

June 2017

# REST &

— CREATE MARGIN —

# THE LORD'S PRAYER

As part of our emphasis on resting and creating margin in your life, we encourage you to spend time this month examining The Lord's Prayer in Matthew 6:9-13, and asking God how you can apply it to your life.

## **Our Father which art in Heaven**

- "Father," He is the creative source of us and all things.
- "Our Father," we belong to a family of like persons created in His image.
- "Which art," God exists in the past, and in the present.
- God is "in heaven," a perfect place positioned above all powers.

## **Hallowed be Thy Name**

- Jehovah Jireh (Gen 22:13,14) the Lord will provide
- Jehovah Rapha (Exodus 15:26) the Lord that heals
- Jehovah Shalom (Judges 6:24) the Lord our peace

## **Thy kingdom come, Thy will be done on earth as it is in heaven**

- Ask God to reign in your life, your family's lives, and in your community.
- Pray for God's will to be done in every area of your life.
- Praise God for His kingdom, power and glory manifested.

## **Give us this day our daily bread**

- Pray specifically for God's daily provision for your family.
- Pray specifically for others who have financial needs.
- Pray specifically for provision for our church.
- Praise God for His promised and demonstrated provision.

## **Forgive us our trespasses as we forgive those who trespass against us**

- Release anyone who has wronged you by vocalizing forgiveness.
- Search your heart to confess any sin in your life.
- Praise God for forgiveness of sin and unhindered fellowship in Him.

## **Lead us not into temptation, but deliver us from evil**

- Pray that the Lord leads you through the day so you can avoid all temptations.
- Claim God's deliverance from the "evil one."
- Put on the Christian Soldier's armor (Ephesians 6:11-19).

## **For thine is the Kingdom, and the power, and the glory forever. Amen**

- Begin in praise, continue in praise, and conclude in praise.

# A PRAYERFUL WALK

Last month we introduced the concept of prayerwalking, and we encouraged you to do it in a mall or in your neighborhood. In June we suggest that you spend 30 minutes prayerfully walking through a park or playground.

Prayerwalking is going somewhere—around the corner or around the world—for the purpose of intercessory prayer. It is praying onsite with insight. Normally, it involves walking in the location while praying, but it may also include riding, jogging, or biking.

As you walk with a prayerful intention God sensitizes you to those you see. It is not complicated. You simply slow down and let the environment guide your prayers. You may ask the Lord to

- Bless the marriages of people you see
- Lead them to honor and follow Jesus
- Meet their financial needs
- Prompt new believers to be baptized
- Expand his work in the location
- Give wisdom to parents as they raise their children
- Help people follow his will in their lives
- Provide jobs for the unemployed
- Hear the cries of those who are hurting
- Bring new believers into faithful churches
- Vindicate those who are being mistreated

This kind of prayerful walk can refresh you and bless those you encounter. Why don't you give it a try?

# FAMILY FUN NIGHT

Take some time this month to enjoy a fun night together as a family. Here's an idea that would be fun for everyone!

## Theme- Big Kid Cooking Contest

- **Description-** Divide the family into two teams with a parent on each team to assist with planning and cooking. However, the entire family shops, (possibly) cooks, and eats at the same time.

- **Suggestions-** Place two bowls on the table while the family gathers around. The first bowl is the theme. Read all the themes with the family then place them in the bowl for each team to draw.

### **Theme suggestions:**

- picnic
- family favorites
- fine dining
- grilling
- breakfast

The second bowl has a list of food items that must be used in your team's meal. Each team must draw three food items.

### **Food item suggestions:**

- pasta
- green vegetables
- berries
- ranch dressing
- chocolate
- Nerds candy

- **Over the Top-** These meals can be prepared the same day or not. You may invite another family to participate with your family. Each team will judge the other team if they used all the items drawn successfully in their meal preparations. Take a picture and post it! #qsbfamilyfun

# THE HILL

# MOVIE NIGHTS

Every Wednesday night in June, we will be hosting a movie night outside on The Hill at QSBC. This is the perfect opportunity to invite friends to an event that is outside of the church walls.

So, bring a blanket or camping chairs, and plan to have a fun summer night enjoying a movie, food trucks, and good company!

## June 7

Feature Film: Princess Bride | Food Truck: Snow S'more

## June 14

Feature Film: Rogue One | Food Truck: Huey's Snow Cones

## June 21

Feature Film: Zootopia | Food Truck: Roxy's Ice Cream

## June 28

Feature Film: Remember the Titans | Food Truck: Huey's Snow Cones

# SUMMER READING LIST

Here are a few recommendations from our staff on books to read this month. All of these books can easily be found online. We will also have new recommendations for you each month! Pick a category and enjoy a book this month (and then let us know what you thought about it).

- **Christian Fiction/Literature:** *Pilgrim's Progress* by John Bunyan
- **Parenting:** *They Call Me Dad* by Ken Canfield  
*Missional Motherhood* by Gloria Furman
- **Marriage:** *You and Me Forever* by Francis Chan
- **Children's Book:** *God Gave Us You* by Lisa Tawn Bergren
- **Student Book:** *Mere Christianity* by C.S. Lewis
- **Christian Doctrine:** *Let the Nations be Glad* by John Piper
- **Spiritual Help:** *Crazy Busy* by Kevin DeYoung
- **History/Biography:** *Bonhoeffer* by Eric Metaxas
- **Welness:** *Strength Finder* by Tom Rath
- **Leadership:** *Leading from the Second Chair* by Bonem and Patterson

# DAY TRIP DESTINATIONS

The QSCB staff has listed some of our favorite day trip destinations.  
Take some time this month to go explore a few new places!

- 1. Pawhuska**
  - The Pioneer Woman Mercantile
- 2. Tulsa Museums**
  - The Gilcrease Museum
  - The Philbrook Museum
- 3. Claremore**
  - Jim Davis Gun Museum
  - Will Rogers Museum
- 4. Medicine Park Area**
  - Hike Mt. Scott
  - Eat at Meers
- 5. Davis**
  - Turner Falls
  - Arbuckle Wilderness
  - Original Fried Pies
  - Falls Creek
- 6. Sulphur**
  - Chickasaw Cultural Center
  - Chickasaw National Recreational Area
- 7. Tulsa Adventure**
  - Oklahoma Aquarium (Jenks)
  - Tulsa Zoo
- 8. Weatherford**
  - Tom Stafford Museum
- 9. Seminole**
  - Jasmine Moran Children's Museum
- 10. Tahlequah**
  - Float the Illinois River



# QUAIL SPRINGS BAPTIST CHURCH

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