

New Life Christian Fellowship

How can we survive in a world that tells us we *need* the latest gadgets; where fashions are out of fashion before we have had chance to wear the clothes! Buy now - pay later, but at what price? Debt, recession – worry.

Jesus has some words of wisdom on these issues (Mathew 26:25-34): “That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? Can all your worries add a single moment to your life?”

When we face problems, worrying is an instant reaction. Do you lie awake at night thinking about things? “What if this happens, then this will happen.....” STOP! Rethink, refocus.

Focusing on the problem, makes it look worse, makes you feel ill, and changes nothing! Here is a new way of doing things - Jesus says: “Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”

If you turn to Jesus and start to follow him, talking to him about your problems, he will be like a rock beneath your feet. When you feel weak and shaky, Jesus will hold you firm, if you continue focus on him.

If you keep obsessing over your problems they will take over, think about Jesus instead. Talk to him when you are afraid. Hand your worries to him, so he can help you to cope.

Take one day at a time: “...don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.”

Start living God's way and let Jesus in, then you will have all you need.

New Life Christian Fellowship meet in Kilgetty Community Centre, 10.45am on Sundays.
Please call if you want someone to talk to or pray for you: 01834 831533 / 07827 293781.