

### Preaching Dates

#### 11 March 2018

**Phill March** (am) at  
Uddingston Baptist Church  
**Stan Paliwoda** (am) at  
Lambhill Evangelical Church  
**Glen Cartwright** (am) at  
Fusion at Newton Mearns Baptist Church  
**George Sprott** (am) at Kelso Baptist Church  
**Douglas Inglis** (am) at Auldhouse  
Community Church, Glasgow  
**Charles Sommerville** (am) at  
Cleland Baptist Church  
**Willie Henry** (am) at  
Shettleston Baptist Church  
**Andy Bell** (am) at  
Islay Baptist Church  
**Andy Bell** (pm) at  
Islay Baptist Church  
**Charles Sommerville** (pm) at  
Shettleston Baptist Church

#### Monday 12 March

**Alastair Crockett** (pm) at  
Inner Wheel, Kilconquhar

#### Tuesday 13 March

**Hazel Brooks** (pm) at  
Kilinside Evangelical Church, Paisley

#### Thursday 15 March

**Douglas Inglis** (pm) at "Connect",  
Newton Mearns Baptist Church



### "What Makes Your Heart Sing?"

By Andrew Swanson

***"That my heart may sing Your praises and not be silent. Lord my God, I will praise You forever."*** Psalm 30:12 NLT

Imagine the scene, you are standing with a group of fellow lay preachers and a stranger enters the room and asks each of you the same set of questions.

1. Tell me, what do you do? – *"I'm a lay preacher with the Scottish Baptist Lay Preachers Association."*
2. Tell me, what are you passionate about? – *"I'm passionate about sharing the good news of Jesus."*
3. Tell me, what is it about preaching that makes your heart sing? – *"I love discerning what God wants me to share; the time researching and preparing and then preaching the message. I love to feel the connection with people and to know that God has used me to share his word."*

What would your response be?

I'm sure you'll agree there is something quite unique and liberating about question 3 as a way of becoming a better communicator and influencer. Our passion for Jesus is not a passing interest or hobby; it is who we are, and who we are called to be. This implies that we praise God when we are on the mountain top or in the valley; when we praise and worship our spirits are lifted and we have a sense of happiness and fulfilment.

From neuroscience there are four major chemicals in the brain that influence our happiness;

**D** - Dopamine – Dopamine is a powerful chemical. It is released when people learn something new and exciting; it can also be triggered when we form a new relationship.

**O** - Oxytocin – A bonding molecule which increases trust and loyalty; it increases our feelings of attachment.

**S** - Serotonin – A confidence molecule which enhances self-esteem.

**E** - Endorphins – Endorphins resemble opiates in their chemical structure and have analgesic properties which aid perseverance and resilience.

Through bombarding the brain with new experiences we force our minds to look at the world through a new lens. As lay preachers we need to experience new events, meet new people, and see new places and in so doing take opportunities to show and share our God given happiness with others. In what way are you positively applying DOSE to enhance your happiness....what makes your heart sing?

***"Open my eyes so I can see what You show me of Your miracle wonders."*** - Psalm 119:18