley, Karl Ruban, Dana Scherf

Praying the Psalms

Dear Friends,

The Psalms are prayers / songs / poems that God wrote for us. If we want to learn how to pray, one way is to learn to pray the Psalms. If God wrote them for us, then we are learning to pray according to His mind, His will and His heart when we pray a Psalm. Below are some tips to begin.

First, ask God to teach you and help you to pray the Psalms. Always begin with a prayer asking for God's help. We need His wisdom and guidance.

Second, there are some psalms which talk about very extreme human experiences. It is probably better to not try to pray these psalms until you are more experienced in praying the psalms and you have become familiar with what these psalms are really teaching. Two examples of these extreme psalms are Psalms 58 and 137.

Third, one way to pray a psalm is to use it as the basis of your conversation with God. So you read a verse or two, then you mark the spot with your finger and you talk to God about what you have read. Be honest. Maybe you will thank God that what the verse says is true. Maybe you will say to Him that you do not understand. Maybe you will confess that this is not what you are doing. Maybe you will ask that what the Psalm teaches will be what you will do or experience.

Fourth, another way to pray the Psalm is to pray it as if it is you talking to God. This will mean that as you "read" the prayer you change some words. You substitute the word (or add) "You" for "God" because you are speaking directly to Him. You might want to put "me," "my," or "I" into the Psalm to make it you speaking directly to God. An easy example is the beginning of Psalm 23, "The Lord is my Shepherd..." To turn this into a prayer, you rephrase it as, "Lord, You are my Shepherd..."

Fifth, another way to pray a psalm is to extrapolate, or "pile on" the words of the Psalm. An example: "Lord, You are my Shepherd. Thank You for being my Shepherd today and caring for my: day / marriage / job / finances / health, etc."

Finally, do not think you have to pray the whole Psalm. Sometimes praying a Psalm leads into wide ranging and surprising prayer. Sometimes your prayer time is up and you haven't finished the Psalm. Just say, "In Jesus Name. Amen."

George +