

TICKETS ON SALE FOR \$20
IN THE LOBBY AFTER THE 10AM SERVICE



MESSIAH OFFICE | 315 LISGAR ST. OTTAWA ON, K2P0E1

SUNDAY SERVICE | OTTAWA LITTLE THEATRE, 400 KING EDWARD AVE. OTTAWA, ON



CHURCH OF THE MESSIAH

Welcome!

LETTERS FROM A ROMAN JAIL *Ephesians*

OCTOBER 27TH

MAKING DISCIPLES OF JESUS GRIPPED BY THE GOSPEL,
LIVING FOR GOD'S GLORY.

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.

(Continued on next page)

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 +

PSALM 23

1 The Lord is my shepherd; I shall not want. 2 He makes me lie down in green pastures. He leads me beside still waters. 3 He restores my soul. He leads me in paths of righteousness for his name's sake. 4 Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. 5 You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. 6 Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.

For your Prayers

FINANCIAL UPDATE | MONTHLY

MONTH TARGET for Oct | \$34,920
ACTUAL for Oct | \$21,377

FINANCIAL UPDATE | YEARLY

YEAR TARGET to Sept 30th | \$256,080
ACTUAL as of Sept 30th | \$251,219

RECTOR | Rev. Canon George Sinclair

CHURCH PLANTER | Daniel Avitan

MINISTRY INTERNS | Matt Usherwood,
Jason Biggs

ADMINISTRATOR | Jen Murray

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 OTTAWAMESSIAHCHURCH

 MESSIAH CHURCH SERMONS

 INFO@MESSIAHCHURCH.CA

 613-235-0596

 MESSIAHCHURCH.CA

I NEED TO DEVELOP GODLY ATTITUDES.

- A) Pray for godly attitudes in general & certain attitudes in particular.
- B) Ask others to pray the same thing for you.
- C) Repeat the attitude to help it sink in. Do this in conjunction with A & B!

ATTITUDES.

1. I desire to learn from correction and rebuke.
2. The living God desires my repentance not my being crushed.
3. No one has to stay doomed.

I NEED TO GROW IN PRAYER.

A great way to do this is to learn to pray the Bible. Pray this prayer until you can pray without reading:

Heavenly Father, please deliver me from religion. Please deliver me from spirituality. Please pour Your Holy Spirit into my depths. Please grip my heart with the good news of Jesus Christ crucified as the power from You for my salvation. In Jesus Name, Amen.

I NEED TO GET GOD'S WORD IN MY MIND AND HEART.

"But he said, "Blessed rather are those who hear the word of God and keep it!"

Luke 11:28 (ESV)

I NEED TO DO SOMETHING OR START TO DO SOMETHING.

Complete the following sentence: "In light of God's word, the Holy Spirit is leading me to _____."

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