

Yes, my soul, find rest in God; my hope comes from him.  
Psalm 62:5

**READ:** Psalm 62

God's will is sometimes hard to follow. He asks us to do the right things. He calls us to endure hardship without complaining; to love awkward people; to heed the voice inside us that says, *You mustn't*; to take steps we'd rather not take. So, we must tell our souls all day long: "Hey soul, listen up. Be silent: Do what Jesus is asking you to do."

"My soul waits in silence for God alone" (Psalm 62:1, NASB). "My soul, wait in silence for God alone" (62:5 NASB). The verses are similar, but different. David says something *about* his soul; then says something *to* his soul. "Waits in silence" addresses a decision, a settled state of mind. "Wait in silence" is David stirring his soul to remember that decision.

David determines to live in silence—quiet submission to God's will. This is our calling as well, the thing for which we were created. We'll be at peace when we've agreed: "Not my will, but yours be done" (Luke 22:42). This is our first and highest calling when we make Him Lord and the source of our deepest pleasure. "I desire to do your will," the psalmist said (Psalm 40:8).

We must always ask for God's help, of course, for our "hope comes from him" (62:5). When we ask for His help, He delivers it. God never asks us to do anything He won't or can't do.

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**REFLECT:** When have you thought God's will for you was difficult? How can you live in quiet submission?

**PRAY:** *I may not always understand Your will, Father, but I ask for help to submit to it. Teach me to trust Your good and faithful character. Please give me a submissive heart.*

### **PRAYER SUGGESTIONS:**

- Sunday was Christ the King Sunday and Pastor Jeff used "Be still and know that I am God" as a reminder for us to quiet our thoughts, our fears, our self-talk, and focus on Jesus. Let's continue to do that today.
- Pray for the Ecumenical Thanksgiving Service at St. Sebastian Catholic Church. May God inspire those who are leading worship and bless all who attend.
- Pray for the families served by the Ecumenical Food Pantry, and for the volunteers who serve there.
- Pray for those who are entering their first holiday season after the death of a loved one.
- Pray for our troops abroad, who are separated from family. Pray for their safety, provision, and for the safety and health of those they love.

## CHURCH AT PRAYER

### Current Health Issues:

Joyce Anderson's daughter Cheryl & grand-daughter Kim  
Ben Ashton, & his aunt Minnie  
John Atta & friend, Don  
Ed Bachus  
Brian Banks' daughter  
Jean (Les) Bell  
Karen Bowser's grandson, Elija  
Clark & Jean Brillhart's friend, Shirley  
Dwight (Sandy) Campbell  
Pat Carroll's daughter, Jennifer  
Sally Clark  
Charlie Costello  
George Chamberlin  
Diane Cooper's friends Jamie B. & Ed F.  
Dawn Durling  
Barbara Eisenbach's friends, Mike K. & Rev. Richard Adams  
Diane (Richard) Grant, her sister, Barbara, & brother-in-law, Herb  
Ray & Gayle Green's daughter, Samantha & grandson Melvin  
Barbara Harding  
Mildred Hartman  
Rev. Sandy Hill  
Ron Kelly  
Mary Keogh's friends, Beth & Debbie  
Joan Kraftchak's neighbor, Chris  
Sharon Layman's friend Bill & friend Robin  
Juanita Leioatts' sister Shirley, & friend Teri  
Lulu Llewellyn's friend Daniel B.  
Doreen Lynch's brother Richard, friends; Jessica, Judy, Chris, & neighbors Linda & Al  
Marshall (Patsy) McCammack  
Cornelia Mills' friend Sharon  
Kathy Morrison  
Dave (Christine) Pierson  
Dan Sharrow  
Ralph Smith  
Rev. Jim Spanogle  
June Taylor's daughter, Cheri  
Norma (Al) Tebbs' friend, Esther

Juanita & Bill Welsh  
Jane Wilson  
Carol Wise's son Jimmy  
Julie Wylie, and grandson, Austin

### Persistent/Chronic Illness:

Pam Carter  
Pat (John) Carroll  
Stan (Helga) LaVoque

### Homebound/Care facilities:

Patci Blackwood  
Ray Bratberg  
Nancy Hart

### Grieving:

Family and friends of Karen Rose, on the death of her husband, Irv (10/4/2024)  
Family and friends of George Hall, on the death of his wife, Roxie (10/19/2024)  
Family and friends of John Atta, on the death of his wife, June (10/23/2024)  
Family and friends of Barbara Harding, on the death of her husband, Wayne (11/13/2024)  
Family and friends of Bebe Rowe, upon her death (11-15-24)



**Team Members:** Joyce Anderson, Clark Brillhart, Jane Capo, Pat Carroll, Sally Clark, Barbara Eisenbach, Juanita Welsh (Rev. Jeff Wood)

**Pray with us:** Tuesdays at 9:15 a.m. To request prayer, contact the office or speak to a team member.

**Prayer Teaching—** CAP's 4th Tuesday of the Month at 9:30 a.m.