

THE MID-WEEK MISSIVE – 03/07/18

This past weekend in worship we continued our sermon series “Fasting and Feasting” with a sermon titled “Giving Up the Enemies Within.” In this sermon, I focused on confronting those thoughts, attitudes and behaviors that come because we don’t think we are good enough, or lead us to not take responsibility for our actions, or any number of things that get into our heads and hold us back from being all that God would have us be. Near the end of the sermon, I listed a series of suggested steps we can each take to keep those enemies within at bay. Over the last couple of days, several people have asked if I could repeat those and send them out in an email. The answer is “yes”, and the time is “today”!

As I look over these 6 straightforward (but not necessarily easy) steps, I am reminded that these are simply good “life guides”! They help us get out of our own heads, get out of our own way, and turn our attention to being a true witness of Jesus Christ. So here they are:

1. Stop comparing yourself to others.
2. Start every day with gratitude.
3. Learn to forgive.
4. Find ways to help others.
5. Stop beating yourself up.
6. Remember that God knows you and God loves you.

My suggestion is that you take this little list and put it in your Bible and read it every time you open it, or set it on your nightstand, or put it on your refrigerator. Let it serve as a reminder that our solitary Lenten journey gives us a chance to really take a good hard look at ourselves and seek to change our lives - not just for the sake of change - but because we can always be better and when we are better, we are closer to being the best we can be. And it all starts inside our own heads. May this help you on your Lenten journey and beyond!

I would like to welcome Lindsey Hoffman as the newest member of the Candleberry Chapel! Lindsey was baptized this past Sunday, made her confession of faith and joined our fellowship. Welcome here when you see her next!

Be peaceful,
Rev. Brad

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"Preach the Gospel at all times. If necessary, use words." - Francis of Assisi