



Services – Sunday 6 August, 2023

Pentecost 10

9.30am Five Dock

Preacher: Rev Wattson Pualilo

Reading: Matthew 14: 13-21

Theme: "All that you need and more"

We are glad to have you with us today in worship.

It is our hope that you will not only learn more about God, but that you will encounter Him and experience His presence, love and grace for you.

DIARY DATES



Monday 7 August

Monday Afternoon Lenten Bible Study

will not meet this week and possibly the following week owing to absence of some members of the group. On resuming we continue with the study of 1 Timothy.

Theme: 'Belief That Behaves'

Reading: 1 Timothy 1: 12-20

Thought for the Week

Tension is a very real, and normal part of everyday life.

Take a rubber band – it's made to tense and relax.

Only under tension is it useful.

Of course, if it's strained too much it snaps.

So with life. Tension can be a creative thing.

We have the ability to face times of stress and strain and sometimes we do our best under stress. But we need times of relaxation and renewal. An old hymn has it –

Drop thy still dews of quietness,

till all our strivings cease;

Take from our souls the strain and stress

and let our ordered lives confess

The beauty of Thy peace.

Prayer: Lord, I confess I'm torn between asking for relief from tension and thanking you for it.

John Edmondstone

*"And the Lord will continually guide you,
And satisfy your desire in scorched places,
And give strength to your bones;
And you will be like a watered garden,
And like a spring of water whose waters
do not fail".* Isaiah 58:11 NIV

If we have any semblance of a garden in our lives, we feel far more content to see it in order than disarray. Charlotte Wood (2020) likened human minds during a stressful period to an "overgrown garden, our panicked minds are choked with distractions." We all know this feeling at some time or another – a sense of too much to think about and no head space left to think differently.

Ms Wood suggested nurturing "the inner life" to remedy these experiences and how better to do this than to settle down to reach out to God. Each of us have our own way. For me time in our garden is an ideal space to tune in and I soon start to sense God adjusting my thinking. Recently I was moving plants around and caught myself worrying that the plants might arrive distressed in their new location. Yet I saw each plant was hanging on to enough of its dirt to survive the transition and remembered not to fear change. As I settle, I start to see more things in the garden that need change and what's more, feel energised to do it and enjoy the result.

*"Be blessed, God; train me in your ways
of wise living.*

*I'll transfer to my lips all the counsel
that comes from your mouth;*

*I delight far more in what you tell me about
living than in gathering a pile of riches.*

*I ponder every morsel of wisdom from you,
I attentively watch how you've done it.*

*I relish everything you've told me of life,
I won't forget a word of it."*

Psalm 119: 9-16 The Message