

Subject: Always Praying
From: "St. Francis Episcopal Church" <vicar@stfrancisva.org>
Sent: 2/4/2015 7:44:52 AM
To: "Larry" <lckiddjr@gmail.com>

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The logo for St. Francis features a large white letter 'S' on the left. A red cross is positioned behind the 'S', with a sunburst pattern of small red dots radiating from its center. To the right of the 'S' and cross, the word 'Francis' is written in a white, serif font. The entire logo is set against a dark blue background.

St Francis



February 4, 2015

Always Praying

*The prayers of David,
the son of Jesse,
are ended.
Psalm 72:20*

What Do You Pray About?

There are a number of people who are afraid to keep up a discipline of prayer. There are various reasons for that. One of them is that people can be afraid of making a mistake in prayer. They may be afraid of praying the wrong thing, or praying the right thing in the wrong way. Another cause for such anxiety is wondering if God is even interested in their own life and situation. Variations of these kinds of thoughts and fears can cause people to not pray at all.

What Don't You Pray About?

The fact of the matter about prayer is this- nothing is off limits. That struck me as I looked at Psalm 72 which is appointed to be read at morning prayer this morning. Verse 20 reads, "The prayers of David, the son of Jesse, are ended." The first seventy two psalms are the prayers of David. These psalms and the rest of the Book of Psalms are also the prayer book of Jesus. David complained, confessed sin, lamented, wondered, and praised in his prayers to God. Nothing was left out of prayer. One reason was he knew God was listening. David knew God was already there, already acting. God's love for us is never diminished by what we think, do, say, or pray.

How to Get Started Praying About Everything

Think of one thing you do not want to bring up with God. Now bring it up to Him in prayer. That will be a good start. See what happens. What changes within your attitudes, your beliefs? What encouragement to you feel? What do you want to pray about next? BTW, wouldn't it be a good lenten discipline to bring one thing up with God each day you really do not want to pray about?

Coming Attractions

Sunday, February 8, 2015 worship at 10:00am followed by pot luck.

Wednesday, February 11, 2015 vestry meeting 4pm

Sunday, February 15, 2015 worship at 10:00am

Wednesday, February 18, 2015 Ash Wednesday worship at 6:15pm

The Garden will meet immediately after pot luck on February 8th for planning.

Please bring non-perishable food to go to the Food Pantry of the Goochland Free Clinic and Family Services. Leave your donations in the box provided in the vestibule.

Centerville Circle of Prayer

For Dollar General, that this business would grow, the employees would provide for their families, and the community would benefit from the provisions of this business.

Diocese of Virginia

For the congregations and clergy of Trinity, Manassas; St. Peter's in the Woods, Fairfax Station; Holy Cross Korean, Fairfax; St. Paul's, Baily's Crossroads; St. Barnabas, Annandale, that each would continually walk in the power of the Holy Spirit

Metropolitan Richmond

For the coming of God's Kingdom in Metropolitan Richmond: For healthy economic development, which enhances the Metropolitan community, employs the unemployed, and contributes to the common good.

Grace and Peace,

John Maher

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