

ISSUE SEVENTEEN: 19th JULY 2020

SOUTH COAST PRESBYTERIAN CHURCH

Ordinary people “continually praising” *an extraordinary God*

This week we continue with the “**Encouraging Bible Verses That Will Uplift Your Heart and Soul**” taken from Crosswalks.com

I find these as good reminders to look to the word of God for all aspects of our life. To stand strong and do what is right, He will stand by and strengthen us during these difficult and anxious times.

Stand True to What You Believe excerpted from *Daily Hope with Rick Warren*



Be watchful, stand firm in the faith, act like men, be strong. - [1 Corinthians 16:13](#) ESV

You see it over and over in Scripture. God uses people who show courage, people who stand up when everyone else sits down.

Just look at Daniel. Daniel is one of only two people in history to whom God revealed how the world ends (the other is the apostle John). God used Daniel like few men in human history.

But before God used Daniel to change the world, Daniel stood up to the most powerful man in the world. When King Nebuchadnezzar

told him to eat his Babylonian food, Daniel said no. Think about it. He rejected the king. He said, “Sorry, king — your food isn’t good enough for me. I can’t eat it.” Daniel was respectful but firm in his refusal to compromise.

I’m sure there were many other Jewish young men taken captive who saw no problem with eating the king’s food. I’m sure those people said, “But everybody’s doing it!”

But Daniel said, “I don’t care if the whole world eats the king’s food. It’s not right. I’m not going to do it.”

Daniel stood with courage. He was willing to stand alone. History has shown us that the majority is wrong much of the time. Just because the majority likes a particular value or passes a particular law doesn’t mean that value or that law is right.

Only God decides what’s true, not us. Only God decides what’s right and wrong. It’s not up to a majority vote.

The Bible says, “*Stand true to what you believe. Be courageous. Be strong*” ([1 Corinthians 16:13b](#) NLT).

We need people of courage today to stand up to evil in a [culture](#) that’s turning wrong into right and darkness into light. And because that’s what God calls us to do, he will support and reward you when you stand firm for him.

What [Philippians 4](#) Can Teach You about Contentment by Cortney Whiting



"I can do all things through Him who strengthens me." - [Philippians 4:13](#) ESV

Mark Twain said, "Comparison is the death of joy." I have experienced that joylessness in my life. The pitfall of comparison and the feeling that we are not enough pervades across our culture. Social media highlights how many friends and followers a person has. The brands we own determine the status of our wealth. The longing for more must stop. Recently, my children visited a house and asked me when we could own a house that was a mansion. Discontentment apparently is learned at a young age.

So how can we combat thoughts that who we are and what we have is not enough?

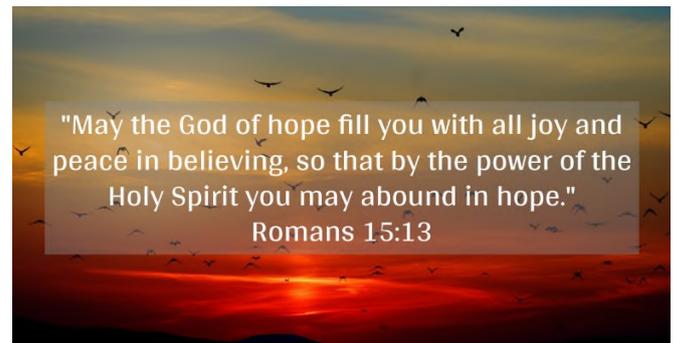
I believe we can learn a valuable lesson from [Philippians 4](#). Paul founded the church in Philippi on his second missionary journey and later wrote the letter of Philippians to the church during his imprisonment in Rome. After persecuting the early church, the converted apostle faced trials of many kinds for the cause of Christ. The theme of joy threads throughout the writing....

Knowing that all his identity and value comes from Jesus Christ alone, Paul declares that he can do all that he does by God's enabling strength. The lesson for believers struggling

today with any thoughts of inferiority is that anything we do is done with the strength God bestowed us with and should be seen as such. Therefore, whatever we do, should be done to the glory of God and should never be seen as inferior because it was done by His power.

I still have days where I want to compare myself with others or where I feel that I will never reach the unobtainable bar called "Enough." Yet, on those days, I fall back into the grace of my Heavenly Father and simply rest, knowing that my identity and my joy resides in Christ alone.

How to Have Hope in Difficult Circumstances
by Kia Stephens



"May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope."
- [Romans 15:13](#) ESV

Like seasons, we will all eventually find ourselves in a valley, a season of despondency. Sometimes we are able to rebound quickly, sometimes we are left with the lingering feelings of despair. And when the circumstances of our lives prompt discouragement to link arms with the past, it can feel impossible to overcome.

Thus, we may find ourselves plunging deep into hopelessness. This was the place I found myself. I was discouraged. I had been here before, but this time was different. I had prayed the same prayer for years. Though I longed for resolution my prayers went unanswered.

Then I discovered [Romans 15:13](#). *May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.*

The words of this verse captivated my attention. God was the giver of hope! He was the answer to hopelessness.

In the Greek, the meaning of hope is *expectation of what is sure*. This meant that God was the God of what we can be sure of. He is not peddling false hope and shallow words of encouragement. Whereas life, people, and outcomes are all unpredictable, God can be trusted. He offers words of life when we are in despair.

Paul prayed that the God of hope would *fill us* with joy and peace that would never cease. This joy and peace flows in and through our lives, seeping into every area.

Paul also says that God is able to fill us with joy and peace *as we trust in Him*. God is not dishing out this overflowing joy and peace to anyone who wants it. God has reserved this tangible evidence of His love for those who are trusting and believing in Him. Those who have placed their [faith](#) and trust in Jesus Christ can cling to Paul's prayer with anticipation. What an encouragement!

It would be a tragedy to have the promise of overflowing joy and peace and not take hold of it because of a refusal to trust in God. By placing our trust in him we have the privilege of engaging in an uneven exchange. We give Him

our discouragement, and he offers us overflowing joy, peace and hope.

We do not have to live discouraged. We do not have to be perpetually stuck in a place of despair or hopelessness. We can know hope through the power of the Holy Spirit. We do not have to try and make ourselves hopeful or conjure up joy where it does not exist. Through the power of the Holy Spirit, God can impart hope to us.

It is important to note that this impartation of hope requires the power of the Holy Spirit. The third person of the Godhead makes this hope transfer possible. We experience the Holy Spirit as Christ described Him in [Acts 1:4](#) (NIV). The Holy Spirit is a gift and He enables us to overflow with hope.

* * *

**Our Loving Lord,
Thank you for being my
refuge and my strength.
Thank you that no matter
what the circumstances, I
can count on you to shelter
me and to give me strength.
Thank you that even if things
around me seem to crumble,
you are always with me,
always loving me, always
helping me. In Jesus
Loving Name I Pray,
Amen.**

BIBLE TRIVIA

1 What piece of clothing made Joseph's brothers jealous?

Answer:

2. How many days was Jonah in the belly of the big fish?

Answer:

3. How much of his wealth did Zacchaeus give to the poor?

Answer:

4. What will be the outcome of honouring your father and mother?

Answer:

5. In Luke, the woman cleans Jesus's feet with what two things?

Answer:

{Answers Next Week}

WEEK SIXTEEN ANSWERS

1. Who is Abraham's wife?

Answer: Sarah

2. How many books are in the Bible?

Answer: 66

3. How many books are in the Old Testament?

Answer: 39

4. What did King Solomon ask God to give him?

Answer: Wisdom

5. What location does Jesus say to light a lamp for all to see?

Answer: On a stand

Dear Lord,

So far today, am I doing all right.



I have not gossiped, lost my temper, been greedy, grumpy, nasty, selfish, or self-indulgent. I have not whined, complained, cursed, or eaten any chocolate. I have charged nothing on my credit card.

But I will be getting out of bed in a minute, and I think that I will really need your help then.

Salted Caramel Dumplings

Ingredients

1 ¼ cups self-raising flour

1 tsp ground cinnamon

50 g unsalted butter
chopped

⅓ cup milk

1 tsp vanilla essence

thickened cream to serve

Salted caramel sauce

3 cups water

1 ½ cups brown sugar firmly packed

½ cup golden syrup

50 g unsalted butter chopped

2 tsp sea salt flakes

Method

1. Sift flour and cinnamon into a large bowl. Rub in butter until mixture resembles breadcrumbs. Using a table knife, stir in milk and vanilla until mixture forms a sticky dough.
2. To make salted caramel sauce, combine all ingredients in a large saucepan (20cm in diameter). Stir over a low heat until sugar is dissolved. Bring to boil.
3. Drop heaped tablespoons of dough carefully into sauce. Reduce to a medium to low heat. Cover pan. Simmer for about 20 minutes, or until dumplings are puffed and cooked through.
4. Serve hot dumplings immediately with sauce and cream.

