



**Let's Keep Praying For**

- Dale's health
- Kathy's co-worker, Jen – Stage 3 cancer
- Ron C stroke recovery
- Marion's health
- Ruby's health
- Brian as he struggles with health issues
- Cancer patients: Tim F, Franco, Chad's cousins Grace & Harold
- Betty, in long term care home
- Chad's parents Marilyn and Roy. Health issues

Use this space to note an idea from the sermon that you would like to remember:

# Kingston Church of Christ

Meeting at 446 College St., Kingston, ON K7L 4M7  
 www.kingstonchurchofchrist.ca  
 613-546-5409  
 KingstonChurchofChrist@yahoo.com  
*Every member a minister*

Email [kingstonchurchofchrist@yahoo.com](mailto:kingstonchurchofchrist@yahoo.com) for zoom link to Bible study at 7:00 pm Wednesdays.

Dec. 19, 2021

**“Quote”** of the week

"The Gospel is a universal language that crosses the barriers of time to impact the lives of ordinary people."

—Michelle Jones

**Those Scheduled to Serve:**

	Today	Dec 26	Jan 2
Song Leader	Glenn	Glenn	Glenn
Communion	Art	Chad	Art
Preaching	Craig Ford	Art	Chad

**Contributions:** send to [churchcollege@yahoo.com](mailto:churchcollege@yahoo.com) or leave in box in foyer.

**Key to the Kingdom** – Fridays 8:30 am on Vision TV

**Bulletin:** If you have news you would like to see shared in the bulletin, please get it to Art by Thursday noon ([kingstonchurchofchrist@yahoo.com](mailto:kingstonchurchofchrist@yahoo.com) or 613-876-4605).

*Visitors, Welcome to our gathering! Join us in worship and fellowship.*

In these days of social distancing, we may not hug or shake your hand, but we welcome you into our gathering.

Please join us in worshipping God as we sing, pray and read the Bible. We also share communion each Sunday remembering the sacrifice of Jesus who gave himself to die for our sins. If you wish to partake with us, you are free to do so.

We hold the Bible to be God's inspired message for us and hold it in highest esteem.

If a question comes to mind, please ask it. We will try to help you find answers from God. Please let us know of any way we can serve you.

## The Simplest Way To Pray: Breath Prayer

Breath prayer is as simple as praying as you breathe in and praying as you breathe out. Very simple and can bring us into deep connection with God. Here are some things you can pray as breath prayers. Just pick something from scripture that is short and simple that you can pray throughout the day...something that fits your situation at the moment that can get you focused on giving it to God.

Here are some examples.

Jesus Christ, Son of God-----have mercy on me, a sinner.  
(Mk. 10:47; Lk. 18:13)

"As a deer pants for water-----so my soul longs for you, O God." (Ps. 42:1)

"Create in me a clean heart O God-----and renew a steadfast spirit within me." (Ps. 51:10)

"Into your hands-----I commit my spirit." (Lk. 23:46)

In my life-----Lord be glorified. (see Jn. 17:4; 2 Thess. 1:10)

"Give us this day-----our daily bread." (Matt. 6:11)

"Here I am-----send me." (Isaiah 6:8)

"Speak Lord-----your servant is listening." (1 Sam. 3:10)

"Lord, I believe-----help me with my unbelief." (Mk. 9:24)

"Be still, and know-----that I am God." (Ps. 46:10)

"God is our refuge & strength-----an ever present help in trouble." (Ps. 46:1)

"Let everything that has breath-----praise the Lord." (Ps. 150:6)

"The Lord is my shepherd----I shall not be in want." (Ps. 23:1)

"The Lord is in his holy temple-----let all the earth be silent before him." (Hab. 2:20)

"There is no condemnation-----for those who are in Christ Jesus." (Rom. 8:1)

"This is the day the Lord has made-----let us rejoice and be glad in it." (Ps. 118:24)

"To live is Christ-----to die is gain." (Phil. 1:21)



## December Birthdays and Anniversaries

20 Ruby

28 Art and Ruby

We welcome the **Craig Ford** family today. Craig will be our guest speaker. Caleb will bring us the Bible reading.

**Petition:** If you want to sign the Petition in the foyer, it will be there until next Sunday.

**Furnace** is now working as it should.

**Utilities Kingston** has sent a letter asking if we would like to get insurance through a third party to cover breakage due to changing soil conditions or corrosion in the water/sewer lines that run from the property line to the building. The cost starts at \$5.37 per month for benefit up to \$8,000 on water lines and \$16,000 on sewer lines. Is this something we should consider? Art has more details.

## **Continued from page 2**

"Everything is loss----compared to knowing Christ." (Phil. 3:8)

"I want to know Christ-----and the power of his resurrection." (Phil. 3:10)

"I can do all things-----through him who gives me strength." (Phil. 4:13)

If you want to learn more about breath prayer, there isn't any better resource than Houston Heflin's book "Pray Like You Breathe"

—Matt Dabbs