

# Gray Weekly News



**Week Leading to Sunday, July 31, 2022**

## **7 Benefits of Praising God in Hard Times**

[www.prayerandpossibilities.com](http://www.prayerandpossibilities.com)

You've heard the songs, the sermons, the Bible verses, and the coffee mug quotes about praising God through the storm. It's one thing to sing along and repeat the verses when life is good, but it can be quite another to turn your heart to praise when the storms surround.

Why is praising God so important, especially when you're facing great trials in your life? Most of us need more than a "you should praise God because Scripture says so" to make such effort to turn our hearts to praise when our hearts are full of grief, despair, worry, and fear.

Beyond the "should do," praise is one of your greatest gifts to God and one of your greatest weapons against your enemies. When you're in the storms of life, under fire from battles on numerous fronts, facing difficult trials, take hope in God's power. Turn your heart to find praise for the God who loves you and is fighting for you.

Believe in God's great power and might and sing his praises, even when your heart is heavy. Here are seven reasons to praise God, especially when life gets hard. Beyond the "should do", there are many benefits of praising God, even when you're in the storm.

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## **Eighth Sunday After Pentecost**



Hosea 11:1-11  
Psalm 107:1-9, 43  
Colossians 3:1-11  
Luke 12:13-21

**Hymn Sing**  
**"Lift Up Your Voices to the Lord!"**

## News and Notes

### THIS WEEK

**Sunday, July 31**

Please join us on Sundays at 11 am. If you are unable to come in person, you can watch our livestream at [graymemorialumc.org/facebook.com](http://graymemorialumc.org/facebook.com) or [graymemorialumc.org/youtube](http://graymemorialumc.org/youtube), at 11 am or any time after that at [graymemorialumc.org/](http://graymemorialumc.org/)



If you have prayer requests, please contact Norma Adams, Jennifer Skinner or Gail Teems.

You may also call the church office at 850/385-6441 or send a text to 850/933-8469.

### Prayer Requests

Sam and Norma Adams  
Lamar Smith – health issues  
Patsy and Betty  
Sylvia Morrow  
Jack, Randy, Jim & Jane Workman  
Joyce and Bob  
Toni's friends, Bekah and Sandra, for healing  
All those suffering from illness, afflictions and recovering from surgeries

## **BACK TO SCHOOL FOR LEON COUNTY SCHOOLS** **TEACHER PLANNING WEEK AT RUEDIGER ELEMENTARY**

We have been asked to provide lunch for teachers at Ruediger Elementary School at 11:30 am on August 2, during their teacher planning week. They would also like volunteers who can help with bulletin boards, organizing/filing papers, etc. as they prepare for the new school year. If you would like to help organize/deliver lunch and can volunteer to assist a teacher, please let Pastor Beth know as soon as possible.

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**1) God Will Fight For You** - God will fight for you, when you place your full trust in him. When you stop worrying and trying to fix it all on your own, you allow the space for God to step in. Give the glory to God and praise his power and faithfulness. Trust that God is working for your good in all things.

**2) God Will Protect You** - God is your shelter from the storm, your refuge in times of trouble. He will protect you from the battles in this life. So, rejoice in the God who loves you so much and give him your praise. When your heart turns to God, trusting him and praising his great name, you'll find his peace which passes all understanding.

**3) God Will Refresh and Renew Your Spirit** - When the trials of this life leave you worn out and weary, singing God's praises will fill your heart with joy. Lift up your heart to God and allow him to refresh and renew your spirit. Praise can turn around even the worst day and make your heart feel light. It can boost your spirits and put a smile on your face. So, turn up a worship song and sing along. Pray along with your favorite Psalm of praise. Look around you and praise God for all the blessings you see.

**4) Praise Gives God a Gift and an Offering** - Praise is not only a command, but a gift we give to God. It's a sacrifice of our heart – giving him our best, even when we don't feel up to it. The more we praise God and give him this gift, the more we'll be filled with God's love to share with others. Praising God through the storms not only blesses God, but will bless those around you who witness such faithfulness.

**5) Praise Makes Your Troubles Seem Smaller** - When life is hard, it's easy to focus in on all the problems you're facing. Those challenges begin to loom larger and all you can see are the difficulties you're facing. When you turn your heart to praising God, though, those problems begin to shrink. As your eyes focus on God, you'll find a new perspective on your trials. As the song says, "the things of this earth will grow strongly dim".

**6) Praise Opens Your Eyes to Blessings** - When you're embattled and under fire, it can be hard to notice the blessings. Your focus is on the issues in your life, not on the blessings. Praising God will open your eyes to see all the ways God is at work in your life. You'll see the blessings he's given you outside of these trials and you'll see how he's at work in your battles. Set your eyes upon him, and you'll see him more clearly.

**7) Praise Makes Miracles Possible** - Do you need a miracle? Do your problems seem bigger than any earthly solution? How are you praising God and praying for that miracle? When troubles begin to surround you, look for ways to focus your thoughts and actions on praise and thanksgiving. Allow God to work his wonders through your testimony of praise through the storm.

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## UPCOMING EVENTS

Wednesday, July 27	7 pm	Bible Study with Todd Clark via Zoom
Thursday, July 28	10 am 5:30 pm	Bible Study with John Rogers Choir Practice
Sunday, July 31	11 am	Worship Service – HYMN SING
Wednesday, August 3	12 noon	Wonderful Wednesday Brown Bag Lunch BRING YOUR LUNCH AND JOIN US!
Thursday, August 5	10 am 5:30 pm	Bible Study with John Rogers Choir Practice
Sunday, August 7	11 am	Worship Service

### Ginny Owens Concert at Killearn UMC and FSU Wesley Foundation

Singer/songwriter Ginny Owens is an award-winning Christian influencer who has spent two decades making music, writing books, teaching, and has just finished her Masters of Biblical Studies. Ginny, blind since the age of 3, has sung at the White House, the Sundance Film Festival, Lilith Fair and the National Day of Prayer in Washington, D.C. In 2000, she was named the Gospel Music Association's New Artist of the Year, beginning an award-winning streak that also includes Inspirational Song of the Year and various songwriting awards.

There are two opportunities to see Ginny Owens in concert:

- FSU Wesley Foundation | September 16th | 6:30 PM | 705 W Jefferson St, Tallahassee, FL 32304 | Limited seating of 500.
- Killearn UMC | September 17th | 6:30 PM | 2800 Shamrock Street South, Tallahassee, FL 32309 | Limited seating of 350.

This concert is FREE, we are encouraging people to give a love offering in lieu of ticket price.

To register to attend, go to <https://kumc.ccbchurch.com/goto/forms/829/responses/new>