



Broadfield Christian Fellowship

Broadfield Community Centre, Broadfield Barton, Crawley. Reg. Charity no. 1081321

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NewsFlash!

Sunday 17th June 2018

This morning 10.30am: Morning Worship in the Social Hall, including communion
Worship: Vivienne Evans; Speaker: Ian Johnson

*We offer a warm welcome to all visitors to our worship today
If you would like to know more about us, please ask one of the leaders*

Monday 6.45pm: Prayer time in the Church (*for one hour*)
The other churches in Broadfield will be joining us

Tuesday 7.00pm: House Group at Caroline's home
7.45pm: House Group at Ben & Pauline's home

Wednesday 9.15am: Coffee Shop in the Social Hall

Friday 2.30pm: "Dave Time" In the Church Quiet Room (*for one hour*)
5.00pm: Friday Meal in the Social Hall, followed by:
Alpha in the Church Quiet Room (*ends 7.00pm*)

Alpha is a series of sessions exploring the Christian faith. Each talk looks at a different question around faith and is designed to create conversation.



Next Sunday 9.00am: Open up and set up hall for worship
9.30am: Prayer meeting
10.00am: Tea and coffee
10.30am: Morning Worship in the Social Hall
Worship: Kevin Gordon; Speaker: David Evans

Thought for the Week – from Caroline

Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."

A few months ago I ruptured the tendon in my arm that supports my biceps muscle; prior to the rupture I was in a great deal of constant pain and could sometimes only lift a cup of tea by supporting my arm with the other arm. I was worrying about gardening and upset that I couldn't play badminton, which I love. With the actual rupture the pain subsided but I lost 50% of the power in my arm. However the doctor sent me for physiotherapy and with their help I have built up the remaining muscles so now I can play my much loved badminton and can garden (only not as much as before). If I had not done these exercises I would have had muscle atrophy in my arm. "Muscle atrophy is when muscles waste away. The main reason for muscle wasting is a lack of physical activity. This can happen when a disease or injury makes it difficult or impossible for you to move an arm or leg. A symptom of atrophied muscles is an arm that appears smaller, but not shorter, than the other arm. When you don't use your muscles, you send a message that they are not important. In response, your body quits supporting your muscles with energy, which causes them to atrophy (shrink)."

Well we have spiritual muscles that need to grow stronger as well, and these we use in order to combat the enemy, resist temptation, disperse doubt and fears and walk in faith. These spiritual muscles will support us in our low times when we may feel discouraged and in the storms of life. So God's physiotherapy consists of studying the Word, Godly fellowship, looking for God's glory daily (in creation for example), excellent teaching, quiet times and meditating, collecting encouraging books and music, developing a prayer life, being determined and disciplined to grow closer to God, making sharing Christ with others part of your lifestyle. Sadly spiritual muscles can atrophy if they are not used, we then become weak, discouraged, lethargic, doubting and lacking in faith – not a good place to be. So we must exercise our spiritual muscles and be strong men and women for the Lord.

Colossians 1:11 "... being strengthened with all power according to his glorious might so that you may have great endurance and patience, ..."

Philippians 4:13 "I can do all this through him who gives me strength."

Ephesians 6:10 "Finally, be strong in the Lord and in his mighty power."

Diary Dates

Saturday 28th July–Saturday 4th August: Revive 2018 – "Breakthrough" at Ashburnham Place with guest speakers Tim Paton and Paul Mainwaring. Book at www.ichthus.org.uk/revive

Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers. (3 John 2)