

REFLECTIONS

How well do you sleep each night? As a child I was taught the bedtime prayer:

*Now I lay me down to sleep,
I pray the Lord my soul to keep,
If I should die before I wake,
I pray the Lord my soul to take.*

You may have prayed this prayer as a child. Apparently children have been praying this bedtime rhyme for a few centuries. As a youngster, the "if I should die" part of the prayer did not bother me as much as the keeping and taking of my soul. What is my soul? Where do I keep it? And why would the Lord want to take it somewhere? That was heavy theology to ponder before going to sleep at night. Later I assumed this prayer was probably born out of the anguish of high infant and child mortality during times of plagues and smallpox. One day I discovered the full version, based on a German poem from the 1600's, has much more to say. It also could have been based on a sermon from Psalm 4. Where we finished praying with, *I pray the Lord my soul to take*, fuller versions continued with: *If I should live for other days, I pray the Lord to guide my ways. Amen.* Why didn't we learn this part before we said, *Amen!*

How well do you sleep at night? What are the things you think about as you drift off (or not) for the night? I read an article this week with the headline, *Why Everyone Is Waking Up at 3 a.m.* A quick search will reveal several widespread reports about the reasons many people wake up in the middle of the night, and the struggle to go back to sleep. It is a popular subject in the field of mental health these days.

I have my share of wakeful nights. A couple of Bible verses help me at the end of a stressful day: *Come to me, all who are weary and heavy burdened, and I will give you rest.* (Matthew 11:27) *Cast all of your anxiety on Him, for He cares for you.* (1 Peter 5:7) Try letting God hold all your stress, fears, to-do's, etc. as you go to sleep. You will find them soon enough in the morning.

Keep healthy. Pray mightily. Enjoy your life today. Sleep well. And let's experience the love and power of God together.

Bro. Darryl

THE EVANGEL (USPS 180-140) is published weekly except 1st week of July and 4th week of December by the
BRADEN PARK BAPTIST CHURCH • 4739 East 5th • Tulsa, OK 74112-2716
Periodicals postage paid at Tulsa, OK.
POSTMASTER: send address changes to • THE EVANGEL • 4739 East 5th • Tulsa, OK 74112-2716

PERIODICALS
POSTAGE
PAID
Tulsa, OK
USPS #180-140

The Evangel

Braden Park Baptist Church
4739 East Fifth Street (5th & Yale)
Tulsa, OK 74112-2716

SCHEDULE OF SERVICES

Sunday Morning

Continental Breakfast

Worship

Bible Study & Conversation

9:20 a.m.

10:00 a.m.

11:15 a.m.

Wednesday Evening

The People's Pantry

The Clothes Closet Ministry

Prayer Service

5:00 p.m.

6:30 p.m.

Dr. Darryl DeBorde, Minister
Bill Ess, Music Minister

Telephone (918) 834-3378

Fax (918) 834-3440

office@BradenPark.org

Printing provided by
Imperial Printing

The Evangel



Proclaiming the Good News!
Braden Park Baptist Church
Tulsa, Oklahoma

VOL LIV

September 20, 2024

No. 34

*... the whole body, joined and
knit together ...*



*as each part is working properly,
promotes the body's growth in
building itself up in love.*

EPHESIANS 4:16, NRSV

Our Church Family

AT HOME

Kevin Avery	Paula McPherson
Alice Barrett	Georgia Metcalf
Elizabeth Burke	Bonnie Nutting
Lydia Ford	Annette and Dennis Parker
Nancy Holdt	Billy Shafer

NURSING CENTERS

Marion Corbett	University Village Health Center #333
Hugh Enos	Broken Arrow Nursing Home

HAPPY BIRTHDAY!

September

24	Lori Dryer
30	Hudson Avery

October

4	Francisco Gaona
---	-----------------



Looking Ahead

SUNDAY, SEPTEMBER 22

9:20 a.m. Continental Breakfast

10:00 a.m. Gifted and Empowered: Worship
—1 Corinthians 11:26-39

We continue our series focusing on the gifts of the Holy Spirit in worship. These passages describe the giftedness of God's people for faithful service, and the spiritual power that testifies to the authenticity of the Gospel message. Invite your family and friends to church this Sunday and be blessed.

11:15 a.m. Ladies Bible Study, *Pursued*
Conversations with the Pastor
No Sanctuary Choir Rehearsal

MONDAY, SEPTEMBER 23

8:45 a.m. Monday Morning Prayers
Call (712) 832-8330, then access code: 887-7647

TUESDAY, SEPTEMBER 24

8:00 p.m. Prayer for the Nations
Kevin Avery's Facebook Zoom link

WEDNESDAY, SEPTEMBER 25

5:00 p.m. People's Pantry Ministry
Clothes Closet Ministry
Community Dinner

6:30 p.m. Prayer Service

SUNDAY, SEPTEMBER 29

10:00 a.m. Gifted and Empowered: Unity

Behind the Scenes



September 29

Clothes Closet Ministry Needs

Each Wednesday evening we provide opportunity for our neighbors to peruse our **Clothes Closet**, which is located on the second floor. Right now we are in need of fall and winter clothes, socks and jackets. We are almost completely out of men's jeans and work pants of every size. Place the clothing in the donation box in the church foyer. Thank you for your continuing support.

FOR THE CHURCH RECORD

Weekly Budget Need	\$ 2,073.00
General Receipts September 13	\$ 935.00
Special Offerings	\$ 0.00

Thank You to all who are providing sustaining tithes and offerings.