

SATURDAY

- **READ** Psalm 19:14
- **RUMINATE** on those words. Mentally soak in them. Picture them. What do they say about God, you, or others?
- **RESPOND** to God with worship (“Wow!”), gratitude (“Thanks!”), or request (“Help!”)
- **REST** in God, having learned more about him through your meditation
- Please pray for our weekend services!

PRAYER UPDATE

HOSPITALIZED & SURGERIES

Ethan Pope (age 5) leukemia treatment, LCPCH El Camino, Mountain View

Steven Adams partial paralysis, diagnosis unknown

Ron Berry Bay Area hospital for a valve replacement

Paul Seals back fracture

Gordon Aumiller brain surgery a success, testing to follow

Susann Rogberg LaVars cancer testing, Stanford

Gerald Zamzow bad fall

Steve Mendence viral infection, complications with MS

Sue Doxtater lung problems

Betty Apron heart surgery

Bruce Brough knee surgery

Billie Albanese benign tumor removal, Stanford

Robin Wallick infection

RECENT SURGERIES OR HOSPITALIZATIONS

Liz Bishop, Matthew Brunetti, Ron Denevi, Ernest Randolph, Harriet Duzet, Deanie Badertcher, Kathy Kritikos, Ruth Sutherland, Susan Rymer, Ron Denevi, Daniel Crile, Wayne Elliston, Audrey McCann, Ron Fraizer, Deborah Kaesemeyer, Mark Bounds

HOSPICE CARE

Elizabeth Harrell, John Burton

HOSPICE CARE

Cora Bell was “promoted to glory” on 1/23 - she was 102 years young! Please pray for the Carole & Butch Brown and their family as they grieve the loss of Carole’s mother. A celebration of Cora’s life will be held on Sunday, February 9th at 2:00 PM in Monschke Hall.

Dudley Josselyn, father of Pastor Jim Josselyn, stepped into glory on 1/23. Please pray for Dudley’s wife Wanda, and the entire Josselyn Family. A celebration of Dudley’s life will be held on Saturday, February 8th at 11:00 am in Monschke Hall.

A complete prayer list is available at the information desk.



Still.

GETTING PAST THE NOISE

FEBRUARY 1 & 2 // RENÉ SCHLAEPFER

SERIES THEME VERSE

“Be **still** and know that I am God...” Psalm 46:10

THE EFFECTS OF MEDITATION

1. _____
Blessed is the one... Psalm 1:1a
2. _____
...who **walks** not in the counsel of the ungodly,
Nor **stands** in the path of sinners,
Nor **sits** in the seat of the scornful... Psalm 1:1b
3. _____
But his **delight** is in the law of the Lord,
And in His law he **meditates** day and night Psalm 1:2
4. _____
...**like a tree**
planted by streams of water,
That brings forth its fruit in its season,
Whose leaf does not wither... Psalm 1:3a
5. _____
...whatever he does **prosper**. Psalm 1:3b

THE LAW OF EXPOSURE: WHAT _____ IS
WHAT I BECOME

MANY PEOPLE ARE _____ BUT NOT _____

THE FUEL FOR MEDITATION

- THE _____ OF GOD
...in His law he meditates day and night. Psalm 1:2b

“law”: Torah (from the Hebrew root word “Yarah”, a verb which means “to flow or throw something”)

- THE _____ OF GOD
I will also **meditate** on all Your **work**, and talk of Your deeds.
Psalm 77:12

I will **meditate** on the glorious splendor of Your majesty, and on Your **wondrous works**. Psalm 145:5

I AM ALWAYS MEDITATING... BUT ON WHAT?
Your heart will **meditate** on terror... Isaiah 33:18

THE ACT OF MEDITATION:

- _____
- _____
- _____
- _____

BIG IDEA: ALL GREAT LIFE CHANGE STARTS WHEN

I CHANGE THE WAY I _____.

THIS WEEK'S MEMORY VERSE

I will meditate on the glorious splendor of Your majesty, and on Your wondrous works. Psalm 145:5

DAILY MEDITATIONS

MONDAY

- **READ** Psalm 1
- **RUMINATE** on those words. Mentally soak in them. Picture them. What do they say about God, you, or others?
- **RESPOND** to God with worship (“Wow!”), gratitude (“Thanks!”), or request (“Help!”)
- **REST** in God, having learned more about him through your meditation

TUESDAY

- **READ** Psalm 19:1-4
- **RUMINATE** on those words. Mentally soak in them. Picture them. What do they say about God, you, or others?
- **RESPOND** to God with worship (“Wow!”), gratitude (“Thanks!”), or request (“Help!”)
- **REST** in God, having learned more about him through your meditation

WEDNESDAY

- **READ** Psalm 27:1-5
- **RUMINATE** on those words. Mentally soak in them. Picture them. What do they say about God, you, or others?
- **RESPOND** to God with worship (“Wow!”), gratitude (“Thanks!”), or request (“Help!”)
- **REST** in God, having learned more about him through your meditation

THURSDAY

- **READ** Psalm 100
- **RUMINATE** on those words. Mentally soak in them. Picture them. What do they say about God, you, or others?
- **RESPOND** to God with worship (“Wow!”), gratitude (“Thanks!”), or request (“Help!”)
- **REST** in God, having learned more about him through your meditation

FRIDAY

- **READ** Psalm 145:5-9
- **RUMINATE** on those words. Mentally soak in them. Picture them. What do they say about God, you, or others?
- **RESPOND** to God with worship (“Wow!”), gratitude (“Thanks!”), or request (“Help!”)
- **REST** in God, having learned more about him through your meditation