

## *Bend the Knee*

I am always looking for ways to freshen up my prayer life. It's so easy to get stuck in a routine. So, of late I have been doing two things:

(1) Praying three times a day: I try to pray in the morning before the craziness of the day, in the afternoon right after lunch, and at bedtime. We see Daniel, for instance, in Daniel 6, praying three times a day. There's nothing magical about three times but it's a great way to make prayer a habit of your life.

(2) Getting on my knees: You can pray standing, sitting, or lying down. When you bow the knee, it removes distractions and is a physical gesture of humbling yourself before God.

I encourage you to try one or both practices. Just make sure, whatever your approach, you practice the presence of God.

## *Happy Anniversary*

June 10<sup>th</sup> marks my 6<sup>th</sup> year as your pastor. I cannot believe I've been here six years! You have proven yourself to be a church that loves and supports its pastor. You are such a blessing to my family and me. Thank you! I love you and am blessed to be here.

Your Pastor,

*Jason R. McNaughten*

## *Peace*

In John chapter 14, Jesus says "Peace I leave with you; my peace I give you." I think peace is one of the most underrated concepts of the Christian faith. When we have peace, life is easier to live; it's easier to work, easier to do laundry, wash dishes, and even easier to sleep at night. But what can we learn from the words of Jesus about peace?

Jesus again mentions the concept of peace after He gets into a boat in Mark chapter 4. After falling asleep on the boat, a storm begins to rage. Overwhelmed with fear, His disciples wake Him up: "Don't you care if we drown?" As soon as He woke up, Jesus spoke peace to the storm.

I love this second story of Jesus speaking the word peace. As I read it, I found myself wondering, "How often do I feel forgotten, unloved, or uncared for?" Yet here in Mark chapter 4, we have a clear story of God's response to our fear. Just like the disciples in Mark 4, we often forget how powerful, loving, and sovereign our Lord really is.

I believe that today, through this simple story, God wants to remind us that He has the power to bring peace to the chaos of our lives. Yet one question remains: "Have you asked Him for help today?" If you are afraid, call on Jesus to speak peace to the storms of your life.

Youth Pastor,

*Joshua Peeler*



## *June*

11 <sup>th</sup> Shelia Guerin	20 <sup>th</sup> Laura Major
11 <sup>th</sup> Morgan Wheeler	26 <sup>th</sup> Masyn Cameron
12 <sup>th</sup> Andrew Gaudé	26 <sup>th</sup> Rose Miller
12 <sup>th</sup> Monica Lee	27 <sup>th</sup> Lonnie Engle
13 <sup>th</sup> Janet Ramshur	30 <sup>th</sup> Amy Picard

Dr. Jason R. McNaughten, Pastor  
Josh Peeler, Youth Pastor  
Beverly Stuart, Ministry Assistant

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Sunday Bible Study: 9:15 AM  
Sunday Worship: 10:30 AM  
Wed. Services: 11:30 AM, 6:00 PM



## *JUNE EVENTS*

- *Observance of the Lord's Supper, Sun., June 3*
- *Vacation Bible School, June 4-8*
- *Vacation Bible School Program, Sun., June 10*
- *Father's Day/ Children's Home Annual Offering, Sun., June 17*
- *Youth Camp, June 16-21*
- *Business Mtg./ Potluck dinner, Wed., June 27, 6pm*

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