



Waldo Avenue
Restoration Branch

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Pray Without Ceasing

***Because the enemy is
Preying without ceasing!***

Pray unto Him continually by day and give thanks unto His holy name by night; 2Ne. 5:103. And...ye must pray always and not faint,...2Ne14:12

Do you sometimes feel your prayers are weak, ineffective, that they aren't reaching heaven? "Nine out of ten people pray weakly, ineffectively, somewhat like a low-grade broadcasting station." That's what Frank Laubach, author and teacher, says in his book Prayer – The Mightiest Force in the World. By persistent training we can make our prayer-life a radiant, creative force.

Here are some suggestions for vitalizing our prayers,—

- ⇒ Start out with praying for others before ourselves.
- ⇒ Get out of your prayer rut. Be willing to discard or change old habits of prayer. For example—the position of your body during prayer does not matter. You don't have to close your eyes or kneel or stand or fold your hands and lower your head. Some positions are valuable if they relax your mind and body.
- ⇒ Use those fragments of idle time. During the day every person wastes

dozens of small time segments: in the bath, dressing, walking down stairs, riding or walking to a destination, in an elevator etc. Such moments can be filled with a prayer of ten seconds to a minute long. Call them "flash prayers". "Flashing hard and straight prayers at people in a bus while repeating Jesus ...Jesus ... Jesus...will sometimes make those near you act as if they had been spoken to. When I do this, it seems to me that I am pushing these prayers from my breast and fingers, as well as, from my brain—from my whole nervous system. After a while the bus or car or room, seems gently excited like the magnetic field around a magnet", Dr. Laubach writes.

I read a testimony recently of a woman who used this technique at work. The weekly conference meetings they had were very stressful and contentious. She began looking into the eyes of each person at the table and praying for them, not vocally but silently. Pretty soon attitudes changed. She would smile or nod at them. She said the whole room changed when she did that. Thoughts came into her mind of positive solutions to their difficulties and she would verbalize them and the meetings began to be calmer and more productive.

Continued

**Success comes in cans
Failure comes in can'ts**

Pray Without Ceasing

- ⇒ **Pray while you read.** When reading a news article pause for a second over the name of a world leader or one suffering hardship.
- ⇒ **Pray while listening to music.** While sitting quietly listening to music ask the Lord's insights be brought to your mind.
- ⇒ **Pray while walking.** The rhythm of your walking can bring about lively, exhilarating, joy-filled prayers.
- ⇒ **Pray when falling asleep.** When people have trouble sleeping at night, they waste precious hours tossing and turning. Time can be better used in prayer and often you fall asleep during the prayer.
- ⇒ **Pray while you work.** Whether it's housework, yard work, or at work at a place of employment. The Lord can bring people into you mind and you can offer intercessory prayers on their behalf.

"When you have a sense of creative spontaneity in your love for God and people, you will find that kind of adventure but also increase tenfold in power."

Dr. Laubach writes.#

Julies Testimony

At a women's meeting we were studying Twelve Extraordinary Women by John Mac Arthur. One of the women commented that *God provides; and not scraps, He provides abundantly.* For the past few months the girls (pet birds) and I have

Show me what you do with your time and what you do with your money and I'll show you who you worship.

been praying that God will multiply what we have like He did with the loaves and fishes. Later that day someone offered me some food. One thing was something the girls particularly like. The other thing they couldn't eat and wasn't something I usually use, but later that day as I was again thanking the Father, He showed me that I could substitute it for something which I had been praying for.#

Meekness

Put on therefore,...bowels of mercies, kindness, humbleness of mind, meekness, long-suffering; forbearing one another, and forgiving one another,... And above all these things put on charity, which is the bond of perfectness. And let the peace of God rule in your hearts,....

Meekness is power under God's control. Below are five characteristics of meekness:

- **Humility**—doesn't have an inflated opinion of self-importance.
- **Patience**—doesn't react harshly or impulsively esp. when wronged.
- **Restraint**—chooses not to assert dominance even if one has the ability to do so.
- **Teachable**—is open to leaning and receives correction without defensiveness.
- **Kindness**—respond with charity even in a tense or unfair situation.#

Give Me Thy Heart

How long can you live without a heart? The answer may surprise you (see page -6).

If our hearts are in sync with God we are walking in tune with Him. This is Absolute Surrender.

Obedience aka Absolute Surrender

Genesis 4:6 — *And Adam was **obedient** unto the commandments of the Lord. And after many days, an angel of the Lord appeared unto Adam, saying why dost thou offer sacrifices unto the Lord? And Adam said unto him, I know not, save the Lord commanded me.*

*And Eve, his wife, heard all these things and was glad, saying, were it not for our transgression, we never should have had seed, and never should have known good and evil, and the joy of our redemption, and the eternal life which God giveth unto all the **obedient** (Gen. 4:11).*

*For as by one man's disobedience many were made sinners, so by the **obedience** of one shall many be made righteous. (Rms. 5;19).*

Does God Trust You?

*Behold, the Lord requireth the heart and a willing mind; and the willing and **obedient** shall eat the good of the land of Zion in these last days; Behold, I say unto you, Were it not for the transgressions of my people, speaking concerning the church and not individuals, they might have been redeemed even now; but, behold, they have not learned to be **obedient** to the things which I require at their hands, but are full of all manner of evil, and do not impart of their substance, as becometh Saints, to the poor and afflicted among them, and are not united according to the union required by the law of the celestial kingdom; and Zion cannot be built up unless it is by the principles of the law of the celestial kingdom; otherwise, I cannot receive her unto myself; and my people must needs be chastened until they learn **obedience**, if it must needs be, by the things which they suffer. (DC64:7s).*

Does God Trust us to be Obedient?

God trusts us to be faithful and carry out His plan.
God trusts us to be good stewards of the things He

created, such as the land, animals, and finances.
God also trusts people to live out the gospel in their lives. To be valiant in testimony..

God trusts us to go our way and... *Go your ways; behold I send you forth as lambs among wolves (Luke 10:3).*

God trusts us with the stewardship of the world even over His kingdom. *But the saints of the Most High shall take the kingdom, and possess the kingdom forever, even forever and ever (Daniel 7:18).*

God trusts us to judge the world, even angels. *Do ye not know that the saints shall judge the world? And if the world shall be judged by you, are ye unworthy to judge the smallest matters? Know ye not that we shall judge angels? How much more things that pertain to this life? If then ye have judgments of things pertaining to this life, set them to judge who are least esteemed in the church (1Cor. 6:2-4).*

God trusts us with the things He has made known to us. *Henceforth I call you not servants; for the servant knoweth not what his Lord doeth; but I have called you friends; for all things that I have heard of My Father I have made known unto you (John 15:15).*

God trust us to bear His life into the world. Not because of who we are, on our own, but because of our **obedience**, He lives in us. When we are **obedient** to the will of God, we and God trust each other. When we trust each other, our work, His work, is multiplied a thousand-fold.

We trust God to be God—All-powerful, full of grace, and eternally faithful. He trusts us to be His people—limited and dependent, alive and growing, loving Him and wanting to love Him more.

Now I will liken these things unto a parable. For it is like a man traveling into a far country, who called his own servants, and delivered unto them his goods. And unto one he gave five talents, to another two, and to another one; to every man according to His several ability; and straightway went on his journey (Matt. 25:13).

God trusts us with His talents to have stewardship over them. How are we doing? (Faith In Action—Witnessing/Missionary Families LHRB).#

The future is your friend when Jesus is your Lord.

Recipes for a Healthy Church

published by Zion Bound Press

Dedicated to all those who enter into the house of the Lord.

Menu

Fast Frequently—A recipe book that requires fasting might seem strange, but a Christian life that does not implement this vital principle is lacking indeed.

Living Water—The ingredients are yet to be determined but Jesus promised He could provide it.

Miraculous Mixture—1. Faith the size of a mustard seed. 2. Reason for divine intervention. 3. People who can recognize a miracle when it occurs.

The Pastor Stew —1. Mix heavy responsibility with the assurance that God will assist. 2. Season with the concern of the Good Shepherd. 3. Add the ability to organize, and delegate tasks. 4. The “stew” can be removed by the assistance of the entire congregation.

A Guide to Studying the Scriptures

Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth (2Tim.2:15).

1. Determine what you will study: Book of Mormon, New Testament, Old Testa-

ment or D&C. If you are new at studying the scriptures, it is best to start off with either one of the four Gospels or the Book of Mormon. These are easiest to understand.

2. Study the scriptures sequentially, that is, if you are studying the Gospel of John, start with chapter one and study through to chapter 22. Doing this will help you understand what the author is trying to convey and his testimony of God. Also, this will help you gain familiarity with the scriptures as to where certain subjects are and when certain events occurred. And finally, this will aid you later when you study the scriptures by topics in determining their relevance to the subject and not taking the scripture out of context.
3. Study in a quiet spot in your house or room. If possible, set up a special area where you will study, a place where you know you will go to meet God.
4. Try to study the scriptures the same time every day. This will build consistency in your study habits to the point where you will look forward to the time of your study.
5. Make your own concordance. Get a file cardholder with file dividers A-Z. As you study and come across a subject in the scriptures that you want to refer to later, fill out a card with the subject at the head. Then write down the scripture reference and a portion of that scripture that includes the subject. Continued next page.

If you know God loves you, you know everything. If you don't know God loves you, you don't know anything. Doug Smith

People are looking for a revival, it is a time of reformation. If you pursue the reformation you'll be a part of the revival. Lance Wallnau

Studying the Scriptures

Continued from page -4-

And they searched the scriptures diligently that they might know the Word of God (Alma12:4).

6. As your scripture study progresses, you may want to invest in a concordance and other resources. The best concordance available is Strong's Exhaustive Concordance of the Bible. This concordance also has a Hebrew and Greek dictionary. For the Book of Mormon and the D&C, one of the best I've found is The Good News Concordance of the Book of Mormon and the D&C. Published by Zion's Outpost Pub., 6300 Tarrytown, Park City, Ks. 67219 or Zionsoutpost@aol.com. Another good concordance is in the RCE edition of the Book of Mormon.

The Strong's Concordance is available on the internet, one site is elijah.com/lexicon.html. When you need to look up scriptures, this is a great site for Restoration Saints: restoredgospel.com/Scriptures1/Shell_Search_Classic.php. You can look up scriptures from the Old and New Testament, Book of Mormon and D&C or all of them at one time.

7. Another help to understanding scripture is knowing the history. It helps to know who did what, where and when. The best way and the quickest is to read a children's Bible story book. That way, you will quickly get to know the sequence of events in the scriptures and the cast of characters. One of the best Bible story-books is Egermeier's Bible Story Book. For the Book of Mormon, The Sword of Laban by Edward Butterworth is good. Once you get the who, what, where and when down,

then read it for real from the scriptures. You will discover some intriguing stories and some funny ones also.

8. The most important thing to do in the study of the scriptures, before you begin is to pray. When you come to your place of study, come with humility and see your Heavenly Father. Ask that His Spirit attend and guide you in your study. Without His Spirit, the study of scriptures is incomplete. With His Spirit, the study becomes a wonderful time of enlightenment in the *Words of Life*.#

Pray for Your Neighbors

How can we pray for our neighbors?

Maybe you know your neighbors and have an actual friendship with them. Or maybe, like many of us today, you know them only by a wave in passing. If you do not know your neighbors, *Bless Every Home* (blesseveryhome.com) is a website with a desire to help you transform your neighborhood by praying for your neighbors by name. Either way, praying for your neighbors is a powerful way to impact their lives without them even knowing it. And, more importantly, praying for your neighbors is an act of obedience to God.

How do we pray for our neighbors?

If you know them personally, you may know of specific areas of their life that absolutely need prayer. If you don't know them personally, you can pray and ask God to tell you what to pray for them.

Pray for your neighbor to:

- Come to know the Lord.
- Find rest in their daily lives.
- Be protected from harm.
- Be healthy or healed.
- Have success in their businesses.

Cont. next page.



Give Me Thy Heart

We can live without other organs but not the heart, 3 seconds, that's it.

Pray for Your Neighbors

Pray for your neighbor to:

- Be kind and compassionate.

Our neighbors are people who God put into our lives. Good or bad, friendly or unfriendly, God has allowed us to be close to them and be involved in their lives. Some of our neighbors may benefit from knowing us as friends, but I'm betting that many people live close by that you barely know; some you may not want to know or may never have the opportunity to meet. But, when Jesus gave the *Great Commission* to His disciples to go out into the world to spread the good news of His saving power, the first people He told them to tell were their next-door neighbors and then the rest of the world. So, always remember to pray for our neighbors. Imagine what a difference this could make in our world!#

A Spiritual Strategy

An anonymous author wrote the following lines many years ago. Now, more than ever, they constitute a keynote for successful living. They might be called a spiritual strategy.

“The Lord has given to every man his work it is his business to do it, and the devil’s business to hinder it if he can. As sure as God has given you work to do, satan will try to hinder you. He may present other things more promising, he may allure you by worldly prospects, he may assault you with slander, torment you with false accusations, set you to work defending your character, employ pious persons to

lie about you, editors to assail you, and excellent men to slander you. You may have Pilate and Herod, Annas and Caiaphas all combined against you, and Judas standing by ready to sell you for 30 pieces of silver.

“But keep about your work. Do not flinch because the lion roars; do not stop to stone the devil’s dogs. Do your work. Let liars lie, let the devil do his worst; but see to it that nothing hinders you from fulfilling the work that God has given you. He has not sent you to make money. He has not commanded you to get rich. He has never bidden you to defend your character. He has not set you at work to contradict falsehoods which satan and his servants may start to peddle. If you do these things, you will do nothing else; you will be at work for yourself and not for the Lord.

“Keep about your work. Let your aim be as steady as a star. Let the world brawl and bubble. You may be assaulted, wronged, insulted, slandered, wounded and rejected; you may be abused by foes, forsaken by friends and despised and rejected of men. But see to it with steadfast determination, with unfaltering zeal, that you pursue the great purpose of your life and object of your being, until at last you can say ‘I have finished the work you gave me to do’.”#

Faith

I read the following recently: The first night in their new room, my two granddaughters, ages four and five, were afraid to go to sleep. After their mother had tucked them into their double bed and assured them several times all was safe, she finally said, “Remember, you’re never alone. God is always with you.” as she left she overheard the four-year-old say, “Move over, Courtney. Let God sleep in the middle”. #