



*“Cast your cares on the Lord and he will sustain you.” (Psalm 55:22)*

*“Cast all your anxiety on him because he cares for you.” (1 Peter 5:7)*

*“Come to me, all of you who are weary and burdened and I will give you rest.” (Matthew 11:28)*

For me – and I would be very surprised if it didn’t apply to at least some of you, who are reading this now – it has been a busy time, a challenging time, a difficult time recently. Those challenges and difficulties will have come in different ways in our different situations but in other ways they are exactly the same for each of us, wherever we are.

As human beings we do become weighed down under challenges and difficulties. As human beings we try so often to overcome them ourselves. God does not want us to throw in the towel and he does not necessarily promise that he will remove all these challenges and difficulties but he does say that we should cast our cares and anxieties onto him. If we do that, he will sustain us and care for us in whatever state of affairs we find ourselves.

Tied up in troubles, it is easy to take our eyes off Jesus. As Christians, we need to remember the promises of the Bible, we need to keep our focus on

Jesus, keep trusting him and believe that he will see us through. Yes, he WILL sustain us and care for us.

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### **Have faith**

The first commandment is that we should love our Lord God who created the heavens and earth with all our bodies and souls. In times of difficulties we tend to forget this.

In the Old Testament we read that Elijah called on the prophets of Baal to a 'test' where the bull was killed and though the prophets of Baal sang, danced, even cut themselves, their offering of the bull remained untouched.

Elijah built an altar and wetting his wood and offering several times, he called on God and the offering was burnt with fire.

In this we need to understand that we need to trust God.

In today's world, we tend to put people in leadership, power, wealth as their Baal. In fear of losing jobs, intimidation and promises of cash, they are driven to worship the false god of today's world.

We need to have the faith and trust of Elijah and call on the one true God. He will always answer your prayers to His will.

Vivienne Brown

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### **Identity in Christ**

We often struggle with questions of identity and self-worth. We may look to social media, friends, or achievements to define us. But what does God say about our identity?

In Psalm 139:13-14, it says, 'For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made.' This passage reminds us that we are created by God, with purpose and value. Our worth comes from being children of God, not from external sources.

But what does this mean practically? It means that our identity is not tied to our grades, our sports teams, or our social media followers. It means that we are more than our accomplishments or our failures. We are beloved children of God, with inherent value and worth.

In 1 Peter 2:9-10, it says, 'But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.' This verse reminds us that we are chosen and loved by God, not because of anything we've done, but because of His mercy and grace.

But how do we live out this identity in our daily lives? How do we overcome the struggle of finding our identity and self-worth in the wrong places? Here are a few solutions:

- Take time to read and reflect on God's Word, reminding yourself of your identity in Christ. Set aside a few minutes each day to read a devotional or a chapter in the Bible. Ask God to speak to you and guide you. Write down verses that resonate with you and put them on your mirror or phone lock screen as a reminder.

- Practise self-care and self-compassion, treating yourself with the same kindness and love that God shows you. Take care of your physical and mental health by getting enough sleep, eating well, and exercising regularly. Be gentle with yourself and avoid self-criticism.

Take breaks and rest when you need to, and prioritise activities that bring you joy.

- Surround yourself with positive influences and supportive community, encouraging you to live out your identity in Christ. Spend time with friends who build you up and support you, and avoid those who bring you down. Join a small group or club that aligns with your interests and values. Volunteer in your community and serve others.

- Seek guidance from a mentor or counsellor, helping you navigate the challenges of identity and self-worth. Don't be afraid to ask for help when you need it. Talk to a trusted adult, such as a parent, teacher, or a senior in the house, about your struggles and concerns. They may offer valuable advice and support.

Remember, you are beloved children of God, with purpose and value. You are not alone in this struggle, and God is always with you. Live out your identity in Christ with confidence and purpose. As we navigate the ups and downs of life, let us remember that our identity is rooted in God's love and grace. Let us seek to live out our faith with courage and boldness, knowing that we are fearfully and wonderfully made.

May God bless you and guide you as you live out your identity in Christ. Remember, you are loved and valued, and you have a purpose and plan in God's kingdom.

Prayer: Dear God, help us to see ourselves through your eyes and find our worth in you. Give us the strength and courage to live out our identity in Christ and surround us with supportive community and guidance. Help us to remember that we are fearfully and wonderfully made, and that our identity is rooted in your love and grace. In Jesus' name, Amen.

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## A prayer

Lord,  
You are the wind in my sails.  
Your guide me as I steer and find direction.  
You give me the strength to keep on going.  
You watch over me as I navigate stormy seas.  
You are the harbour where I stop for rest.  
You are my encourager when I lose hope.  
You are the lighthouse that keeps my path safe.  
You are with me always.  
Thank you.  
Amen

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Worry is when you take a negative thought and think on it over and over and over. On the other hand, when you take a passage of Scripture and think on it over and over and over, that's meditation.

Rick Warren

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## Something to make us stop and think

Here is something I read recently, which really struck me. I think is worth passing on. "A recent Lausanne Movement report states that nearly nine out of ten Moslems and Hindus in the world do not personally know a Christian. Pray barriers will be broken down and communities transformed as God's people proclaim and live out his truth and love."

Source : Serving In Mission

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## Knee Polishing

I would ask for us to pray for various countries around the world again.

Sunday : Zimbabwe – pray for stability, creation of meaningful employment and an improvement to the economic situation

Monday : Ukraine – pray for an end to the war in this country

Tuesday : Israel/Palestine – pray for an end to the war here too and for responsible government to be found for Palestine

Wednesday : UK – pray for the elections early in July and for the new government

Thursday : France – pray for elections being held in France and also for the hosting of the Olympic Games

Friday : Sudan – another war we need to pray for an end of

Saturday : South Africa – pray for the new coalition government

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Irving Benson and Jessie Carter were married on July 24 in the church. So ends a friendship that began in their school days.

At the evening service tonight, the sermon topic will be "What Is Hell?"

Come early and listen to our choir practice.

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