

Serving with Cadence International

# Skip & Ruth Main

JULY 2024

## 8.6.8.6

*Dear fellow workers,*

Ruth and I praise God for your love and financial support for us and the Pensacola Hospitality House.

We will study selected Psalms during the summer weeks at the Wednesday night chapel Bible study. I'm learning quite a few things about the Psalms and how many of them have been sung down through the ages. In times gone by, people went to church with their Bibles and the Psalters in their hands. I downloaded a book by Julie and Timothy Tennent, *A Metrical Psalter*, that gave me much information about singing the Psalms. For those who know music, you may be aware that 8.6.8.6 is the common meter of many hymns, including "Amazing Grace." The Tennents have listed several familiar hymns whose melodies can be paired with many of the Psalms. Try singing Old Psalm 100 to the tune of the Doxology.

### **Doxology**

*Praise God from whom all blessings flow,  
praise him all creatures here below.  
Praise him above, ye heavenly host,  
praise Father, Son, and Holy Ghost.*

### **Old Psalm 100 (1650 Scottish Metrical Psalter)**

*All people that on earth do dwell,  
Sing to the LORD with cheerful voice.  
Him serve with mirth; His praise forth tell;  
Come ye before Him and rejoice.*

Recently, a young Sailor in one of the Bible studies said he was a Buddhist Christian! Another person asked what Jesus' skin color was. Someone else wanted to know how to have a quiet time. One man asked for tips on navigating his marriage while he is in the military. Ruth and I are commonly asked questions like these and many more! Please pray with us that we will have wisdom to know how to respond to each person.

Once again, we ask prayers concerning our physical health. We wholeheartedly agree with Paul that our physical bodies are decaying. Ruth had cataract surgery at the beginning of this month, and I am scheduled for some nasty tests in August. We are both looking forward to our promised new bodies.

We would love to hear how God is working in you and through you.

In Him,

*Skip & Ruth*



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