

Word For The Week

28 February 2020

Preaching Dates

Friday 28 February 2020

Hazel Brooks (pm) at
Whitburn Pentecostal Church

Saturday 29 February 2020

Jonathan Groves (pm) at Kerusso Trust presentation as part of mission weekend, Pound Lane Free Church, Isleham, Cambridgeshire.

Charles Sommerville (pm) at Saturday Night Rally at Shettleston Baptist Church

Sunday 1 March 2020

Note: Jonathan Groves begins a 6-week tour of the UK with Kerasso Trust

Glen Cartwright (am) at Fusion, Newton Mearns Baptist Church
Jim O'Hara (am) at Perth Baptist Church
Alex Ramsay at

Banton Independent Baptist Church

Charles Sommerville (am) at Cumbernauld Baptist Church

Hugh Tannock (am) at Vale of Leven Baptist Church, Alexandria

David Craig (pm) at Ayr Baptist Church

Charles Sommerville (pm) at Dawson Mission, Falkirk

Hugh Tannock (pm) at Drumchapel Baptist Church

Jonathan Groves, (am + pm) Preaching and Presenting with Praise at Pound Lane Free Church, Isleham, Cambridgeshire.

Monday 2 March 2020

Hazel Brooks (pm) at Albert Hall Evangelical Church, Renfrew

Tuesday 3 March 2020

Hazel Brooks (pm) at St Machans Church, Larkhall

Elizabeth De Silva (pm) at Aglow International, Alloa

Jonathan Groves (pm) at midweek evening mission prayer meeting, Gerston Chapel, Paignton, Devon

Wednesday 4 March 2020

Hazel Brooks (pm) at Hope Hall Brethren Church, Kirkmuirhill

Elizabeth De Silva (am) at South Beach Baptist Church, Saltcoats

Charles Sommerville (pm) at Dykehead Mission, Shotts



"Slow Down"

By Dawn Martindale

In the story of Mary and Martha, Martha ends up a little bit angry at both her sister Mary, and her friend Jesus. Martha loves Jesus and wants to care really well for him. She wants everything to be just perfect. She sets about with a whole load of various preparations to make sure that everything is done 'just right.' In her mind all these preparations are essential, but she ends up frustrated and anxious, there's too much to do for everything to be 'just right.'

Interestingly it's Jesus Martha speaks her mind to and not her sister. I reckon that she was thinking that Jesus always does the right thing; He always sets things right. She believes that what is right is a) that all the preparations must be done perfectly and to a high standard and b) that in order to ease her burden and actually achieve that high standard, her sister should be helping her out. I reckon that it is for those reasons that Martha fully expects Jesus to take her side and challenge Mary to help her out.

But Jesus doesn't respond the way she thinks he will. What Martha thinks is 'right' isn't actually 'right'. And instead Jesus gently challenges her about how worked up she is getting about everything she *thinks* must be done.

I've come up with two things to take from this passage and the first is '**slow down**'. Jesus and his disciples are quite happy with the basics. In order to slow down we have to realise that fewer things are needed than we assume. Or possibly we're actually trying to make Jesus, or even other people proud of all the work we do, and how well we do it. And, maybe Martha was also trying to make Jesus proud of her for doing a good job in hosting all the guests, and maybe she didn't even realise that that was actually what she was doing. And so, the second thing I want to take from this is '**don't be overly anxious to please others.**'

We can get mixed up and think that 'doing things' and doing things well is what Jesus wants, when, in fact, the truth is that he wants us to slow down, spend time with him, and stop being anxious about so many things. If we are anxious about all that needs doing, we rush the time sitting at Jesus' feet and feel we must get up and move onto the next thing or our whole schedule will end up late.

So, to end, I thought I would leave you with two questions:

Is there anything you are doing that you don't need to be doing?

Is there anything that you are anxious and worrying about that you shouldn't be worrying about?