

October 2016 Newsletter



Christ Our King Lutheran Church,
2150 Dundas Street West,
Mississauga, Ontario L5K 1R5
905-822-8931

coklutheran@christourking.ca

www.christourking.ca

Win over Worry

To be human is to worry. All of us at times are tormented by disturbing thoughts.
We do not always understand what is going on. We fear some future event or possible happening.
Worry can move us into action. If we discover a lump, anxiety can push us to see a doctor.
But most of the worrying we do serves no good purpose. As we await biopsy results, worry only wears us down.
We allow a thin stream of fear to trickle through the mind.
One anxious thought leads to another, relentlessly flooding our mind and washing away all other thoughts.
Worry drains us of energy and robs us of sleep.
It's very difficult to have an empty mind, not to think about anything at all.
To get rid of anxious thoughts we must fill our mind with positive, reinforcing ideas that build up courage.
Jesus assures us our heavenly Father knows what we need.
"Do not worry about tomorrow . . ." Paul writes, "*The Lord is near. Do not be anxious about anything . . .*"
We do not know what God is going to do next. We do know God loves us.
He is always with us and works for the good of those who love Him.
God will provide. He will give us strength.
When worrisome thoughts seep into our minds, let's remind ourselves again and again of God's truths.
Peace of mind will be ours as we trust in the Lord. He is able to do far more than we dare ask or dream.

Declaration of Dependence

I am not independent.
To keep life running smoothly and safely I depend on a variety of people to supply water, food, clothing, fuel,
health care, and a multitude of services I often take for granted.
I depend also on things for comfort and efficiency.
The love of money is the root of all evil but a steady income can solve a lot of problems.
How blessed I am to have a roof over my head, a cozy bed, a reliable car, and dependable appliances.
Jesus reminds me: "*A man's life does not consist in the abundance of his possessions. Do not set your heart on what you will eat or drink; do not worry about it ... your Father knows that you need them.*" Luke 12:15, 29-30
Ultimately my dependence is not on people or things. It is on God.
I thank and praise Him for everything I have.
I trust Him for my future. My heavenly Father is in control.
He was in control of the world before I was born. He will be in control long after I'm gone.
He knows my needs. He loves me dearly. He may not give me everything I want or expect
but He will provide in the best possible way, giving me whatever is for my eternal good.

Be Prepared

Many people live lives of quiet desperation. God loves them intensely but they don't know it yet.
Unless they trust in Jesus as Saviour, they'll spend eternity without hope.
It's up to us to tell them the Good News.
To make what we say about Jesus sound believable our lives must be demonstrations of His influence.
Yet no matter how Christ-like we try to act, our lives are not so transparent that God's love shines through perfectly.
We need words to communicate our faith clearly.
"*Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.*"
Jesus wants us to be witnesses, not judges or attorneys. Our role is to confess, not to convert.
We ought to know what the Bible teaches about salvation. We should be able to express what we believe.
Each of us can give a personal testimony:
What Jesus means to me.
How He affects my actions, my thinking, the way I feel.
How God has answered my prayers.
Sharing our faith helps strengthen and deepen it.
There is much joy in knowing God is using us to make His kingdom come.