



PRAYING FOR OUR CHURCH, OUR COMMUNITY AND OUR COUNTRY (Pastor Jim)

How's your prayer life? Do you believe prayer can change things? Recent research shows that only 44% of Americans pray at least once a day. Interestingly, that's down from 55% in 2014 and 58% in 2007.

It got me wondering: Do YOU pray at least once a day? What do you pray about?

We have a PRAYER TEAM that is part of our church family. They meet regularly to pray confidentially and specifically about matters concerning our church family, our country, and more. But you need not be part of a team to pray.

Let me share a story from Seminary that spoke to me and has stayed with me. A fellow student shared a story about a group at his church that gathered for prayer. They asked one particular man – well known as a man of God – to lead in prayer. He came forward, knelt by an empty chair... and there was silence. For a full minute or two, you could have heard a pin drop. 40-50 people... nothing being said. But then the man being asked to pray, the man kneeling by a chair, started to pray. And my seminary student friend – who was there – said, *“When he prayed, you KNEW that He knew the Lord.”*

Hebrews 4:16 says, ***“Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.”***

I don't recall whether the seminary story included any more details, but I imagined that the man who knelt quietly for a minute or two before praying was envisioning himself coming before the Throne of God, recognizing Who He was and what a privilege it was just to be in His presence, and then... with an attitude of humility, praise and worship, only THEN asking for his needs to be met.

I suspect we are ALL guilty (me too) of offering too many quick “please help me, God” prayers, without enough (any?) time to set our hearts and minds right before speaking.

We need prayer: for our church, our community, and our country. Let's set aside regular time to practice: ***“Be still and know that I am God”*** as a prelude to bringing our requests to the throne.

Pastor Jim

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Dr. Jim Brown, Pastor

SOME THOUGHTS FROM THE BOARD CHAIRMAN

For me, the month of August is special. Not just because my wife was born on August 1st and her birthday celebration extends the entire month, and both my parents were born in August as well as one of my sisters and one of my nephews, but this month is often associated with abundance, harvest, and fruition in both agricultural and spiritual contexts. According to my research, throughout the Bible there are numerous instances where God's provision and blessings are manifested during this time, signifying a season of abundance and great blessing.

August is toward the end of the summer growing season and all the labors of planting and tending crops since spring are beginning to pay off. The farmer who toiled through whatever storms, droughts, infestations, and other numerous problems he faced, can now start to reap the benefits of his labors. As Christians we can see that if we diligently work at keeping our faith, don't let storms and other obstacles deter us, we will reap the benefits God has waiting for us, an eternity in Heaven.

I found a couple of Bible passages that befit this month:

Joshua 1:9 – ***“Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”***

Proverbs 3:5 – ***“Trust in the Lord with all your heart, and lean not on your own understanding.”***

God Bless all of you! The entire Board of Directors thanks you for being such a wonderful and generous congregation.

Art Pedersen,

Board Chairman

NOTES FROM THE “CHURCH NURSE”

PRAYING FOR ONE ANOTHER

We are created with a purpose and given an Owner's Manual—the Word of God.

I recently listened to a presentation by Dr. Lee Warren, a neurosurgeon, author, podcast host (*The Dr. Lee Warren Podcast*), and writer of the *Self-Brain Surgery Newsletter*. In one of his presentations, he discussed research published by Dr. Andrew Newberg in 2005 that explored the relationship between prayer, positive thoughts, and brain activity. (Thank you Amy Pulliam for the introduction to him.)

In the study, participants were paired together. One person prayed or focused positive thoughts on the other while both were monitored using specialized brain imaging. The individuals being prayed for did not know when the prayer was taking place, and the two participants were in separate rooms.

The researchers observed measurable changes in brain activity during times of prayer. Areas associated with emotional resilience, calmness, peace, and healing appeared to become more active

in those who were being prayed for. Since then, additional studies have explored similar connections between prayer, compassion, and emotional well-being.

How amazing is the way God works!

When our hearts and minds experience greater peace and hope, our bodies often benefit as well. While healing comes in many forms and ultimately rests in God's hands, prayer reminds us that we are never alone.

James 5:16 tells us, ***"The prayer of a righteous person is powerful and effective."***

Galatians 6:2 encourages us to ***"Carry each other's burdens, and in this way you will fulfill the law of Christ."***

As part of The Lake Church family, how can we put this into practice?

Ask two or three friends or family members to pray for you, and commit to praying for them as well.

Share your prayer requests with our Prayer Team by completing a Connect Card, sending an email, or calling the church office. It is our privilege to pray with and for you.

We also have a faithful prayer group that regularly lifts up those on our prayer list, as well as many other needs within our church family and community.

Our Bible study groups faithfully pray for one another. If you are not currently part of a Bible study, we encourage you to consider joining one. If you have a prayer request, you are always welcome to ask someone in a study to share it with their group.

I would like to close with the encouragement found in 1 Thessalonians 5:16-18: ***"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is God's will for you in Christ Jesus."*** These verses begin every prayer list I prepare for our prayer team, and Pastor Jim often reminds us of them on Sunday mornings.

Over the past several years, I have prayed these Scriptures – and many others – over Amy Pulliam. Along with many of you, I have prayed earnestly for her, asking God for healing while trusting His perfect will. Watching Amy remain steadfast in her faith through every season has been a beautiful testimony to God's sustaining grace.

One verse the Lord brought to my heart as I watched her faithful walk was Mark 5:4... ***"Daughter, your faith has made you well. Go in peace..."***

Whether God answers through physical healing, spiritual strength, or His sustaining presence, He is always faithful. Amy's journey has reminded many of us of the power of persistent prayer and unwavering trust in Him.

So let us never stop praying. Never stop hoping. And never stop trusting God's perfect plan for our lives.

Shalom, Shalom.

MJ Goldzimer, RN,

TLC Congregational Nurse

SOME FUN PICS

Since our last newsletter we had some fun activities that you might enjoy seeing some pictures of.

On July 4 Pastor Jim once again (it's been more than 10 years now) lead the community in a celebration of our country's birth – 250 years ago – with a great mix of patriotic music, speakers, military flags, recognition of our veterans, and fun family “Americana” sing-a-longs!



We have a couple of little ones in the church who like to participate. James (almost 5 years) is learning from Pastor Jim how to work a 35 mm camera. And Lillian (3 years) likes to pray with the worship team before service. James and Lily are the grandchildren of our worship leader Jeff Gunn. Their parents, Jonas and Lexi, are also very involved in the worship service.



Finally, we see here our Chairman of the Board, Art Pedersen, presenting a check from the Lake Church to Ryan Smith, General Manager of The Lakehouse Resort. Our gift allowed the organization to install a brand-new carpet in our worship location.