

7 April 2024



Chelsea Community
Church of Christ and
Careworks Inc.

3-5 Blantyre Ave
Chelsea. 3196.

GOD—OUR ANCHOR OF HOPE

MEDITATION AND GOD

Meditation is not new, and it is not new age. God, not the gurus, devised it and it is based on the Bible, not on Buddha. Biblical meditation is an antidote to the unprecedented stress of our age. In a world where everyone is overwhelmed and undervalued, our survival, sanity and saintliness depend on reclaiming the lost art of bible meditation.

The word **mediate and meditation** occur 21 times in the Bible, **think, thinking and thoughts** 252 times and **mind** 163 times.

Colossians 3:16 —let the sword of Christ dwell in you richly.

Philippians 2:5 —let this mind be in you which was also in Christ Jesus.

Psalms 19:14—let the words of my mouth and the meditation of my heart be acceptable in Your sight.

Meditation is a habit recommended in the Bible, yet is often confused with modern meditation. Biblical meditation is more than contemplating the sensation of air passing through our noses and into our lungs. It doesn't involve draining our heads of content, but rather filling them with the specific Bible verses and passages God brings to our minds at certain times.

Like water flowing through a fountain or oil through a machine, Scripture should be constantly circulating through our minds.

Biblical meditation is not just reading Scripture or studying Scripture or even thinking about Scripture instead—it is thinking Scripture, contemplating, visualizing and personifying the precious truths God has given us.

Biblical meditation is an easy habit to begin. It's as portable as your brain, as available as your imagination, as near as your Bible and the benefits are immediate.

Pastor Judi is offering a short course in Biblical Meditation—so if you are interested, please let her know.

Mondays and Wednesdays: Pastoral care by appointment with Pastor Judi.

Wednesdays:
Big Breakfast 7am to 10am

Orange Sky Laundry
7am to 9.00am.

Fridays:
Women's Bible Study
10:30–11:45am, (see flyer) **New series—the Power of Prayer.**

Sundays:
Worship service
10–11.15am followed by a cuppa and chat.

Prayer Points:

Please continue to pray for each other and for peace to be restored in our troubled world.

Please pray for those who have recently lost loved ones.

Pray for yourself to grow in your faith.



What is happening in our backyard? You may be aware that the Chelsea Men's Shed have relocated to Catherine Avenue—the site looks great, meaning they can spread their wings.

What will happen to the sheds? The Church retains the sheds, one will be used to store items. There is an office, kitchen and large shed. What ideas do you have? We will be praying for God's direction as to their future use.

Goodbye to Lesley—on Tuesday we said our farewells to our dear Lesley Jackson—graveside service at Crib Point and Memorial Celebration in the chapel. It was wonderful to see so many giving thanks for the life of Lesley. And what a wonderful, gracious and kind lady she was—our loss is God's gain.

Have you been to our free breakfast on a Wednesday? As members of the church, we encourage you to pop in and see the hard work and energy put into providing this free service. Introducing yourself to the Breakfast team and partaking of the yummy food means the team will know that their work is very much appreciated. Even once a month would be valuable and give you time to chat to the participants.

Mother's day service—do you have any ideas for our service on this day? Would you like to participate, give a brief talk, share a poem or song? Maybe you want to bring along a picture of your mum? Please let Pastor Judi know.

Our growing Worship team—with Beth now a member, playing violin, Janet has added her talent with playing the tambourine. Beth will take the role of Worship leader.

What skills do you have to contribute? Have you identified your skills/talents to offer to the Worship service. Please speak to Pastor Judi

Sermon Series: Collide.

7th April Stand firm Col 2
14th April Be Transformed Romans 12:1–8
21st April Get Truth Proverbs 23:12–25 and
28th April Love what matters 1 John 2:15–17 & 24–29.