

## QFMC Psalm of Praise

God, thank you for the Quincy Free Methodist Church.  
You have sustained this church for decades,  
You have supplied QFMC with solid, biblical teaching,  
With leaders who care for your followers, and the community of Quincy.  
You have raised up servant leaders to provide your people with helpful  
teaching and resources.

We thank you for sustaining this church in this season without a senior  
pastor.

We continue to trust you have the right person for us in the future.

Thank you, Jesus for the ministry of ABC Academy, for allowing young boys  
and girls to learn about your love for them.

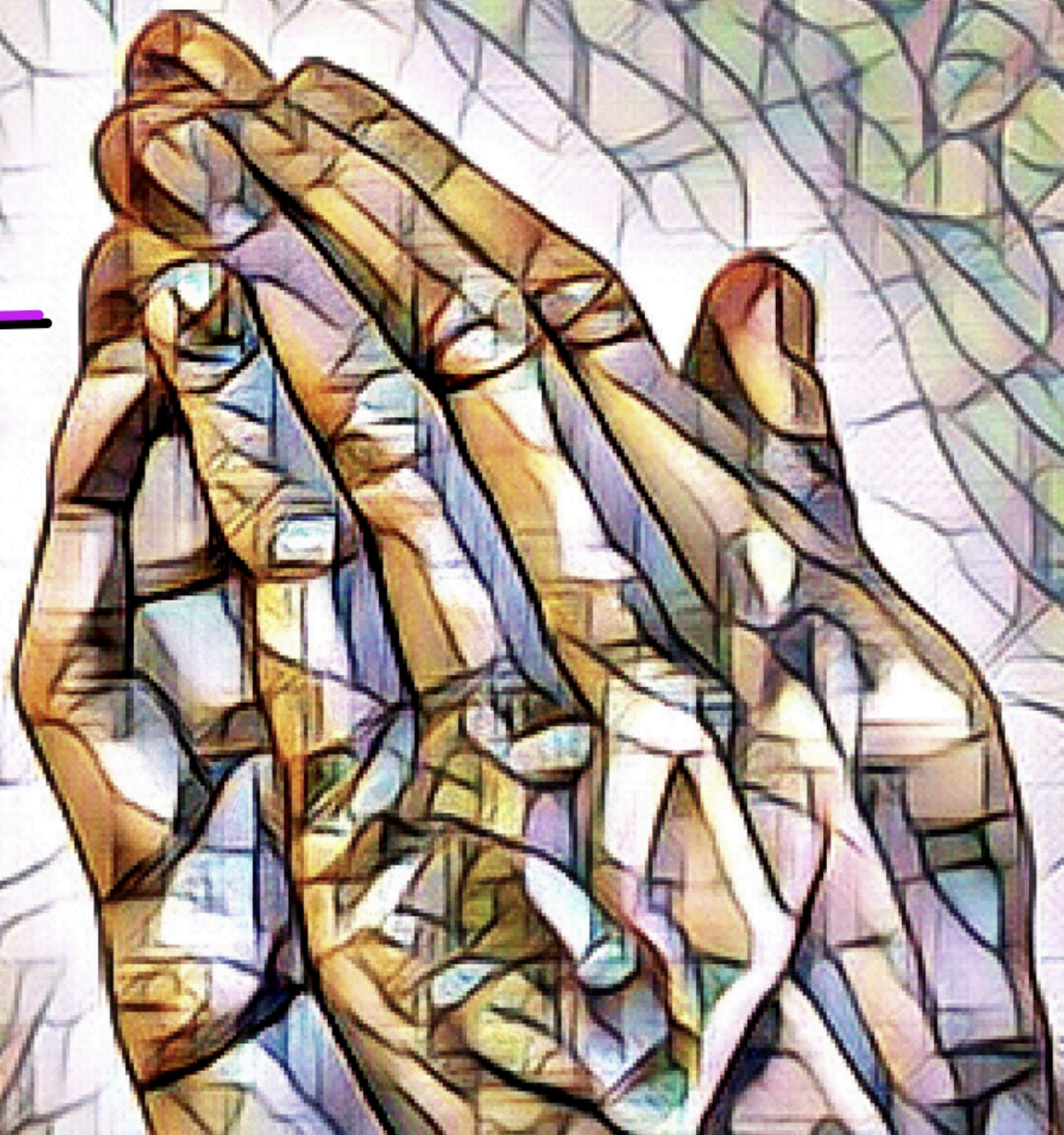
God, we know that you are with us in the valleys of life  
Thank you for sustaining us, teaching us, and making us more like Jesus  
Thank you for bringing healing to people at QFMC  
Thank you for freeing us from the grips of addiction  
We ask that you would continue to sustain, teach, heal and bring freedom  
in the future.

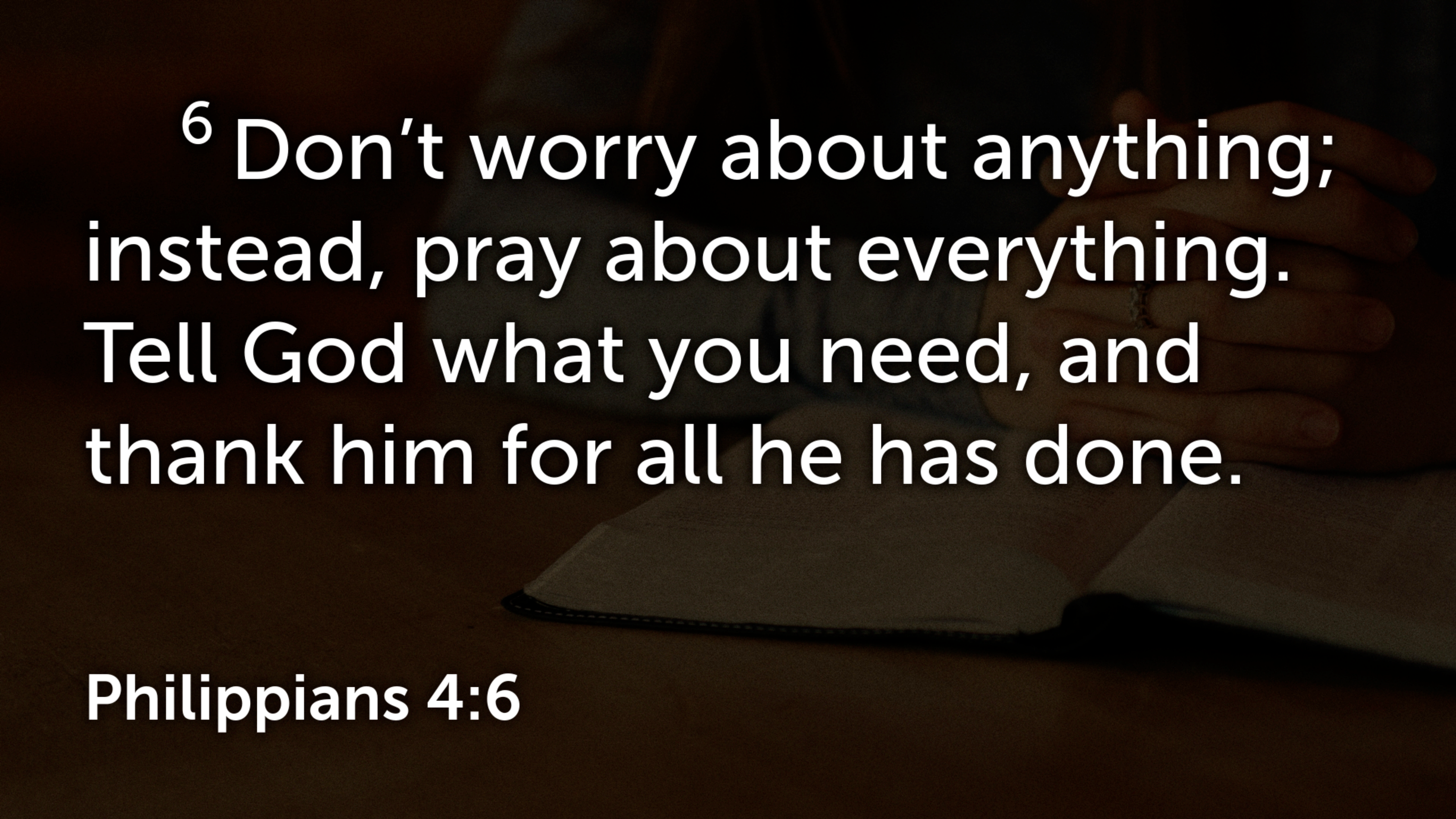
God, you have blessed us with finances and resources  
You have granted us the privilege and opportunity to use them to bless  
others  
Open our eyes to see how to bless the world around us with what we have.

God you are softening hearts of non-believers around us  
Thank you for giving us conversations with co-workers, family members,  
and friends  
Give us the words to say, to bring them into a relationship with you, Jesus

God, we give you all the glory, honor, and praise!

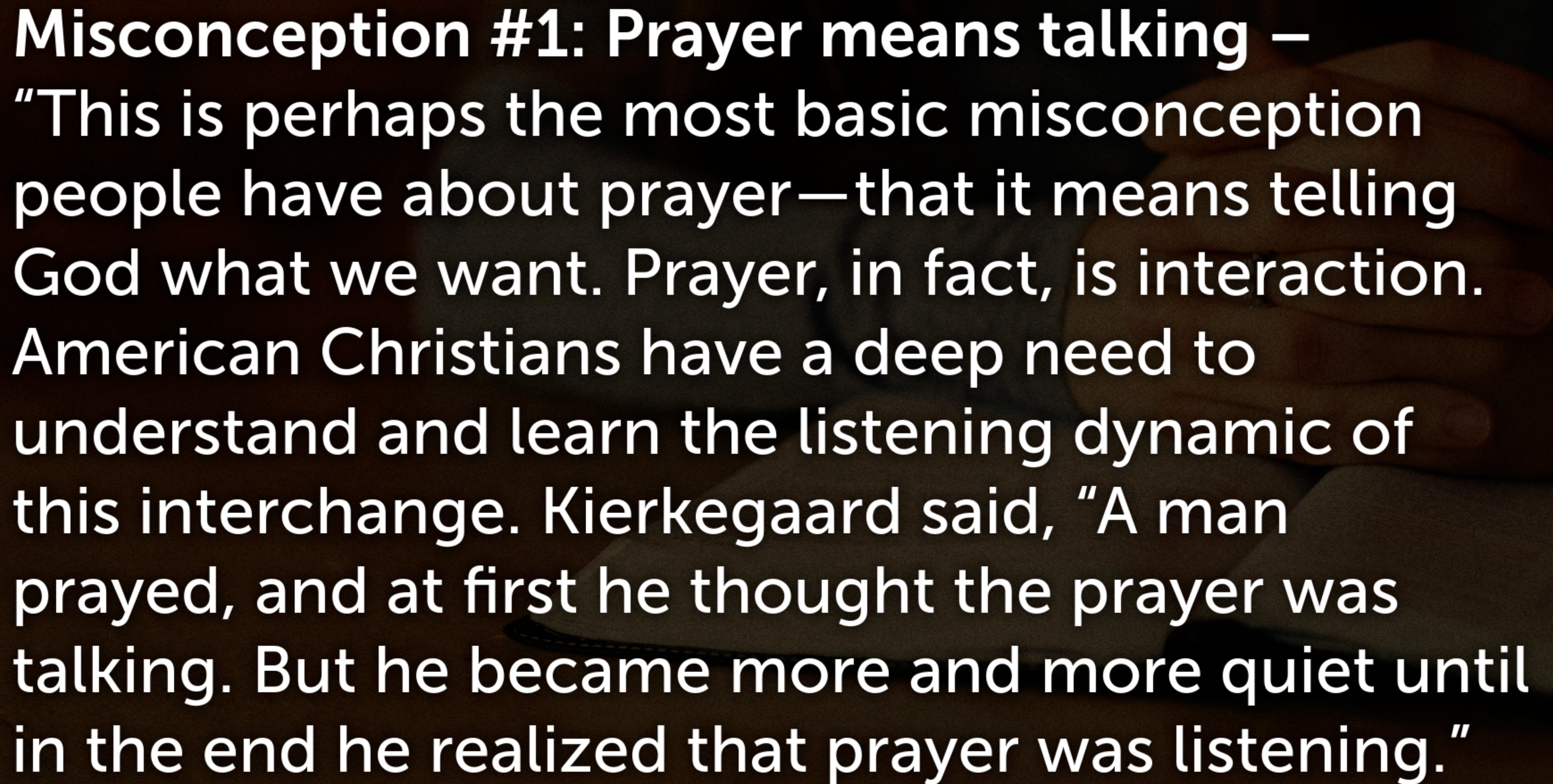
Prayer First  
Posture



A pair of hands is shown holding an open book, likely a Bible, against a dark background. The hands are positioned at the top and bottom of the book, with fingers resting on the pages. The text is overlaid in white, bold font.

<sup>6</sup> Don't worry about anything;  
instead, pray about everything.  
Tell God what you need, and  
thank him for all he has done.

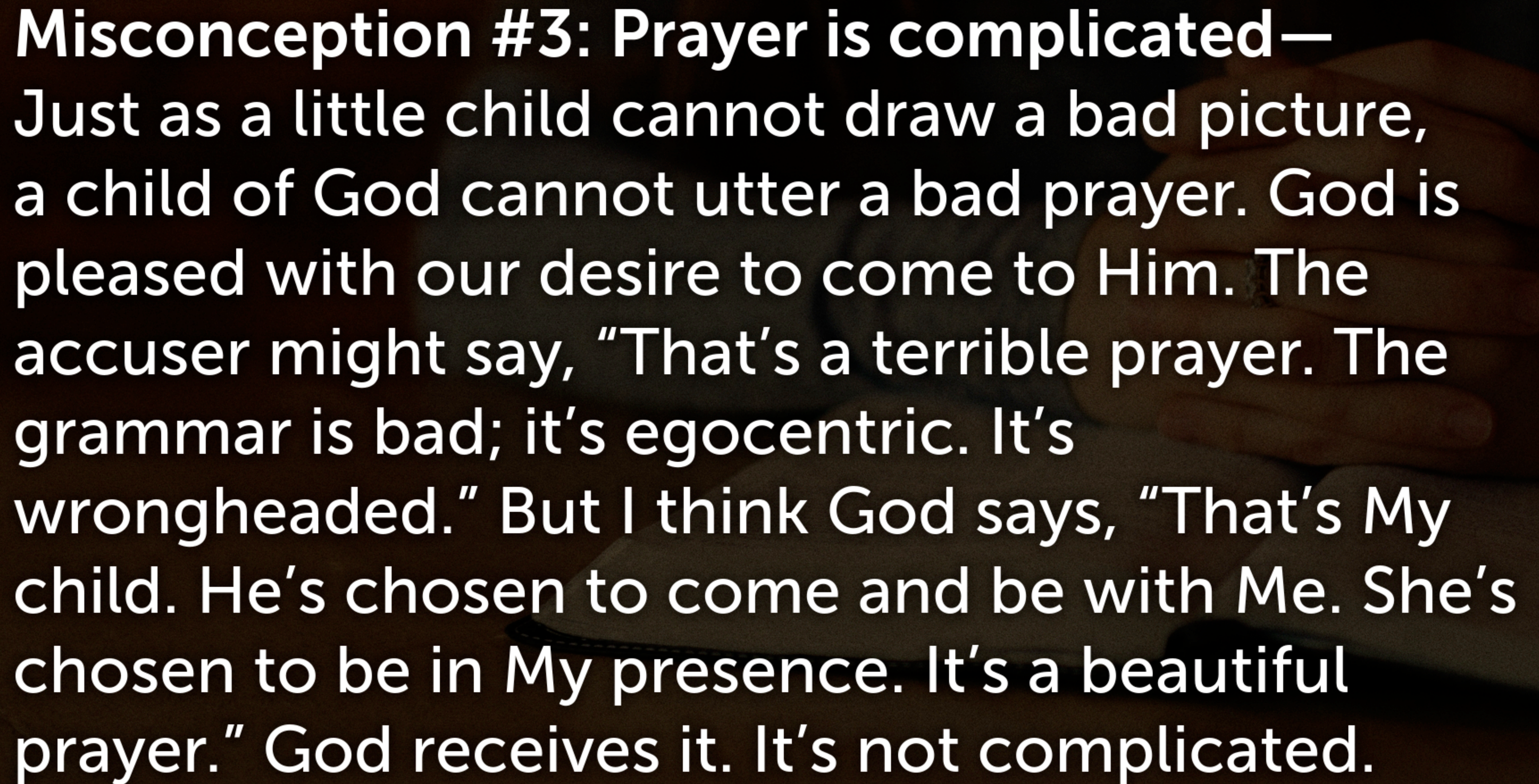
**Philippians 4:6**



**Misconception #1: Prayer means talking –**  
“This is perhaps the most basic misconception people have about prayer—that it means telling God what we want. Prayer, in fact, is interaction. American Christians have a deep need to understand and learn the listening dynamic of this interchange. Kierkegaard said, “A man prayed, and at first he thought the prayer was talking. But he became more and more quiet until in the end he realized that prayer was listening.”

## Misconception #2: Prayer cannot be learned—

Some people think that prayer is a gift—you either have it or you don't. Prayer *is* something to learn, "Lord, teach us to pray." We can grow in skill at hearing from God and interacting with God and receiving more faith. We can grow in prayer.



**Misconception #3: Prayer is complicated—**  
Just as a little child cannot draw a bad picture, a child of God cannot utter a bad prayer. God is pleased with our desire to come to Him. The accuser might say, "That's a terrible prayer. The grammar is bad; it's egocentric. It's wrongheaded." But I think God says, "That's My child. He's chosen to come and be with Me. She's chosen to be in My presence. It's a beautiful prayer." God receives it. It's not complicated.

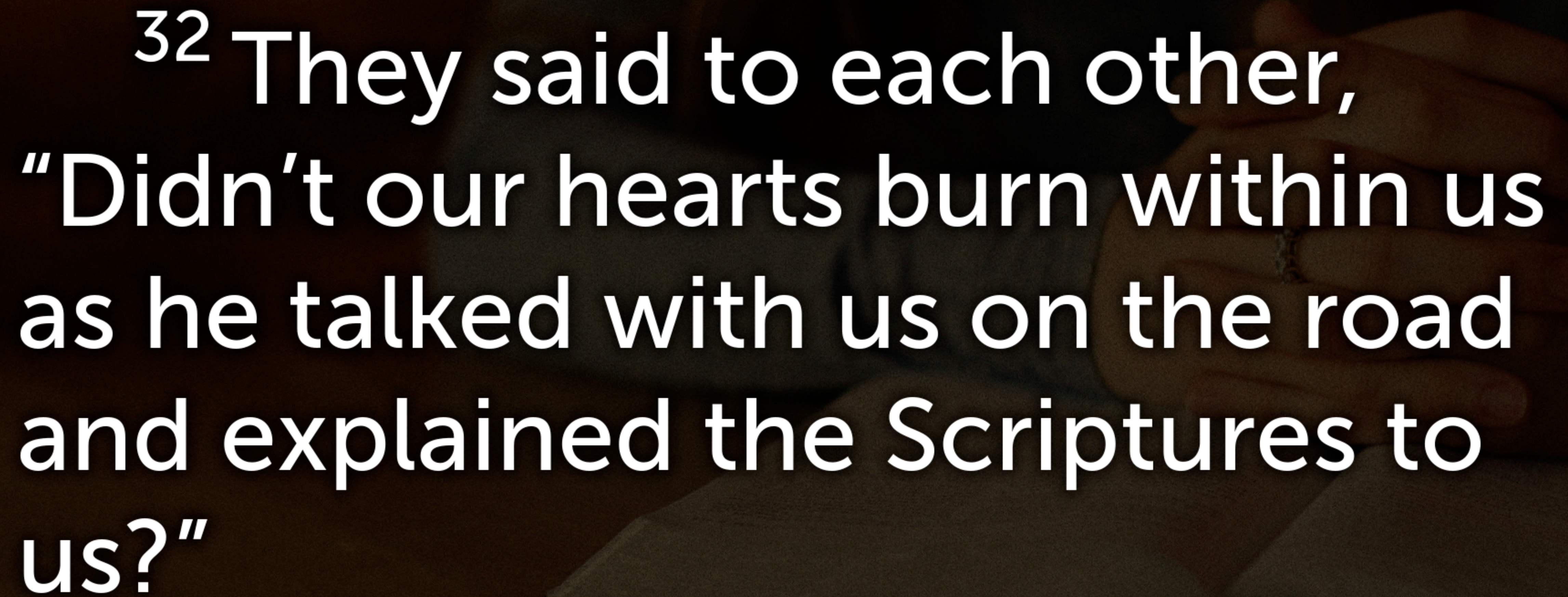
## **Misconception #4: Prayer is grim duty—**

We have a heritage that labels a person as deeply spiritual if he says, "For the first hour I struggled, and the second hour nothing happened, But the third hour I broke through to God." We read books on prayer and get loaded down with guilt, thinking something is wrong with us if we don't agonize over prayer. We need to recognize that there is also the need for lightness in prayer. It's an occupational hazard of religious people to get too serious.

## Misconception #5: God is remote and inaccessible—

God is near. Jesus' miracles demonstrated the presence of the Kingdom; the nearness of God. God is no longer remote; God is right among His people. What does Immanuel mean? God is with us. He is still present. And we can rejoice in the presence of God.





<sup>32</sup> They said to each other,  
“Didn’t our hearts burn within us  
as he talked with us on the road  
and explained the Scriptures to  
us?”

**Luke 24:32**

**Devote yourselves to prayer, keeping alert in it  
with an attitude of thanksgiving;**

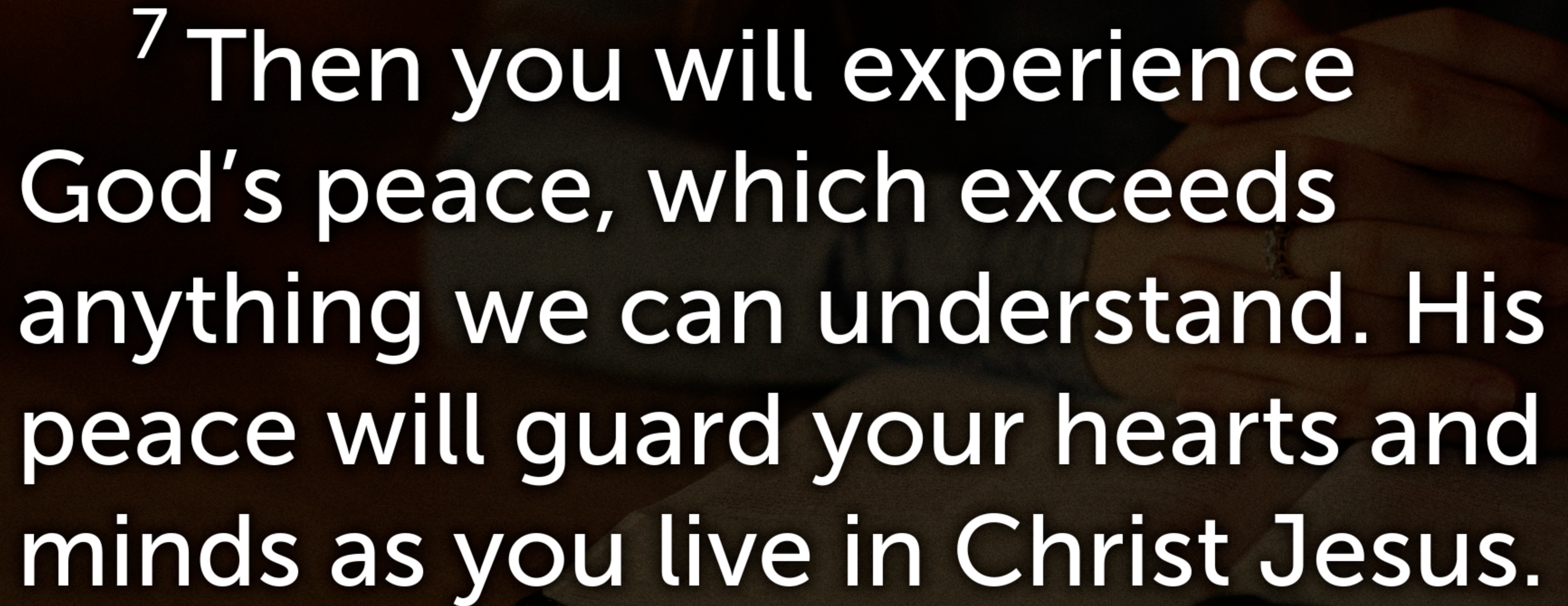
**-Colossians 2**

**Pray without ceasing**

**-1 Thes. 5:17**

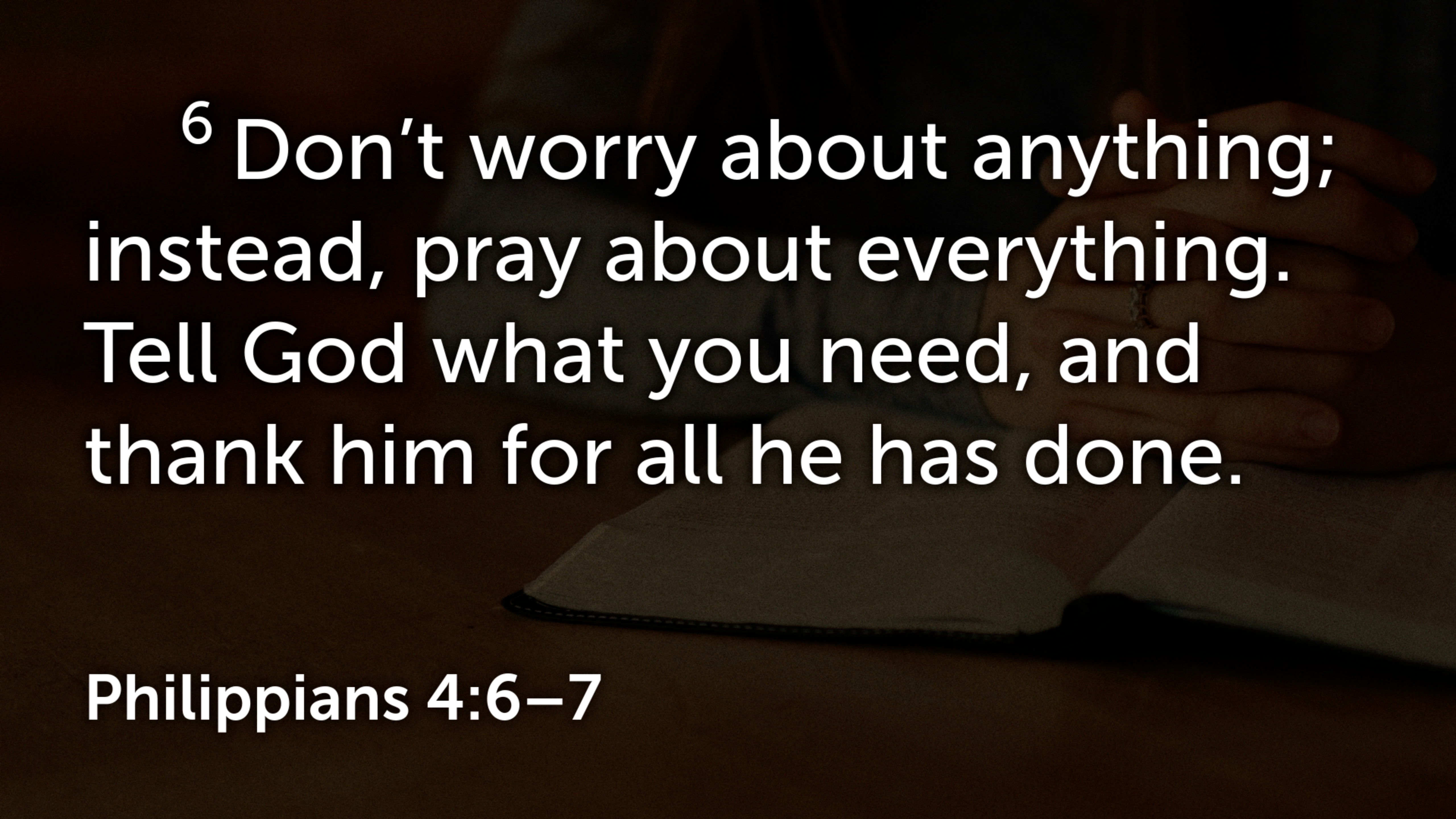
**Pray in the Spirit at all times and on every  
occasion.**

**-Eph 6:18**



<sup>7</sup> Then you will experience  
God's peace, which exceeds  
anything we can understand. His  
peace will guard your hearts and  
minds as you live in Christ Jesus.

**Philippians 4:6–7**

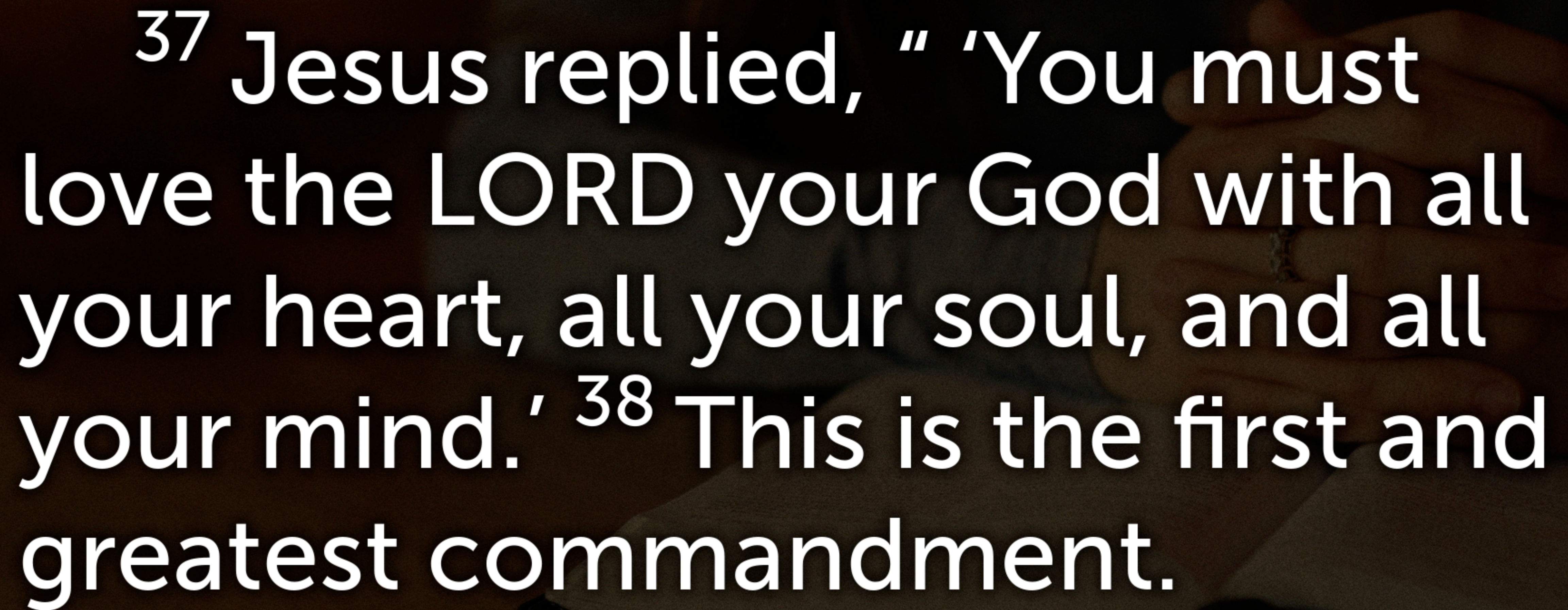
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**Philippians 4:6–7**



**“Prayer is a conversation between two  
people who love each other.”  
- Rosalind Rinker**

A pair of hands is shown holding an open Bible. The hands are positioned at the top and bottom of the Bible, with fingers resting on the pages. The Bible is open to a page with text, and the hands are holding it steady. The background is dark, making the hands and the Bible stand out.

<sup>37</sup> Jesus replied, "You must love the LORD your God with all your heart, all your soul, and all your mind." <sup>38</sup> This is the first and greatest commandment.

**Matthew 22:37–38**

# Disciplines/Rhythms of a Disciple

A pair of hands is clasped in prayer, with fingers interlaced. The hands are positioned in the upper right quadrant of the image. In the background, a Bible is visible, resting on a surface. The overall scene is dimly lit, with a focus on the hands and the text.

Daily Devotions (time in the Word)

Prayer

Sacrificial Generosity

Repentance

Serving your community

Sharing your story

Worship