

New Life Christian Fellowship

Fortified houses, panic rooms, nuclear fall out shelters, no matter what protection we build, there is always something trying to destroy it!

Noah built an ark. Despite severe flooding, it was not damaged, God had “shut them in” (Genesis 7:16).

Have you ever felt like you needed “shutting in”, you just want a bit of peace from everything?! Jesus did. He often went off to quiet places to talk to God the Father. He was able to sleep, even through a storm. The wind and waves raged, the disciples panicked – Jesus slept (Matthew 8:24). How do we get this inner calm?

First: take time to rest, de stress and recharge; you do not have to say yes to everything! Prioritise, think what is God asking you to do? Martha was distracted and missed spending time with Jesus because she rushed around preparing a meal, while Mary sat at Jesus’ feet. (Luke 10:38-41). We all need to stop sometimes or we will burn out. Even God rested on day seven (Genesis 2:2).

Jesus’ followers, Paul and Silas were arrested, severely beaten and chained in prison. By midnight they were singing praises to God from their cell! They knew Jesus’ peace (Acts 16:16-40).

If you know someone who is distressed, you can pray for them too. Ask Jesus to give them his Peace.

The worries of the world will try to overwhelm us, but Jesus is the Prince of Peace. When you are in the storm remember:

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus” (Philippians 4:6-7)

Centre, 10.45am Sundays, all welcome. Call 01834 831533/07827293781 if you want to talk or would like us to pray.