



Praise Songs – Wednesday, September 17, 2008

High Praise – Christopher Lewis & Judith McAllister

The Lord is high above the heavens
And His glory above the nations

Give God the highest praise, acknowledging Him always
And all the people say
Halle – Halle – Hallelujah

Halle – lujah, Halle – lujah
If you love to the praise the Lord sing
Yes, oh yes!
If the Lord has been good to you sing
Yes, oh yes!

You Are Holy – Roderick Vester

You are holy. Holy are You Lord
You are holy. Holy are You Lord
And yes I'll praise You forever and always oh Lord
You are holy and holy are You Lord

You are worthy, worthy are You Lord
You are worthy, worthy are You Lord
And yes I'll worship You forever and always oh Lord
You are worthy and worthy are You Lord

You are mighty, mighty are You Lord
You are mighty, mighty are You Lord
For every battle You have shown Your strength oh Lord
You are mighty and mighty are You Lord

You are faithful, faithful are You Lord
You are faithful, faithful are You Lord
For every mountain You are brought me over oh Lord
You are faithful and faithful are You Lord



A Clutch Clinic
Pastor, Frank A. Thomas
September 17, 2008

I want to explore tonight why the process of change is so very hard for us all. Everything changes, everything must change or die. I ponder the words of Rainer Maria Rilke, "We need in love to practice only this:/ letting each other go./ For holding on/ comes easily: we do not need to learn it". We know how to clutch. Trust is the opposite of clutching. Trust is letting go or releasing or allowing or yielding. This is why change is so hard for us – we are more interested in clutching, holding on, staying safe, and keeping secure than trusting that is releasing, allowing, or yielding. I want to briefly cover the six stages of change.

Step One: When I first feel the pain of change or loss, I will resist. Beyond all bounds of rationality, I will resist – be against it for against its sake. Change often looks like sacrifice. The change costs too much.

Step Two: I resist the change aggressively either passive aggressive or aggressive aggressive. Notice that both are aggressive – it is only whether we are passive or not or we reach out to state or act out our opposition.

Step Three: I try to come to terms with the situation because I cannot avoid it. Reality sets in and I am trying to deal with "what is."

Step Four: I argue with myself about whether I should stay or run away; or whether it is necessary to let go or to hang on.

Step Five: I make a decision that I will let go. I will allow; I will yield; I will release. Sometimes I come to know the decision that I have already made. It was made deep down on the inside but I had to recognize it.

Step Six: We realize that God is at work in the process. That God was leading me all the time.

The Text: Psalm 52:8: "As for me, I am like a green olive tree in the house of God; I trust in the lovingkindness of God forever and ever."

Green olive tree speaks of grace, richness and prosperity that are found in the house of the Lord. But the green olive tree has to grow and change to experience the grace. The green olive tree has to trust God.



A Clutch Clinic Worksheet
WEDNESDAY, SEPTEMBER 17, 2008

1. Please identify the issue that you find it hard to change around. Be honest!!!

2. **Step One**: Identify your resistance

3. **Step Two**: Have you resisted passive aggressive or aggressive aggressive?

4. **Step Three**: Have you come to accept "what is"? How do you know?

5. **Step Four**: Do you argue with yourself to stay or run away, let go or hold on?

6. **Step Five**: Have you made the decision to let go, to release, to allow?

7. **Step Six**: Identify where God is in the process. Do you trust God?