

## New Life Christian Fellowship

Has this New Year brought new hope, or fresh challenges? When faced with change it is often our first reaction to panic, worry; making ourselves ill. There must be a better way!

Seasons change, things come to an end, hard times hit, but one thing is true: God remains the same. So, what is God like? God is the creator. God is all powerful. God is everywhere. God is the provider. God is Love. So why is it, when things go wrong, God can feel so far away?

I can only speak from my own experience; it is when times are hardest, I turn to God, who else can help? Sometimes I feel unexplained anxiety. I was reminded on Sunday that our thinking can be steered by us, rather than letting thoughts turn to increasingly negative scenarios; what was a fleeting thought, becomes a massive “what if” mountain, built by our own vivid imaginations.

So here’s what I hope to do from now on, call it a late New Year’s Resolution. If I start to think negatively, I’m going to stop and say “no!”, replacing fearful thinking with the Truth of what my Father God is like, remembering that Jesus says that we should not worry, but speak to him about everything. I am going to say Psalm 23 out loud – that will stop the worrying!

Why don’t you join me?

Psalm 23

“ GOD, my shepherd! I don't need a thing.  
You have bedded me down in lush meadows;  
you find me quiet pools to drink from.  
True to your word,  
you let me catch my breath  
and send me in the right direction.

Even when the way goes through  
Death Valley,  
I'm not afraid  
when you walk at my side.  
Your trusty shepherd's crook  
makes me feel secure.

You serve me a six-course dinner  
right in front of my enemies.  
You revive my drooping head;  
my cup brims with blessing.

Your beauty and love chase after me  
every day of my life.  
I'm back home in the house of GOD  
for the rest of my life.” (The Message Bible ).

*New Life Christian Fellowship meet at Kilgetty Community Centre, 10.45am on Sundays. Why not give us a call if you want someone to talk to or would like us to pray for you: 01834 831533/07827 293781*