

### Preaching Dates

**12 May 2019**

**David Andrew** (am) at  
Tillicoultry EU Congregational Church.

**John Bingham** (am) at  
Maryhill Evangelical Church, Glasgow

**Andrew Chalkley** (am) at  
Campbeltown Community Church

**Nicholas Fletcher** (am) at  
Queens Park Baptist, Partick Campus

**Mark Laing** (am) at  
Vale of Leven Baptist Church, Alexandria

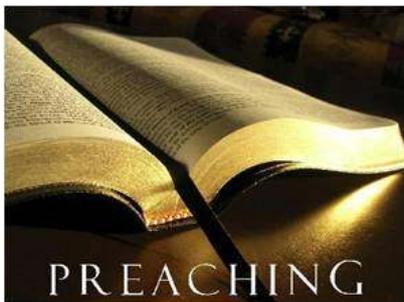
**Jackie Macdonald** (am) at  
Sheddocksley Baptist Church, Aberdeen

**Andrea Mill** (am) at joint congregation,  
Church of Scotland, Isle of Colonsay.

**Charles Sommerville** (am) at  
St Nicholas UF Church, Broxburn

**Jackie Macdonald** (pm) at Women's  
Flourish Gathering, Deeside, Aberdeen

**Hugh Tannock** (pm) at  
Drumchapel Baptist Church



**“Let It Go”**

**By Bill Duffy**

Hebrews 12:1

*Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us,*

During my daily readings over the past few weeks, 2 things have stood out so loud they seem to be shouting at me. The first is found in the book of Hebrews where Paul talks about us throwing off everything that hinders us. The second one was given the title of ‘Take Time To Reflect.’

Not everything that hinders us is sin. Sometimes it can be a difficult experience that has been left unresolved.

Most of us who have had difficult experiences usually try to avoid similar situations at all costs. But if we refuse to deal with them then they deal with us, and quite often in harmful ways. We ‘act out’ of our unresolved issues. But, when we bring them into the light and ask God for the grace to face them squarely, they lose their power over us. We get rid of some of the baggage that is hindering us.

*President George Washington observed, ‘We ought not to look back unless it is to derive useful lessons from past errors, and for the purpose of profiting by dearly bought experience.’*

Taking time to reflect on decisions we have made can be a great help. Have you ever made a snap decision and later wondered if you did the right thing? Reflective thinking can help to get rid of that doubt and also gives you confidence for the next decision.

All of us have made mistakes. But if we take the time to reflect on what we have done and said, this allows us to see where we went wrong and so avoid making mistakes again. But it is not only our mistakes that we should take the time to reflect on. We should also take time to reflect on the good experiences we have been through. In doing so, we can learn from the experience. An experience becomes valuable when it informs and equips us. That’s why daily prayer and Bible reading are so essential. We’ll understand things in God’s presence that we won’t understand any other way.

Lastly, we should regularly review our calendar or diary. Most of us use a calendar as a planning tool, which it is. But it can be used to help us reflect on how we spend our time. What could be better for helping us to reflect on where we have been and what we have been doing. They show us whether or not our activities match our priorities. They help us to see whether we are making progress. They also offer us an opportunity to recall activities we might not have had time to reflect on previously. Some of the most valuable thoughts we have had may have been lost because we didn’t give ourselves the time to reflect that we needed.