

New life Christian Fellowship.

How do you wake up, do you spring up happily or dread the day? Has life become a reoccurring nightmare? There is one who lives to steal our joy, a mind terrorist plotting to destroy our peace. It all starts in the mind. One little thought spirals into a thousand what ifs.

But there is another who comes to give life, peace and joy. Psalm writer, David wrote "I cried out, "I am slipping!" but your unfailing love, O LORD, supported me. When doubts filled my mind, your comfort gave me renewed hope and cheer." (Psalm 94). God sets the prisoners free. Isaiah says His name is called: Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace." This is Jesus, the one who listens.

God's Prince of Peace does not want us to worry about anything; but instead, to pray about everything. Tell God what we need, and thank him for all he has done. Then you begin to experience God's Peace, which exceeds anything we can understand. His peace guards our hearts and minds as we live with Him.

His enemy, the mind terrorist, has "always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies. But the father of lies comes to steal and destroy." This is the devil, Jesus' enemy.

The trouble is, God's answer is not always instant; and we are used to instant.

It seems Jesus wants us to speak out our troubles in prayers, then to wait, patiently; giving it up to God and living in His peace and joy through the situation, like the Psalm writer says: "But as for me, I trust in you."

It is a battle, we can not fight this alone. If you are alone, God is near, cry out to Him. You may need God's people to lift you up when you are weak, to pray for and support you too. We all need Faith to shield us and God's saving power like a helmet to protect our minds, daily. This is a new way of thinking, a battle to free us from fear. It is not easy learning a new habit, I am going to try it, why don't you join me?

New Life Christian Fellowship meet in Kilgetty Community Centre, 10.45am Sundays, all welcome. Call 01834 831533/07827293781 if you want to talk or would like us to pray.