

News & Notes

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

Sam Cariaga and family will be attending our worship service today and will be providing an update on the recent medical missionary trip in the Philippines.

Scheduled to Serve:

	June 14	June 21	June 28
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.

Kingston Church of Christ

Meeting at 446 College St., Kingston, ON K7L 4M7
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613-546-5409
KingstonChurchofChrist@yahoo.com
Every member a minister

Email kingstonchurchofchrist@yahoo.com for news, questions and prayer requests.

June 14, 2026

BIBLE MEMORY VERSE OF THE WEEK

"I have said these things to you, that in me you have peace. In the world you will have tribulation. But take heart, I have overcome the world."

John 16:33

Welcome to our gathering! Please join us in worship and fellowship.

Please join us in worshipping God as we sing, pray and read the Bible. We also share communion each Sunday remembering the sacrifice of Jesus who gave himself to die for our sins. If you wish to partake with us, you are free to do so.

We hold the Bible to be God's inspired message for us and hold it in highest esteem.

If a question comes to mind, please ask it. We will try to help you find answers from God. Please let us know of any way we can serve you.

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
 - Josephine -travelling
 - Elise’ mom Carmen Bromley-health concerns
 - Andrew’s friend’s Uncle Wayne-seriously ill
 - Lesley-eye issues
 - Ron and his work in Uganda
 - Sam Cariaga-medical missionary work in the Philippines,
 - 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- waiting for surgery
 - Kathy-waiting for surgery
 - Lillian’s sister, Vivian-health concerns
 - Rod’s colleague Jeff-recovering from car accident
- 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,

Praise God It's Easy, By [Mike Riley](#)

There are so many prayers of praise in the Old Testament that I could spend a year writing about them. My favorites are those found in Psalms. What a glorious book of prayers!

Praising the Lord isn’t always easy for us. We suffer, our families suffer, the world suffers....but that is nothing new. Jesus reminds us.....”*These things I have spoken unto you, that in Me, ye might have peace. In the world ye shall have tribulation, but [be of good cheer: I have overcome the world](#)” ([John 16:33](#)).*

In Hebrew the book of Psalms is not called psalms or even prayers, but Praises ([Tehillim](#)). This means that in some way, all one hundred and fifty psalms, whether supplication, lament, confession of sin, etc. are meant ultimately for praise. Confessing sins can contribute to praise. We are renewing what God already knows about us. We are rather pitiful after all.

Praise is, first, a statement of faith in God. Biblical prayer is a dialogue where both parties are important. However, God always comes first. Did you know that [Alleluia](#) means Praise God?

Here are some tips for more meaningful prayer by using your Bible as a guide:

- 1) **Pay attention to the vocabulary of prayer**such as call, cry out, sigh, praise, extol, recount, giving thanks, supplication etc. See what you learn about the experience of prayer in the passage you are reading.
 - 2) **Look for context**.....where is the prayer located in the biblical book. How is prayer impacting the people who are praying. Why are they praying and what event is prompting their prayer. They might have similar problems as you do.
 - 3) **Write it down** or highlight in your Bible. Use the names of God or God’s attributes that are mentioned in the prayer. Names such as Lord, Rock, Shield, Shepherd. Attributes such as Loving kindness, Mercy, Almighty. Learn to use these names to make your prayer meaningful to you. Bibles shouldn’t be neat and clean. Use them and mark them. Your kids will know that you have been studying!
 - 4) **Reflect** How would you “translate” these attributes and images in your own words?
 - 5) **Look** Biblical commentaries are sometimes helpful. These might give you some historical background of the people who are praying. You might not think that this matters but you will feel better looking at their life compared to yours.
 - 6) **Shifts in mood of the prayer**..... especially from the beginning of the prayer to the end. Such as from lament to praise or from supplication to trust.
 - 7) **Look for similarities or differences in prayer** Hannah’s praise ([1 Samuel 2:1](#)) compared with Mary’s praise in [Luke 1:46-55](#). Look in the Psalms to see how David submits his prayers to God and the circumstances he faces.
 - 8) **Write out your prayer**..... This is where a prayer journal is handy. You might simply reflect on a Biblical passage and what it means to you. Writing out your thoughts might seem tedious but take it from me...this helps to organize your thoughts and focus your prayer.
- Hope some of these suggestions will make your prayer life of praise more meaningful.
- Praise is easy after all!**