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### The Heart of Prayer

Contributed by Zach Peters

Prayer is central to a healthy Christian life, emphasizing sincerity and authenticity. The article delves into the importance and practical aspects of praying from the heart, referencing insights from Scripture.

Prayer is essential for Christians, mirroring sincerity like the psalmist in Psalm 119. The article delves into praying authentically from the heart, citing Scripture for its importance and practical application.

The practical implications include authenticity, relationship building, and alignment with God's will. Authenticity by way of praying from the heart involves being genuine and transparent before God. It means expressing our true thoughts, emotions, and struggles without pretense or fear of judgment. Relationship building happens when we pray from the heart, we cultivate a deeper relationship with God. It allows us to know Him more intimately and experience His presence in a profound way. Alignment with God's will occur as our honest prayers from the heart have congruence with God's will. As we pour out our desires, fears, and hopes, we surrender to His wisdom and trust in His perfect plan.



#### Scriptural Sources:

1. Psalm 119:10-11 (NIV);
2. Matthew 6:6 (NIV);
3. Romans 8:26-27 (NIV)

Praying from the heart, as shown in Psalm 119, is crucial for a healthy Christian prayer life. It involves sincere communication with God, aligning prayers with His will, fostering a deeper relationship. Authentic prayer helps to connect with God genuinely, aligning prayers with His will, and deepening the relationship with Him.



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Honor your father and your mother, that your days may be long in the land that the Lord your God is giving you. -Exodus 20:12



What animated movie's opening scene features a rising sun, an array of wildlife, and a song with the Zulu lyrics: "Nants ingonyama bagithi baba?"

Answer: The Lion King



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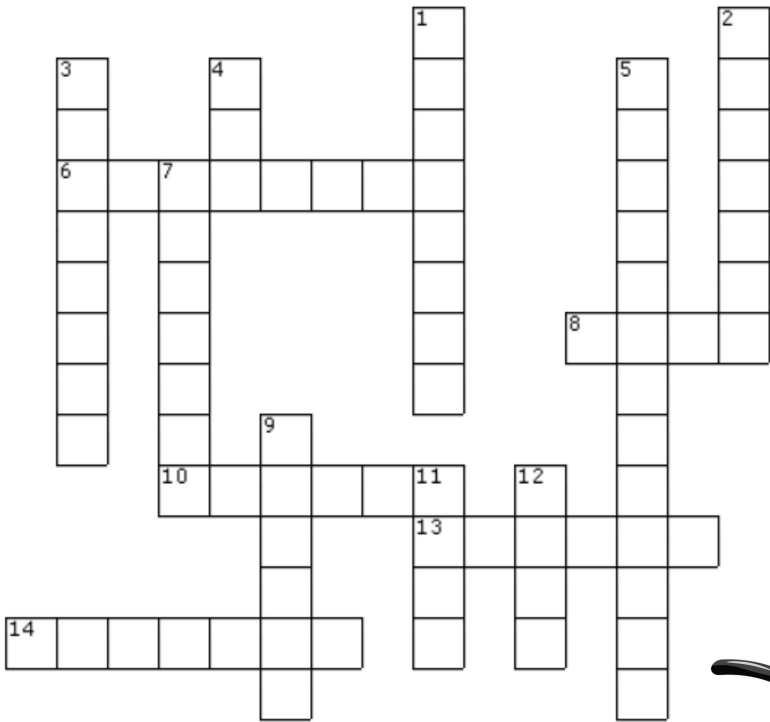
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# PSALM 23



ACROSS

- 6 The Lord is my \_\_
- 8 I will \_\_ no evil for you are with me
- 10 Even though I walk through the valley of the \_\_ of death
- 13 You \_\_ my head with oil
- 14 Your rod and your staff, they \_\_ me

DOWN

- 1 Surely \_\_ and mercy will follow me all the days of my life
- 2 And I will dwell in the house of the Lord \_\_
- 3 He makes me lie down in green \_\_
- 4 My \_\_ overflows.
- 5 He guides me in paths of \_\_ for his name's sake
- 7 You prepare a table before me in the presence of my \_\_
- 9 He leads me beside quiet \_\_
- 11 I shall not \_\_
- 12 He restores my \_\_

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## Tasting Italy in Every Bite at Amore Trattoria Italiana by Cherie Britton

A comedy over a 5-course dinner with a side of wine sounds like the perfect way to unwind and have a good time, so when Amore Trattoria Italiana in Cmstck Park came up with an event featuring Alexa Stanton, Adam Degi, and Zach Martina, we knew we had to go, and I'm glad we did. The combination of delicious food, laughter, and wine created a warm and inviting atmosphere that allowed the guests to relax and enjoy themselves.

Dinner kicked off with the mouthwatering delight of arancini risotto fritters (photo n yur right)! These Italian gems combine the creamy comfort of risotto with the satisfying crunch of a fried fritter. Each arancini ball burst with a medley of cheese, meat, or veggies, creating a flavor explosion in every bite. And let's not forget about the notte bianco – a creamy, tangy wine that takes this dish to a whole new level of deliciousness.



This was followed with roasted pepper parm soup with crispy pancetta and a glass of Pinot Grigio. The combination of sweet roasted peppers, savory Parmesan cheese, and crunchy pancetta perfectly balanced richness and crunch. The acidity and crispness of the Pinot Grigio complement the creaminess of the soup, enhancing the overall culinary experience. Enjoying this dish is a meal and an exploration of culinary creativity and gastronomic pleasure.



The unique combination of flavors in the insalata (photo on your left) with fig dressing, apples, cherries, and gorgonzola treated us to a harmonious blend of sweet, tangy, and savory elements. Salads have never been so good, hubby said. The fig dressing adds a rich and slightly sweet undertone, complementing the crispness of the apples and the juicy burst of the cherries. The addition of creamy gorgonzola cheese provides a contrasting sharpness that adds depth to the dish. This salad is not only a sensory delight but also a showcase of culinary artistry, demonstrating the chef's skill in balancing diverse flavors and textures to create a truly exceptional dish. Each bite is a symphony of flavors, a testament to the power of creative culinary combinations (not that Chef Jenna needs validation).

Secondi was pork wings with polenta and a glass of Chianti. It is a sophisticated and elegant dish that you can't just ignore even as the show has started. The tender and succulent pork wings, marinated in a savory blend of herbs and spices, pair perfectly with the creamy and rich polenta, a traditional Italian staple made from cornmeal. The earthy and robust notes of the Chianti wine elevate the dish, offering a perfect balance to the hearty flavors.



Dolce was a traditional Italian dessert consisting of a sweet and creamy filling enclosed in a crispy pastry shell – cannoli. The addition of a shot of cioccolacello, a chocolate-infused liqueur, adds a rich and indulgent layer of flavor to the already decadent treat. The contrast of the crisp shell with the smooth filling, paired with the hint of chocolate liqueur, elevates the cannoli to a level of sophistication that is sure to please even the most discerning palate.

The attention to detail in each dish is evident, from the carefully selected ingredients to the precise plating. Every bite is a testament to the passion and dedication of the chef at Amore. It's clear that they pour their hearts into every creation, ensuring that each dish is not only delicious but also a work of art.

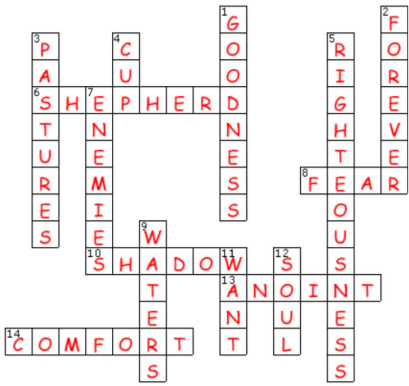
Italian chefs are known for their exceptional hospitality, creating a familial bond among patrons and staff. Chef Jenna Arcidiacono impresses with her ability to make all guests feel welcome and appreciated, treating everyone with respect and warmth. This professionalism and attentiveness exemplify the high standards of Italian hospitality, making dining at an Italian restaurant a memorable experience for all.

Yes, it was an evening of laughter, delectable dishes, and fine wine like no other! The simple joy of a good laugh paired with delicious food – truly, nothing could be more satisfying. The comedic banter flowed effortlessly, each punchline perfectly timed between bites of savory dishes and sips of fine wine. It was a feast for both the stomach and the soul, a symphony of laughter and flavors that left me feeling thoroughly nourished in every sense of the word. Indeed, in that moment, as I wiped away tears of mirth while indulging in my cannoli, I realized that this is what true happiness looks like – a comedy over a hearty meal. And really, who could ask for anything more?





PSALM 23 ANSWER KEY



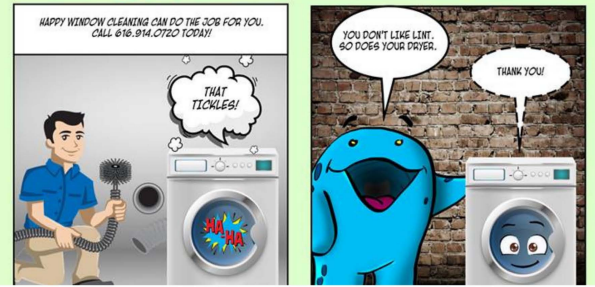
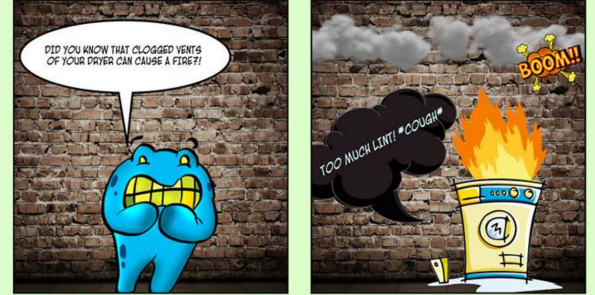
**QUIZ TIME**

The snoring old man who bumped his head and could not get up in the morning is mentioned in which nursery rhyme?

- A. Ding, Dong, Bell
- B. It's Raining, It's Pouring
- C. Hey Diddle Diddle
- D. Jack And Jill

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