

# Prayer Requests

March 23, 2025

## Short Term

Sharon Strother, Wesley Warren, second cousin of Dan Brantley

## Long Term

Family of Diane Allen, sister of Kelli Sander • Family of (Charles) Sy Symonds, the Bjork and Symonds • Family of Eunice Bruhjell, sister of Pat Koskenin • Family of David Campbell • Family of Estee Goree • Family of Chase Griffith • Chris Hopkins, son of Marjorie Hopkins • Family of Hayward Hosch, Jr • Family of Sarah Reynolds • Family of Ric Scripps • Russ Sims, son of Annette Woodward • Family of Sue Stockard • Family of Faye Storey • Family of Bill Strother • Family of Katherine Werner • Family of Virginia Wiley • Family of Carrie Woodard, sister of Savannah McClure • Family of Martha Woodard, mother of Savannah McClure • Family of Sammie Woolum • Gerry Zimmerman

*Continued prayers for those that wish to remain anonymous or have an unspoken need.*

*Let us know how we can pray for you.*

Name: \_\_\_\_\_


Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Prayer need:

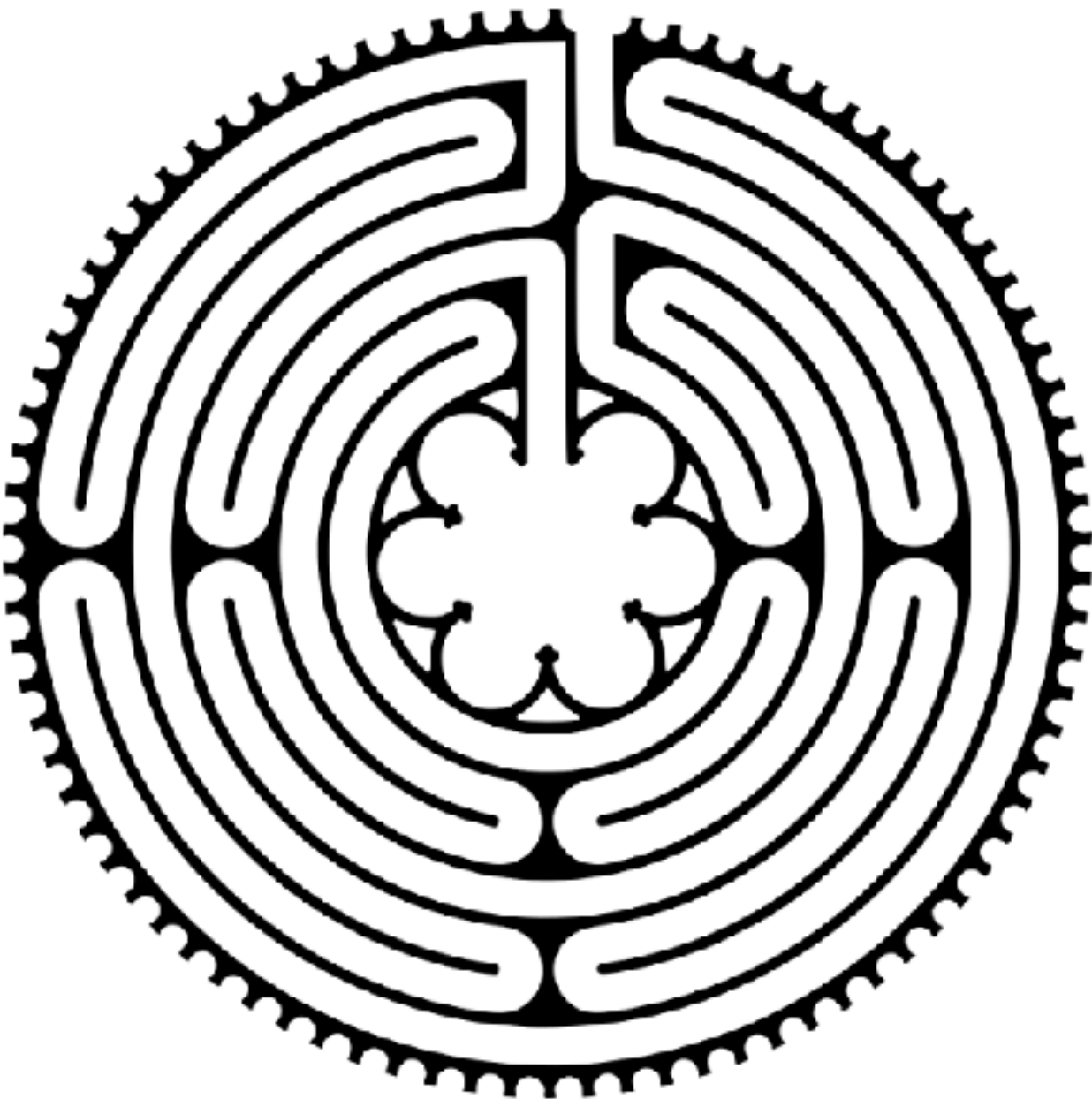
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Prayer requests and prayer lists can be found online at [upumc.org/prayer](http://upumc.org/prayer) or through the QR code found here.



Would you like your name to be added to the church wide prayer list? Yes  No  Short term   
Would you like a pastor to contact you? Yes  No  Long term

*Trayer's Labyrinth*  
Name your worry  
Center your thoughts  
Give your burdens to God



- Place your finger on the outside entrance of the labyrinth and trace its inward journey to the center of the maze. As you move toward the center, quiet your mind. Allow yourself to confront your innermost worries and fears. Begin naming them to God, who is walking alongside you as a guide and companion.
- You have reached the center of the labyrinth pattern. You may arrive with an insight, or feel a sense of peace or joy at completing your journey in. This is a time to receive whatever God has for you. Take the time to stop and pray, expressing what is on your heart.
- Keeping your finger on the pattern, begin moving away from the center back towards the entrance. Reflect on your experience and prepare to go back into your day. Take a greater awareness of God's presence with you.