



SPIRITUAL DIRECTOR'S THOUGHTS

Dear Fellow Pilgrims

We are continuing this month with the theme: Are you fit for prayer?

Remember we are not asking if you are worthy of praying but about our capacity to pray. Are our minds and hearts as fit for prayer as our bodies are (or once were) for work?

You need to keep at prayer in order to be able to express yourself to God.

Nor are we talking about learning religious language. Religious jargon is one sure sign of someone who really isn't "with it" when it comes to prayer.

We also want to get away from the 7-11 prayers (see Matt. 7:11) where we run to God every time we have an immediate need but otherwise stay home.

What we are talking about is having confidence in our relationship with God.

What do you say to God?

Just follow this simple pattern: **ACTS**.

Last month we talked about:

**A**doration. Get your attention off yourself and focus it in God. Tell God how wonderful and awesome he is.

This first step is much like the prophet Isaiah who when he was at prayer had a vision of God.

**"I saw the Lord seated on a throne, high and exalted, and the train of his robe filled the temple. Above him were angels, each with six wings: With two wings they covered their faces, with two they covered their feet, and with two they were flying. And they were calling to one another: "Holy, holy, holy is the LORD Almighty; the whole earth is full of his glory." (Is. 6:1-3 NIV)**

However as he looks on God's glory, the prophet is struck by the contrast of his sin with God's holiness and glory.

**"Woe to me! I cried. 'I am ruined! For I am a man of unclean lips, and I live among a people of unclean lips, and my eyes have seen the King, the LORD Almighty.'" (Is. 6:5 NIV)**

Confession is probably the most neglected area of personal prayer today. We have been positively infected with the virus of positive thinking. Barbara Erenreich takes on our "smiley-faced culture" in her recent book *Bright-Sided* if you want to hear more about this. Suffice it to say that we all need a solid dose of reality when it comes to who we are before God. We need to take our sins, one-by-one, out of the stinking heap and put them in the washer of God's mercy. Instead of saying before God generally, "I have been less than the best husband", I should say,

"Today I went home determined to be insensitive and self-concerned; unwilling to be a servant. I had had a hard day and I

was going to have things my way or no way. God, I need your mercy for my selfishness."

When you have the guts to name your sins before God – adultery, hatred, greed, selfishness, anger, fear - change takes place.

First, your conscience is cleansed. You can truthfully say, "I'm finally getting honest with God> I'm not playing games anymore and it feels good." And you know what? There is no "pleading the Fifth" with God. You're not telling him anything he doesn't know.

Second, you will be flooded with relief, knowing that

**"As far as the east is from the west, so far has he removed our transgressions from us."**

**(Ps 103:12 NIV)**

Then we can feel free to pray that God would take this sin away from us so that we can live for Christ. The power of the Holy Spirit can enter our lives like the angel brought the coal to touch Isaiah's lips and our lives will become radically different. About the fifth time you have to call out that sin you will say to yourself, "I'm about tired of this. With God's help this is leaving my life NOW."

Sooner rather than later you will see Paul's words come true in you

**"Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!"**

**(2 Cor 5:17 NIV)**

**T**hanksgiving There is a difference between feeling grateful and giving thanks.

When the ten lepers walked away from Jesus, they were all healed on the way. I am sure all of them felt true gratitude for their healing. But only one came back and threw himself at Jesus' feet, giving thanks for what he had received. He not only felt gratitude but gave thanks in the spirit of the Psalmist who wrote

***"Praise the LORD, O my soul, and forget not all his benefits-- who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's."***

**(Ps 103:2-5 NIV)**

We as parents know how wonderful it is when our children and grandchildren say, "Thank you!" in a heart-felt way. God feels

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the same way about us. Jesus was disappointed that the other nine (who were Jewish) failed to return to give thanks but was heartened by the one (a Samaritan) who did come back and give thanks. (see Luke 17: 11-19)

For what should you be giving God thanks today? Answered prayer? Material blessings? Spiritual blessings? Blessings in your home, job, circle of friends?

Now that you realize how wonderful God is, you have laid out your faults and failings and received his grace, given thanks for all that God has done for you, NOW you are ready to ask for what you think you need.

Supplication. That is, **HELP!**

Jesus has urged us to do this. Ps 103:2-5

**"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened." (Matt 7:7-8 NIV)**

Nothing is too big for God to handle or too small to interest him.

Here is a suggestion: during the day write down in a journal the needs of others and then yourself that come to your attention. Then bring them before God. That way you can also keep a record of answered prayer. It isn't as though you are holding God accountable.

You will be amazed at how God has answered your prayers

and how wonderful it is that, as you look back, he didn't answer some others. Once after some great successes in Lima District Youth work I applied to be Youth Director for the Yellowstone Conference (Montana and Wyoming). I loved mountains and youth work; why not? I got some glowing recommendations. They chose me to fly out to Billings to talk to the committee. All was looking good. From there, despite prayer, everything went wrong that could go wrong. My luggage didn't arrive. My interview went south. As I look back I can see God was answering NO in a big way. Good thing, because as I found out later the position was not well-funded. I could have been reassigned to a church way out in the middle of nowhere. Let me tell you there is no nowhere like Montana nowhere unless it is Nevada nowhere but I am familiar with that and it's a lot warmer.

When you rise from a prayer like this, it will be rare that you will feel burdened. Rather, you will feel as though you have been lightened and reassured, comforted and consoled. You will be, not blindly optimistic but soundly strengthened for what lies ahead.

Because those who are fit for prayer are those who are truly fit for life.

Your Community Spiritual Co-Director  
Bill Kelley

## WELCOME TO THE MEN AND WOMEN FROM THE LAST WALKS!

We welcome the men and women from the last 2 walks to the Springfield Emmaus Community. Ninety eight percent of you shared with us what the week-end meant to you and what you were going to do in the future. Have you?

Have you started? Have you taken the first step? Who is holding you accountable? Share group—share group—share group! SHARE GROUP! Your sponsor can help and/or the Good Shepherd but it starts with you.

We encourage you to join a group or start your own. You can start with two and grow to four or five. But you have to start.

On your week-end you either discovered something about your self or met Jesus and discovered things about your relationship with Him. Is that worth sharing? Maybe others would like the same opportunity. Share Christ and His love with others. We need applications. We need men's applications! We need men to step up. Remember that Christ is counting on you!

De Colores "Pinky" Pendleton

### OUTREACH

At each Gathering there is a table set up in the hallway which has Emmaus and Chrysalis applications, with info on both plus Kairos. A basket is on the table with 3 x 5 prayer cards for prayer concerns. These need to be filled out ahead of time so those in charge can read and share

them with the Emmaus Community during the Gathering. After being read and prayed for, they will be placed on the hand rail in the Sanctuary. As we go forward to take communion, those who wish, may pick up a prayer card to take home for continued prayer.

### *Wanted: Old Computers*

Eagle & Dove ( a after school tutoring program ran by Dave Speas and Duane Tron ) needs any old computers or parts of computers. They have someone that can work on them and possibly make them usable in that program.

Dave Speas 322-2374  
Duane Tron 663-5849

## NEWSLETTER!

It has been a blessing to serve the Emmaus Community these last several years by doing the newsletter. Unfortunately our work schedule is so much more busy now, that we have not been able to do a good job getting the newsletter out on time.

If you are willing to help, please contact Silke Berner or Kim Stehle for more information!

[info@bernerners.com](mailto:info@bernerners.com)

## SPRINGFIELD AREA WOMEN'S EMMAUS WALK #60

PILGRIM	CHURCH NAME	SPONSOR
Anita Biles	St. John Missionary Baptist	Kimberly Cobb-Crump
Cyndi Bishop	North Hampton Community	Randy Bishop
Grace Brown		Reva Hutchins
Marla Brunette		Tricia Blanken
Denise Carpenter	Nation Chapel UMC	Donnie Carpenter
Joan E. Cox	New North Street A.M.E. Church	Reva Hutchins
Barb Cremeans	Grace Bible Church	P.A. Rummel
Mary Ellen Cunningham	Grace Baptist Church	Dorinda Jones
Cherie Douglas	Nation Chapel UMC	Rev. Cindee Johnson
Jean A. Ferryman	Nation Chapel UMC	Micheal Ferryman
Renee Fields	Foghouse Ministries International	Tracie Brim
Gloria J. Garrison	Greater First Baptist	V. Reed & S. Grayson
Colleen Geondeff	Maiden Lane	Eddie & Jackie Jaudon
Ann Gordin	Shawnee Hills Baptist	Mark Gordin
Vicki Henry	Bethel Community Church	Lucille Martin
Joyce Isley	Zion Hill Baptist Church	Mr. & Mrs. Tron
Betty Jones	Oakland Presbyterian	Judy Delledonne
Karyl J. Lewis	St. John Missionary Baptist	Dorothy Higginbotham
Mavis H. Lewis	Nation Chapel UMC	Rev. Cindee Johnson
Jessica Moseley	Grace UMC	Susan LaPrise
Joni Nettleingham	Medway UMC	Lisa Nettleingham
Merissa Peck		Norman & Dedria Moore
Lechell Raines	Renewed Strength	Jodi Fisher
Angie Smith	Grace UMC	Rick Smith
Diana J. Stanaway	Rockway Lutheran	Pam Peterman
Mary Steele	Risen Christ Lutheran Church	Ellen Smith
Roxanne Taylor	St. John Missionary Baptist	Dorothy Higginbotham
Cathlean Tittle	Christian Life Church	Gail McKinley
Susan Turnmire	Only Believe Ministries	Tish Turnmire
Joanne Waddle	Bethel Lutheran	Sharon Waddle
Frances Wagner	Freedom Road	Janet Bostick
Julie Wax	Mars Hill Bible Church	Bob Czerniak
Dianna Wirgau	Nation Chapel UMC	Rev. Cindee Johnson
Donna J. Young	Nation Chapel UMC	Diahann Blackburn
Lorraine M. Zimmerman	Mechanicsburn UMC	Rev. Cindee Johnson

### Team List

LD	Belinda Montgomery	MD	Kelly Crain		
BR	Sherry Porter	AMD	Char Combs		
SD	Rev. Carolyn Peacock	TL	Corina Bowen	ATL	Robbin Ferriman
ASD	Rev. John Eshelman	TL	Sandy Falkner	ATL	Jacky Lee
ALD	Yvonne Dobbins	TL	Phyllis Garber	ATL	Robin Henry
ALD	Judie Myers	TL	Dorinda Jones	ATL	Paulette Pinkerton
ALD	Kim Stehle	TL	Karen Packer	ATL	Lisa Sites
LOG	JoAnn Horrocks	TL	Michelle Rockfield	ATL	Shirley Teets
LOG	Joyce Penwell	TL	Cathie Finchum	ATL	Mary Wilson

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www.highstreetumc.com

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### **UPCOMING GATHERINGS!**

**November 14, 2010 at 7 PM**

#### **FOOD & FELLOWSHIP:**

After each gathering, there will be a time of fellowship and food.

**If you plan to stay, please bring a dish to share.**

### **PRAISE GATHERING: DECEMBER 12!**

Anyone who wishes to share a story, song, reading, skit is welcome to sign up.

Please contact Sue and Vic Neves at 937-767-2976

### **2010 WALK DATES:**

#### **Women's Walks**

# 60 NOVEMBER 4-7

### **2011 WALK DATES:**

#### **Women's Walks**

# 61 FEBRUARY 17-20

# 62 JUNE 23-26

# 63 NOVEMBER 3-6

#### **Men's Walks**

# 41 APRIL 28 - MAY 1

# 42 SEPTEMBER 22-15

*"My grace is sufficient for you, for my power is made perfect in weakness."*