

# News & Notes

Join us on zoom for Bible Study Sunday 10am, Worship Sunday 11am and Wednesday nights at 7pm!

## Scheduled to Serve:

	May 31	June 7	June 14
Singing	Tony	Alain	Tony
Communion/Reading	Chad/Spencer	Tony/Spencer	Chad/Spencer
Speaking	Alain	Chad	Alain

**Contributions:** send to churchcollege@yahoo.com or leave in box in foyer.

**Link to the GOSPEL HERALD website:** <https://gospelherald.org>

**Salvation is a gift from God and cannot be earned. It was purchased for us by the death of Jesus on the cross. Not everyone chooses to accept this gift, but God's offer of salvation is for the whole world.**

"Quote of the week"

## BIBLE MEMORY VERSE OF THE WEEK

*"The LORD will fight for you; you need only to be still."*

*Exodus 14:14*

## Kingston Church of Christ

Meeting at 446 College St., Kingston, ON K7L 4M7

[www.kingstonchurchofchrist.ca](http://www.kingstonchurchofchrist.ca)

613-546-5409

KingstonChurchofChrist@yahoo.com

*Every member a minister*

# Let Keep Praying For



- Joan’s health.
- Rachel, Noah and Levi, tenant issues
- Brian
- Those who are mourning the passing of Kathy’s sister, Debbie and Marion and Joan’s brother, Dave.
- The people who are living in areas of war and famine
- Those who are spreading God’s word in areas of persecution.
- Our leaders
- Betty
- Dale and Marion’s health
- Cancer patients: Sylvia, Jim, Bob L, Barb
- The men who lead our worship services and Bible studies each week.
- People of other faiths that they find Christ and convert
- Andrew’s wife -upcoming surgery
- Cheryl’s friend, Wendy -Cancer and mom with dementia.
- Josh
- Rod-safety on the road
- Elise’ colleague in Jamaica, Roehan
- Karen Curtis- serious health problems
- Dave Briscoe – health problems
- Elise
- Andrew W for encouragement
- Rod’s colleague Bob Evans
- Rod’s co-worker’s wife Cathy Godfrey
- Josephine -travelling
- Elise’ mom Carmen Bromley-in hospital
- Andrew’s friend’s Uncle Wayne-seriously ill
- Lesley-eye issues
- Ron and his work in Uganda
- Alain-for wisdom, facing big decisions
- Travis
- Chad’s mom Marilyn, heart issues
- Brian and Kathy’s friend, Johnny Knight, health
- Angel-for wisdom & discernment, big decisions
- Chad’s friend Ben-recovering from heart surgery
- Lyn

- Please let Robyn know if we are missing anyone from the prayer list or if there are any updates to those who we are currently praying for,

## Be Still and Know That I Am God, By Geoff Hanover

In a world filled with constant motion, noise, and urgency, God gently calls His people to something countercultural: stillness. *“Be still and know that I am God”* (Psalm 46:10, KJV). This is not merely an invitation to rest physically, but a command to quiet our hearts, release our fears, and trust fully in the sovereignty of God.

Stillness does not mean inactivity; it means surrender. When we are still before the Lord, we acknowledge that He is in control and that our strength does not come from striving but from trusting. The scripture reminds us, *“The Lord will fight for you, and you shall hold your peace”* (Exodus 14:14). In moments of uncertainty, God calls us to stop striving and allow Him to work on our behalf. Jesus Himself modeled the power of stillness. Despite the demands of proclaiming the Gospel and interacting with large crowds, He often withdrew to quiet places to pray. *“Very early in the morning...Jesus went off to a solitary place, where He prayed”* (Mark 1:35). If the Son of God needed moments of silence and communion with the Father, how much more do we?

Stillness also cultivates trust. When we allow ourselves to slow down, we begin to recognize God’s presence and hear His voice more clearly. *“In repentance and rest is your salvation, in quietness and trust is your strength”* (Isaiah 30:15). Our faith deepens when we pause long enough to remember who God is—faithful, powerful, and unchanging. Let that resonate.

Life’s storms can tempt us to panic or fear, but God’s Word assures us that His peace is available even in chaos. *“You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You”* (Isaiah 26:3). When our minds remain fixed on God rather than our circumstances, peace replaces fear.

Being still before God also reminds us of our identity. We are not defined by productivity, success, or possessions, but rather our relationship with Him. *“Come to Me, all you who labor and are heavy laden, and I will give you rest”* (Matthew 11:28). True rest is not found in escaping responsibilities but resting in Christ. As we practice stillness, let us intentionally create space for God in our daily lives—through prayer, meditation on Scripture, and moments of quiet reflection. In doing so, we reaffirm our trust in His sovereignty and goodness. When we are still, we remember that God is exalted, God is faithful, and God is near. May we learn to pause, listen, and rest in the truth that He alone is God.