

## 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

**Steve Mendence** viral infection, complications with MS

**Sue Doxtater** lung problems

**Billie Albanese** benign tumor removal, Stanford

**Betty Apon** heart surgery on 2/6

**Candy Whitney** Elwin & Vonnie Claassen's daughter, heart attack on 1/28

**Annette Warner** outpatient surgery on 1/30 for chronic pain issues

**Cheryl and Roy Trowbridge** daughter Allie just had surgery to repair her triple-fractured arm. Moving this week to her new apartment.

**Dennis Helmle** - will have reverse shoulder replacement surgery on 2/6.

**Naomi Lyall** Scotts Valley High teacher, snowboarding accident, in a coma

**Mary Prevost** in hospital recovering from surgery, in a lot of pain

### RECENT SURGERIES OR HOSPITALIZATIONS

Ethan Pope, 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

**A complete prayer list is available at the information desk.**

# Still.

## TIME TO BE STILL

**FEBRUARY 8 & 9 // MARK SPURLOCK**

### PSALM 90 – A PRAYER OF MOSES THE MAN OF GOD.

Lord, you have been our dwelling place throughout all generations. Before the mountains were born or you brought forth the whole world, from everlasting to everlasting you are God. Psalm 90:1-2

You turn people back to dust, saying, "Return to dust, you mortals." A thousand years in your sight are like a day that has just gone by, or like a watch in the night. Psalm 90:3-4

Yet you sweep people away in the sleep of death—they are like the new grass of the morning: In the morning it springs up new, but by evening it is dry and withered. Psalm 90:5-6

Our days may come to seventy years, or eighty, if our strength endures; yet the best of them are but trouble and sorrow, for they quickly pass, and we fly away. Psalm 90:10

If only we knew the power of your anger!  
Your wrath is as great as the fear that is your due. Psalm 90:11

#### • IF WE COULD SEE GOD AS HE IS, WE WOULD GIVE HIM

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"Be still, and know that I am God" Psalm 46:10a

#### • IF WE COULD SEE GOD AS HE IS, WE WOULD BE MORE CAREFUL

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Teach us to number our days, that we may gain a heart of wisdom. Psalm 90:12



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## BIG IDEA:

Remembering our \_\_\_\_\_ gives us wisdom to know how to spend our limited time.

## APPLICATION

My time is \_\_\_\_\_ so I need to \_\_\_\_\_ how I spend my time.

## WHERE DO I NEED TO MAKE SOME ADJUSTMENTS?

😊 + \_\_\_\_\_ ☹️ - \_\_\_\_\_

🕒 + \_\_\_\_\_ 🕒 - \_\_\_\_\_

### Acknowledgement

Today's message draws upon a sermon entitled "Time" by Andy Stanley, North Point Church, January 13, 2013.

## THIS WEEK'S MEMORY VERSE

Teach us to number our days, that we may gain a heart of wisdom.  
Psalm 90:12

## DAILY MEDITATIONS

### MONDAY

- **READ** Psalm 90:1–6, 10–12
- **RUMINATE** on those words. Mentally soak in them. What do they say about God? What do they say about spending time wisely?
- **RESPOND** to God with worship ("Wow!"), gratitude ("Thanks!"), or request ("Help!")
- **REST** in God, knowing that all your days are in His hands.

### TUESDAY

- **READ** Psalm 90:13–17
- **RUMINATE** on those words. Mentally soak in them. What do they say about God? What do they say about your relationship with God?
- **RESPOND** to God with worship ("Wow!"), gratitude ("Thanks!"), or request ("Help!")
- **REST** in God, having learned that you can tell Him anything!

### WEDNESDAY

- **READ** Ecclesiastes 3:1–13
- **RUMINATE** on those words. Mentally soak in them. Picture them. How have you seen "seasons" in your life recently?
- **RESPOND** to God with worship ("Wow!"), gratitude ("Thanks!"), or request ("Help!")
- **REST** in God, having learned that He has a purpose for each season of your life.

### THURSDAY

**READ** James 4:13–15

- **RUMINATE** on those words. Mentally soak in them. Picture them. What do they say about God? What do they teach you about numbering your days?
- **RESPOND** to God with worship ("Wow!"), gratitude ("Thanks!"), or request ("Help!")
- **REST** in God, having learned that your times are in His hands and the best part of eternity is yet to come!

### FRIDAY

- **READ** 2 Peter 3:8–9
- **RUMINATE** on those words. Mentally soak in them. Picture them. What do they say about God's sense of timing? How does this encourage you? How does it frustrate you?
- **RESPOND** to God with worship ("Wow!"), gratitude ("Thanks!"), or request ("Help!")
- **REST** in God, having learned that His timing is perfect!

### SATURDAY

- **READ** Psalm 46:10
- **RUMINATE** on those words. Mentally soak in them. Picture them. How has taking time to be still this week impacted your life? How has it motivated you?
- **RESPOND** to God with worship ("Wow!"), gratitude ("Thanks!"), or request ("Help!")
- **REST** in God, having learned more about Him in your stillness.
- Please pray for our weekend services!