

The Bible says, ***‘Let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.’*** What’s slowing you down, or tripping you up? In life you only get to run once, so run to win. To avoid stumbling and losing your place in the race, don’t look back. You can’t change the past but you can learn from it. Don’t be anxious about the next lap, just focus on the next step. If you miss that, you may fall and not get up again. Keep going, and before you know it you’ll have more laps behind you than ahead of you. Make every one count. Many of us carry the weight and worry of burdens. But older and wiser people have come to understand their burdens are of no real importance. We waste our strength extinguishing fires that if left alone would burn out on their own. Time is your most valuable resource. Save it, and you’ve increased your assets and decreased your liabilities. Travel light. Ditch the baggage of self-sabotaging habits and pointless fears. There are enough painful trials in life; why endure the ones you can ‘strip off’? When blind Bartimaeus heard that Jesus was within reach, he threw off his coat so it wouldn’t trip him up, and ran towards Him. And his faith paid off: ***‘Immediately he received his sight and followed Jesus’*** (Mark 10 v. 52 NKJV). You’ll never know how successful you can be until you get rid of the things that slow you down and trip you up.

Ever noticed how zookeepers handle an injured animal? Even though the keeper is only interested in helping, the animal doesn’t understand because it is focused solely on the pain. As a result, it strikes out at the very one who’s trying to help. Is that what’s happening in your life right now? Perhaps people who call themselves Christians have hurt you. You didn’t expect them to be the ones inflicting the pain. You may have been hurt to the extent that you no longer trust anybody – not even God. You haven’t actually said, ***‘Lord, I don’t trust You,’*** but your actions speak louder than your words. You avoid reading His Word to find an answer. You won’t pray, or allow anyone to pray for you. You try to bury yourself in your job. You move from one relationship to another. You try alcohol or mood - altering chemicals. You spend hours watching television and surfing the Internet, and some of the things you’re watching violate your conscience and leave you feeling worse. What’s the answer? **1)** Turn to God. Give Him ***‘all your worries and cares...for he cares about you’*** (1 Peter 5 v. 7 NLT). Give Him your pain, your failures, your hang-ups, and your challenges. **2)** Forgive the person who hurt you. Obsessing over what they did and trying to make them pay just keeps you chained to them. But forgiveness breaks the chain and sets you free. In your own strength you may be able to do something to alleviate your pain. But God can destroy the root of the pain and cause you to walk victoriously into the future.

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.

CHURCH FINANCES FOR THE MONTH TO 1st JULY 2018

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

Cumulative offering for July = **£620.76**

Gift Aid still to be claimed for July = **£52.69**

SHORTFALL from budgeted offerings for the month of July = **£2,805.72**
(Shortfall is determined by Gift Aid still to be claimed)

GIFT DAY 2018 total to date = £1,218.38 incl. Gift Aid = **£1,507.98**

Fourteen Questions About Your Assignment

John 18 v. 37

When you know what your God - given assignment in life is, and that God is on your side, you become virtually unstoppable. Will you make mistakes? Of course, but God loves you enough to correct you, redirect you, and get you back on track. ***‘How do I go about discovering my assignment?’*** you ask.

Here are fourteen helpful questions to ask yourself: **1)** What desires have been living in me most of my life? **2)** What motivates me to work hard and be productive? **3)** What keeps me going forward when I’m worn out? **4)** What makes me refuse to quit when I meet with resistance? **5)** What do I do that doesn’t seem like work? **6)** What do I do that brings a positive response and support from people? **7)** What am I doing or what’s happening in my life when doors seem to open automatically and effortlessly? **8)** What do wise leaders and godly counsellors think about my work? **9)** What makes me feel good about being who I am? **10)** What makes my creative juices flow? **11)** What am I willing to sacrifice in order to accomplish it? **12)** What am I doing that I’d be proud to offer for God’s approval? **13)** What would I do without being paid for it if I could afford to? **14)** What would I be willing to withstand Satan on in order to accomplish? Prayerfully consider these fourteen questions, and they will shed light on your God-given assignment in life.

Many Thanks Today Goes To...

Serving Tea & Coffee today are ...
Elaine Carrington

Flowers today were provided by ...

Our Stewards today have been ...
Paula Bashford & Rene Duff

BMS BIRTHDAY SCHEME FOR JULY 2018



26th July
Yvonne Farnbank

CHURCH ACTIVITIES FOR THE WEEK AHEAD

Monday 9th July

Play & Praise Toddler Group 9.30am - 11.00am

This is the last session until September

Deacon's meeting 7.00pm

Tuesday 10th July

Prayer Meeting 10.00am - 11.00am

Friends Unlimited 7.00pm - 9.00pm

A Social Evening Together

Wednesday 11th July

Coffee & Bible Study 10.00am - 11.45am

We will be looking at Daniel 4 v. 1 - 37 ~ Our God Reigns!

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

This is the last session until September

Thursday 12th July

House Groups 7.30pm

Friday 13th July

Noah's Ark Toddler Group 9.30am - 11.30am

This is the last session until September

Sunday 15th July

Morning Worship 10.30am

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

Minister:

Rev. Ian Lovell Tel: 01983 402119 E-mail: pastor@sandownbaptist.church

Children's Co-Ordinator:

Olga Lovell Tel: 01983 402119 E-mail: children@sandownbaptist.church

Church Website: www.sandownbaptist.church

Welcome to SANDOWN BAPTIST CHURCH

Our Vision is to ...
Reach others with Christ's love as we learn to follow Him



SUNDAY 8th JULY 2018

10.30 am Morning Worship

Worship Leader: Rev. Ian Lovell

Preacher: Rev. Ian Lovell

Theme: Jesus Said: 'I Am The Good Shepherd.'

Reading: John 10 v. 1 - 16

We give a warm welcome to everyone who has joined us today, especially if you are new here or are just visiting us for the day.

If you are visiting then please take the opportunity to sign our visitor's book before you leave today. If you are new to the church and wish to find out more of what we do here, then please make yourself known to our Minister or one of the Welcome Team.

Please stay seated throughout the service if you prefer. Refreshments are served at the end of the service in the vestibule and you are very welcome to stay and fellowship with us.



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