## Theme for 2019

'The God of Another Year, is a God of Wonderful and Amazing Grace. He is the God of Forgiveness and He is the God of Beginning Again.'

## **365 DAYS OF POSSIBILITIES!**

"O Lord, open my lips, and my mouth will declare your praise. Through the Lord's mercies we are not consumed, Because His compassions fail not. They are new every morning; Great is Your faithfulness. I will praise You, O LORD, with my whole heart; I will tell of all Your marvelous works. I will be glad and rejoice in You; I will sing praise to Your name, O Most High."

Psalm 51:15 (ESV); Lamentations 3:22-23 (NKJV); Psalm 9:1-2 (NKJV)



## This Week's Thought - June 2, 2019

"He makes me lie down in green pastures, he leads me beside quiet waters." Psalm 23:2 (NIV)

<u>365 DAYS OF POSSIBILITIES</u>— The Lord understands that a life without real rest can become graceless and grumpy, and so sometimes He makes His children create margin in their life. It may be physical illness, emotional overload, spiritual fatigue or ruptured relationships that begin to scream for attention. The flesh thinks it can continue with little or no rest, but the spirit knows better.

We may work through our fatigue and fake it for a while, but eventually we hit an un-scalable wall, without anything to give anymore. Jesus knows we are extra vulnerable during these tired times and He makes a way of retreat and rest. His gentle and loving care calls us to come apart with Him. It's much better to heed His invitation for intimacy than to move down the road without Him. Resting in the Lord invigorates and inspires.

Does rest have to be mandated by our Master or can it be done willfully? A wise man or woman understands the need for rhythms of rest in their schedule. This is why a good night's sleep and occasional naps are necessary.

Weekends, especially Sundays, are made for rest, reflection and rejuvenation. If we are intoxicated by activity, we run the risk of living in a restless hangover. Real rest allows us to recover and unwind in God's presence.

First Baptist Church of West College Hill – From the Pastor's Desk Page 2 June 2, 2019

Like green pastures are pleasant and fulfilling for any animal dependent on the earth, so God's heavenly resources feed our soul, fill our mind and hydrate our heart. Are you tired and overwhelmed? Do you feel alone and deplete of any energy to engage with others? If so, take the time to get away with God. Say, "No" to the unnecessary and "Yes" to the necessary. While it sounds contrary to how frenetic and overloaded most of our lives have become, the most productive life actually accomplishes more by doing less. It rests in Him.

Most importantly, allow the Lord to lead you by faith into a quiet place. Sit by the soothing silence of still waters and drink in the majesty of God's creation. You know Jesus is leading you—when you intentionally engage in solitude for the purpose of hearing His voice. Don't resist His required rest—instead cease and desist activity, embrace and celebrate His rest.

"When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, the son of man that you care for him?" (Psalm 8:3-4). The grandeur of God's glory comes down to care for you.

On today, may the blessing of peace rest upon you...the blessing of joy abide within you...the blessing of success and favor surround you...the blessing of love flow out through you. May all the Blessings of the Lord be yours in abundance as you 'Encounter the Possibilities' this day will bring!!

**Application:** Do you consider and voluntarily engage with the grandeur of God's glory in quiet places? Does your life rhythm require rest?

Prayer of reflection you might pray this week: "Dear God, I gain true peace of mind when I realize that wherever I am, and whatever I do, Your presence is always with me. I am calm and confident as I acknowledge Your constant, unfailing protection. Whenever a situation occurs in my life that causes me to feel worried and stressful, I pause for a moment and center my full attention on You. As I focus my concentration on the truth of Your presence, I am reassured of Divine protection. Nothing can separate me from Your all-powerful presence and love. I trust in You, God, to take care of me and everything that concerns You. This is my prayer in the matchless, wonderful and compassionate name of Jesus, Amen!"

"And then God answered: "Write this. Write what you see. Write it out in big block letters so that it can be read on the run. This vision-message is a witness pointing to what's coming. It aches for the coming—it can hardly wait! And it doesn't lie. If it seems slow in coming, wait. It's on its way. It will come right on time." Habakkuk 2:2-3 (MSG)

Yours in Christ, Pastor King