



# Broadfield Christian Fellowship

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

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## NewsFlash!

### Sunday 21st November 2021

**This morning** 10.15am: Breakfast **Alpha** in the Social Hall  
*"Does God Heal Today?"*

*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*

**Tuesday** 7.00pm: Zoom Prayer Meeting

**Wednesday** 9.15am: Coffee Shop in the Social Hall

**Next Sunday** 9.00am: Open up and set up hall for worship  
9.30am: Prayer meeting  
10.15am: Breakfast **Alpha** in the Social Hall  
*"Why and How Should I Tell Others?"*

### Thought for the Week – from Caroline

**John 10:10** *"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."*

**1 Corinthians 2:16** *"for, 'Who has known the mind of the Lord so as to instruct him?' But we have the mind of Christ."*

Wow, the mind of Christ! That's quite something. Only, of course, if you have surrendered your life to Him. Mental Health is being discussed more and more these days and it's difficult to define and very hard to condense into a "Thought for the Week." I can't obviously give any kind of trained psychiatric or medical opinions, but I can share my own experiences. I had severe anorexia and bulimia as a teenager, I was anxious and insecure, later severely addicted to barbiturates and amphetamines. I have suffered from drug-induced psychosis, paranoia, hallucinations plus self-harming. I have been a patient in at least three large Victorian-built psychiatric hospitals in London as well as ending up in Roffey Hospital in West Sussex. I didn't find any of them helpful and they mainly exacerbated my problems and I experienced horrible abuse. I never talk of those days to anybody and am only sharing now as I feel God wants me to. Not all mental illness is a disease or brought about by chemical imbalance. Lifestyle and choices we make and, more importantly, our thoughts play a major factor in our mental health. From the moment we are born, words and opinions and numerous other things are fed into our minds. We live in a world where God and His values are ignored and people want to live their way thinking they are free but that couldn't be further from the truth, their thinking is often futile and confused to say the least. That's why God talks about the helmet of salvation in Ephesians 6:17, to protect your mind. Remember, we have an enemy who is hell-bent on "screwing" your mind up and wants you in a pit of despair. In the YouVersion app there is a plan for "Stress-Free Living," it comes with some suggested headings: 1. Practice a Healthy Lifestyle, 2. Keep Everything in Order (disorder is stressful), 3. Disconnect From Your Daily Routine (Take a break and refresh your mind), 4. Give God Control. There are six more. Also, on mrsmindfulness.com in "Four Ways to Overcome Negative Thinking," it says, "First recognise and step back from negative thought patterns." We have a choice in how to respond to them. Are the thoughts true? Is God saying that to you? Do we believe it? Is it helpful? Negative thoughts often revolve around what's wrong in our lives or with ourselves and we become fixated on that, it dominates, and negative emotions arrive. I could go on and on but as I said it's too big for just a Thought. God says in Philippians 4:6-7 to be anxious for nothing, to bring it all to God in prayer. I'm still working on that one. But one thing I know for sure, God over the years has slowly untangled me, I still over-think and worry far more than I should but I'm definitely not where I was. I want the mind of Christ more than anything so I can help others.

**As we gather together please be mindful of each other. Let's all try to do a lateral flow test before we meet and self-isolate as necessary. Also, as the temperatures drop we still need to maintain air-flow so you may need to wrap-up warm.**

### Diary Dates

**Saturday 11th December**, 11.00am: Unity Carols in County Mall

**Friday 8th–Sunday 10th April 2022:** Church Weekend at Ashburnham Place with Carol Bostock. Prices: Standard £106, En-suite £133.50, Single Room Supplement: £24

**Arise, shine; for your light has come** (Isaiah 60:1a, NASB)