

### Preaching Dates

**Sunday 5 January 2020**

**Hazel Brooks** (pm) at  
Chryston Parish Church  
**Glen Cartwright** (am) at Fusion,  
Newton Mearns Baptist Church  
**Andrew Chalkley** (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 Ilett** (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 DBÇ.



**“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.”***

**Unhurried Rhythms**

***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***