

W.I.E.C. News Sheet October 2018

Wednesday 3rd	7.30 pm	Prayer Meeting
Sunday 7th	11.00 am 6.30 pm 3.00 pm	John Mann (Communion) Matthew Sharpe Signature House Matthew and John will also be taking services at Chardsmead Baptist Church today
Wednesday 10th	7.30 pm	Bible Study
Sunday 14th	11.00 am 6.30 pm	Matthew Sharpe Matthew Sharpe
Wednesday 17th	7.30 pm	Bible Study
Sunday 21st	11.00 am 6.30 pm 3.00pm	John Mann Matthew Sharpe (Communion) Signature House
Wednesday 24th	7.30 pm	Bible Study
Sunday 28th	11.00 am 6.30 pm	Matthew Sharpe John Mann Today Rosie Crowter from Papua New Guinea will be with us. After a church lunch she will update us on the work there.
Wednesday 31st	7.30 pm	Bible Study

Please contact us for venues for midweek meetings

Prayer: Give thanks that the young people that we know who have started new schools, colleges and jobs have settled in. Pray that they will continue to grow well, especially in their faith.

Pray for wisdom for those who may be put under pressure to join in with Halloween activities, and that they will be able to be firm but winsome in their witness.

Last week I was reminded of just how relevant the wisdom of the Scriptures is to all eras. I went on a training course for school staff. The main speaker was a Doctor of Psychology and his message was the result of his thesis on happiness. and how happiness changes people.

It was a very motivating talk (which was its intention) and included some very easy ways we can change the way we think, which not only make our lives happier but also those around us.

On the way home I remarked to my colleague that many if not all of the ideas presented were found in the Bible, and that rather than a 'new' way of thinking these were in fact “from the beginning of time” So here is my version of his talk with the Biblical perspective.

Firstly - it's not good to be alone. He said that when people keep themselves away from others they soon become lonely and depressed. We gain so much from being with other people. Genesis 2 v 18 shows God identifying a problem that He soon resolved but there are also great benefits of fellowship and worship together with other believers (Heb 10 v23).

Secondly, he noted that the average person lives on this earth for 4000 weeks. Just living for the weekend/holiday/retirement to experience a better life misses the huge potential of those limited number of weeks. Using all our gifts is certainly a Biblical idea - “So teach us to number our days, that we may gain a heart of wisdom.” (Ps 90 v 12). And who knows, that weekend/holiday/retirement may never come (James 4v14) Each day is a gift from God, so use it positively (Eph 5 v 16+17), awaiting the never ending “day” of the new creation in Christ.

Thirdly, he drew out the contrast between the temporary pleasure gained from stuff – even new stuff – and the happiness gained from people. Sometimes we gather so much stuff that we have to pay for additional storage, with the additional pressures that creates. Having a positive outlook for the people around us will be so rewarding and do them good too. “Mood Hoovers” who are always moaning and being negative can so easily suck any life and happiness out of others. Maybe Paul would agree as he prayed for his partners in the Gospel, determining to “Rejoice always” and “think on whatever is true,...honourable,.... just, ...pure, ...lovely, ...of good report” (Phil 1 and 4)

Fourthly, as might be expected, the speaker praised the power of positive thinking. But, being truly positive is of course only possible because of God's grace and faithfulness. So no matter what we are faced with, He enables us to cope. Rather than running away from problems we need to address them with faith in the unchanging God. The Bible tells us that we have a God who is always with us, guiding us, helping us, leading us yes even into difficult trials and tribulations that we would rather not face. Yet He is there too, and the difficult times are always for our good, always for a positive outcome. How much happier we will be if we embrace all our lives with thankfulness and contentment.

Fifthly, don't be governed by your 'to do list' (that is usually longer at the end of the day). Value who you are and the effect you have on others. The Bible tells us we are Children of the King – you can't get better than that! And He gives us help to be the people He wants us to be so that we can shine His light into this dark world, showing the Source of true joy.

Finally, Proverbs 15 v 13 says “A glad heart makes a cheerful face, but by sorrow of heart the spirit is crushed.” Praise God for new hearts through Christ.

Karen

If you would like to share a thought or testimony for the back of the Newsheet, just let John or Matthew know.