

# Notes

"A Better Focus" (Hebrews 12:1-13)

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**Coolum Beach Baptist Church**

*"To know Christ and make Him known"*



"No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it." (Hebrews 12:11)

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*August*

9AM *Pastor John*

"A Better Focus"  
 (Hebrews 12:1-13)

## Thought for the Week

In Hebrews 12:1-13 God clearly reminds us of the fact that faith is much more than just a fleeting rush of adrenalin that overwhelms us during a moment of deep emotion. Faithfulness is also not a 'fair weather' attitude of delight when life is good, and the future looks bright. Faith is fully embracing the goodness, power and providence of God even when things seem to be falling apart. Faithfulness is a determination to finish the race that God has set before us – regardless of the aching limbs, the painful training, the dangerous obstacles, the dark storms and the temptations that we will experience along the way. In order to help us do this, the author of Hebrews gives us two great practical applications to help us stay on track.

Firstly, we need to rely on the grace of God to persevere through the race. Whenever you find yourself running into the headwinds of adversity, when you start to stagger with doubts and when the world taunts your every step, ask God to give you the strength to endure. His answer to your prayer may involve more uncomfortable training or painful discipline, but you can be assured that you are in safe, loving and mighty hands. Isaiah 40:29-31 is a powerful reminder of God's provision of strength throughout your life. "He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint."

Secondly, remember that you are never alone in the race. Nothing dampens your spirit when you are striving in your spiritual marathon like the feeling that you're alone. The truth is you are not alone. Consider the prayer of Scottish preacher John Baillie. "I thank you Lord, that this Christian journey that I am on is no untried or uncharted road. It is a well worn path that has been beaten hard by the footsteps of apostles, prophets martyrs and all my fellow believers." You must remember that thousands upon thousands of faithful men and women have run the same path as you. The Lord Jesus himself has marked it with the suffering he endured on the cross. In his resurrection and ascension, he has also highlights the guaranteed, glorious prize that awaits us at the finish line. When we look to him with hope, keep our eyes on him and remember the example of those who ran before us, our strength will be renewed with each step. And when we understand that God is disciplining us along the way – not as a frustrated coach, but as a loving father – our confidence will grow with every stride.

God bless, Pastor John.

## Prayer Points

- Praise Give thanks for the encouragement and joy of last Sunday's Celebration service and breakup. Pray that God will draw people to him.
- For Monday morning community breakfast – for us to find and connect/bleed with those in need. Lord Jesus Christ.
- For school chaplains – for God to strengthen them and give them the energy and resources they need to be a positive impact in the lives of students.
- For Alpha course this afternoon – for seekers to come and the Holy Spirit to work.

## What's on?



If you would like to know more about our Home Groups, contact Pastor John 0408 402 476

### MONDAY

5PM Walking Soccer

### TUESDAY

9:30AM Playgroup

### WEDNESDAY

9AM Prayer Meeting

### THURSDAY

9AM Quilters

### FRIDAY

9:30AM Playgroup

4PM Kids Ignite & Youth

BIRTHDAYS: 30th Paul C, 31st Alice, 2nd Annette

### FATHER'S DAY MISSION AND MORNING TEA

Next Sunday we will be having our traditional big morning tea to celebrate all the dads and men in our life. Please bring a plate of food to share. For both this Sunday and next Sunday, we will also be looking to raise funds for MAF through their Father's Day fundraiser.

### COMING UP IN OCTOBER

In October we will have the pleasure of hearing from Colin Lituri who will be preaching on the topic of heaven. We will also have a representative from Creation Ministries International come to share with us.

### ALPHA STARTS TONIGHT

Our first night of Alpha commences this afternoon at 5pm. Our Alpha team are excited and ready to go. It is not too late to invite someone and you are even invited to come along yourself if you are wanting a refresher course in the gospel. There will be a dinner time, as well as a video and chat time.

### SOS AT COOLOOLA BERRIES

This Thursday 31st August, SOS are headed to Cooloola Berries to have morning tea at 10am, followed by a farm talk and walk where you can pick your own berries. For more information see Anneli. If you are planning to come you must put your name on the list in the foyer, as they need to know numbers.

### WELCOMER'S MEETING

There will be a quick get together, after the morning service next Sunday, for all those who serve on our greeting roster. The purpose of this get together is to clarify expectations, share ideas and strategies and to encourage everyone in this important ministry.