

### Preaching Dates

#### 18 January 2019

**Peter Trotter** at Young Persons' Prayer Meeting, Philadelphia Church, Fang, North Thailand.

#### 19 January 2019

**Peter Trotter**, Conference: "Nehemiah: God's Devoted Servant", Fang, North Thailand

#### 20 January 2019

**David Andrew** (am) at

Tillicoultry EU Congregation

**Glen Cartwright** (am) at

Fusion, Newton Mearns Baptist Church

**Brian Crockett** (am) at

Bethany Evangelical Church, Paisley.

**Gordon Dickey** (am) at Kelso Baptist Church

**John Mark Donaldson** (am) at

Fraserburgh Baptist Church

**Jonathan Groves** (am) at

Bridge of Don Baptist Church, Aberdeen

**Arthur Jones** (am) at

South Beach Baptist Church, Saltcoats

**Richard MacPhee** (am) at

Uddingston Baptist Church

**Stan Paliwoda** (am) at

Maryhill Evangelical Church, Glasgow

**Alex Ramsay** (am) at

Bo'ness Baptist Church

**Andrew Roffey** on 'Peace' (am) at Carrubers

Breakfast, Carrubers Christian Centre, Edinburgh

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

**Alistair Mackay** (pm) at

Granary, Dumfries

**Alistair Mackay** (pm) at

Dumfries Baptist Church

**Charles Sommerville** (pm - 6.30pm) at

Dykehead Mission

**Charles Sommerville** (pm - 10.30pm) at

Cumbernauld Baptist Church

**David Craig** (am + pm) at

Ayr Baptist Church

**Jim McNulty** (am + pm) at

Islay Baptist Church

**Phill March** (am + pm) at

Alloa Baptist Church

#### 22 January

**Christine Heron** (am) at Baptist Ladies Meeting, The Old Manor Hotel, Lundin Links, Largo, Fife.

**Charles Sommerville** (pm) at

Bo'Ness Baptist Church, Ezekiel Study Series

#### 25 January

**Hazel Brooks** at a funeral,

South Lanarkshire Crematorium.



### "Warning Lights"

By Mark Laing

Two of my children now drive. In preparing them for the driving test I remember showing them how to open to bonnet, where the spare is and how to put air in the tyres, and where the correct fuel goes. One of the things you learn when learning to drive is to recognise warning lights, what they mean and what you should do about them. Yet it seems that only I ever notice the warning lights in the car! The other morning I jumped in the car to go off to work only to discover the fuel warning light on. Before I could get to work I had to fill up on petrol.

Some of my family can be bad at reading the warning lights in the car, or they just choose to ignore them. We can also be poor at reading our own lives, reading the dials: what warnings are flashing in my life; where am I at? Am I driving on empty? Do I need to allow room for rest and recuperation in my life?

At the start of the year it can be helpful to do some self-reflection. The book, *The Emotionally Healthy Church* by Peter Scazzero (Zondervan, 2010) has really helped me in my reflection on this topic. The author's basic idea is that to reach spiritual maturity we also need to be emotional healthy; emotional health is critical to spiritual maturity. Rather than suppress or discount them, Scazzero, encourages us to look at our difficult emotions. Why am I getting angry, or depressed, or why am I so anxious? These difficult emotions often function as warning lights in our lives.

In your car, if you are driving with a warning light flashing you can only keep going for so long. Then one of two things might happen. You can put right the problem, put oil or fuel in the car. Or you can drive on and ignore it – until the car comes to a grinding halt and can no longer function.

As we start this year, are there any of these warning lights flashing in your life? With difficult emotions, if we ignore them, we are just really burying them. They will continue to fester in the background and eventual come to the surface again – sometimes when we least expect them. This is particularly true for emotions like bitterness and resentment. See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many. (Hebrews 12:15)