

Word For The Week 3 January 2020

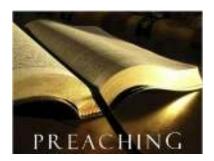
Preaching Dates

Sunday 5 January 2020 Hazel Brooks (pm) at Chryston Parish Church Glen Cartwright (am) at Fusion, Newton Mearns Baptist Church Andrew Chalklev (am) at Campbeltown Community Church John Mark Donaldson (am) at Peterhead Baptist Church Phill March (am) at Langdale Church Dunstable Dawn Martindale (am) at Kings Covenant Fellowship, Glenrothes Jim O'Hara (am) at Perth Baptist Church Charles Sommerville (am) at United Free Church, Broxburn Hugh Tannock (am) at Drumchapel Baptist Church George Thomson (am) at Larkhall Baptist Church

Stephen llett (pm) at Invergordon Church of Scotland Mark Laing (pm) at Stirling Baptist Church

Jonathan Groves (am + pm) at Cowdenbeath Baptist Church

Monday 6 January 2020 Stanley Bonthron at Oasis at ĎBÇ.





"RESOLVE TO REST"

By Andrea Mill

Genesis 2:1-3 (NIVUK) Thus the heavens and the earth were completed in all their vast array. By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Many people make resolutions to change, stop or start something each New Year, most of which fall by the wayside before very long due to the unrealistic pressure placed on already stressful lives. Pressure from within to shape up to worldly standards and a spiritual battle against any resolve to spend more time with God. What, then, is the answer when there are so many demands on our time, especially as lay preachers serving in our own and other churches? Perhaps the root of the problem is that we view time as belonging to ourselves, instead of to God?

After all God modelled for us a heavenly pattern of work and rest, work and rest, work and rest so that we can function in a healthy way. I know that the more physically tired I become the less like Jesus I also become. We need physical, mental and emotional rest by doing different things from the norm, from doing nothing, switching off communication devices, having fun with friends and family. All work and no play does indeed make us dull in many ways and can make us physically or mentally unwell. And all of this impacts our spirituality. Our ability to hear from God and to feel close to Him is enriched when we take time to rest.

So the only resolution we need to make for 2020 is to establish a rhythm of rest in each day, week, month, year so that we are more able to hear God's will for our lives and to receive His help to change. We thus become more fruitful and our preaching more prophetic!

Matthew 11: 28-29 "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

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<u>Unhurried Rhythms</u>

The pendulum swing of heaven
Chimes the hour, It is time
Time
Elastic in the Father's hands
Always long enough to do His bidding
So, first Rest
Refresh in the deep pools of His love, Dive in
Experience volcanic eruptions in the depths
Power pulsing through every atom of your being
Flow with the tide
Advance – retreat – advance – retreat –
Always coming back to the unhurried rhythms of heaven

That begin with Rest