

COMPLAINING DOESN'T HELP

1 THESSALONIANS 5 v. 18

The Bible has basically one thing to say about complaining – don't do it! You say, **'If you'd my problems you'd complain too.'** If that's how you feel, read on: **'Do all things without complaining'** (Philippians 2 v. 14 NKJV).

Here's why:

1) Complaining usually makes things worse. The cycle goes like this. You have a problem so you complain and stay stuck. You feel bad, so you complain even more and end up with stress, but not a solution.

2) Complaining won't get you where you need to go. Instead of committing the situation to God, you're doubting His wisdom and provision. Thousands of Israelites died in the wilderness for doing that. Paul writes, **'Do not grumble, as some...did – and were killed...These things...were written down as warnings for us'** (1 Corinthians 10 v. 10 - 11 NIV 2011 Edition). When you overlook your blessings and dwell on your problems, you lose your joy.

3) Complaining can lead to stress - related illness. **'A calm and undisturbed mind and heart are the life and health of the body'** (Proverbs 14 v. 30 AMPC). Be honest; how many **'calm and undisturbed'** complainers do you know?

Instead of complaining, start counting your blessings.

Author Barbara Johnson gives us this tongue-in-cheek example. **'A hand-lettered sign nailed to a telephone pole read: "LOST...three-legged dog, blind in left eye, missing top of right ear, recently castrated...answers to the name of Lucky."'**

As a redeemed child of God luck has nothing to do with it, you're blessed! So the word for you today is: **'In everything (not necessarily for everything, but in everything) give thanks; for this is the will of God...for you.'**

CHURCH ACTIVITIES FOR THE WEEK AHEAD

Monday 25th June

Play & Praise Toddler Group 9.30am - 11.00am

Tuesday 26th June

Prayer Meeting 10.00am - 11.00am

Wednesday 27th June

Coffee & Bible Study 10.00am – 11.45am

We will be looking at Daniel 3 v. 1 – 30 ~ Bow or Burn!

S.O.C. (Sandown Outreach Club) 4.15pm - 5.15pm (ages 5 – 7)
5.30pm - 6.30pm (ages 8 – 11)

Thursday 28th June

Church Members Meeting 7.30pm

Friday 29th June

Noah's Ark Toddler Group 9.30am - 11.30am

Sunday 1st July

Morning Worship 10.30am

(Rev. Ian Lovell will be leading the service today.)

Look what Jesus endured: **1) Temptation.** We imagine the wilderness temptation as three isolated events scattered over a forty-day period. No: 'The devil tempted Jesus for forty days...' (Luke 4 v. 2 NCV). Every step, whispering in His ear; every turn of the path, sowing doubt; forty days of non-stop temptation! When it was over Satan would flee, angels would come and strengthen Him, and He would leave the wilderness to go out and minister as no one ever has. But first He had to get through the temptation. So do you. And the good news is, strengthened by God's grace, you can. **2) Accusation.** '...Some said, "He is a good man." Others replied, "No, he deceives the people" ' (John 7 v. 12 NIV). 'The Jews then said, "That clinches it. We were right all along when we...said you were crazy-demon possessed!" (John 8 v. 48 TM). They accused Him unfairly, but Jesus kept running. You must too. **3) Rejection.** His family thought He was mad. The neighbours treated Him badly. When He returned to His home town they tried to throw Him off a cliff (Luke 4 v. 29). But Jesus kept running. So must you. **4) Shame.** At the cross He became 'sin' personified (2 Corinthians 5 v. 21). Though He never stole, lied or lusted, He bore the shame of every thief, liar and adulterer. How did Jesus do it? What kept Him going? The Bible answers: '...Who for the joy set before him endured...' (Hebrews 12 v. 2 NIV).

Jesus had already lived in heaven, and knowing what awaited Him enabled Him to endure and finish the race. And the same joy awaits you too.

CHURCH FINANCES FOR THE MONTH TO 17th JUNE 2018

Budgeted offerings needed (incl. Gift Aid) for the month of June = **£3,479.17**

Cumulative offering for June = **£1,985.98**

Gift Aid still to be claimed for June = **£396.50**

SHORTFALL from budgeted offerings for the month of June = **£1,096.69**
(Shortfall is determined by Gift Aid still to be claimed)

STRAWBERRY CREAM TEA



This year the Strawberry Cream Tea will be held in the Church on

7th July 2018 at 2.00pm – 4.00pm.

This year Norma Hall is Co-ordinating the event and there will be lots of activities for children. There will be a list put up in the vestibule for you to add your name if you are coming to the event.

BMS BIRTHDAY SCHEME FOR JUNE 2018



**30th June
Jill Rodgers**

Welcome to SANDOWN BAPTIST CHURCH

Our Vision is to . . .

Reach others with Christ's love as we learn to follow Him



**SUNDAY 24th JUNE 2018
136th Church Anniversary**



PRAYERS POINTERS

- Pray for those of our fellowship who are still unwell at this time.
- Pray for the community of Sandown. Its residents, schools, shops and people
- Pray for the children's work that happens in our church
- Pray for those whose lives are shattered by world events.
- Pray for the other churches in the locality.

Many Thanks Today Goes To . . .

Serving Tea & Coffee today are . . .

Paula Bashford & Michelle Moore

Flowers today were provided by . . .

Our Stewards today have been . . .

Rene Duff

A THOUGHT FOR THE WEEK AHEAD

Prayer is a God - ordained means of fulfilling what God wills.

Intercessory prayer is not one means of settling God's mind on a course of action, but one of the ways in which the already settled mind of God effects what he has decreed.

**Even when we don't
sense God's presence,**

***His loving care
is all around us.***

Unknown

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Church Website:

www.sandownbaptist.church

10.30 am Morning Worship ~ Family Service

Worship Leader: Rev. Ian Lovell
Preacher: Rev. Ian Lovell

Theme: 136 Years Of God's
People Together

Reading: Psalm 9 v. 1 – 2

Our Church Text for 2018

I will praise you, O Lord, with all my heart;
I will tell of all your wonders.
I will be glad and rejoice in you;
I will sing praise to your name, O Most High.

Psalm 9 v. 1 - 2