

# LIVING JESUS' EXAMPLE

Chelsea Community Church of Christ

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## From The Pen of Pastor Judi

### Is it time for you to “step up” and fully submit to God?

*Erwin Lutzer said: ‘each temptation leaves us better or worse; neutrality is impossible.’*

**James’ Chapter 4:7 says: therefore submit to God, resist the devil and he will flee from you.**

Is there something in your life or something you are doing that seems like it is superglued to you? No matter how you try to let it go or resist it, it seems to stay around?

In 1949 psychologist and neuroscience enthusiast, Donald Hebb made a statement. He said “cells that fire together, wire together.”

What he meant was when one brain cell (neuron) fires it has such a positive effect on nearby neurons that they become wired together in a neural network. The more the behavior that caused the original linking occurs, the stronger the network grows, making future behaviors of the same kind easier.

It is why practice makes perfect when it comes to sports, musical ability and other areas of life. But, it has its down side when it comes to temptations and resisting them. James says: “the more we give into temptation, the more we will succumb to it as well.”

Every time you give in, every time you make an excuse – like it is too hard or tell yourself that this one little temptation can’t really hurt – the more you sink into denial and open up your life to the devil. And in so doing, you are closing yourself off to God.

If you resist the temptation, the devil he will flee – that is the promise of God. But “if” reveals that the responsibility falls upon ourselves.

If you are tempted today, resist the temptation. Every time you choose the right thing, the easier the choice will become. The devil never gives up tempting and we must never give up resisting.

### The Pastor Is In:



Pastor Judi is available for pastoral care appointments on Mondays from 9:00am – 4:00pm and Fridays from 1:00pm – 3:30pm. Please speak to Pastor Judi to make a suitable time to chat in her office, nearby coffee shop or home visit. Contact 9773 0301 or 0423 375 714

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## **Church Happenings**

### **Pastor Judi's Availability:**

Due to an increase in those struggling and seeking Pastoral Care/counselling from people using the site Judi will set aside specific appointment times on Mondays as well as Friday afternoons.

### **Alpha Series:**

9 people enjoyed our first Alpha session on Monday. Starting off with fish/chips and pizza we viewed the first video – “Is there more to life than this?”

If you are interested, you may join us next week with the title: “Who is Jesus?”

Starts 6-7pm. You are welcome to BYO dinner at 5.30pm.

### **Survey Results:**

Thank you to all those who took the time to complete our survey. We were pleased to register a 4 = strongly agree for each of the 7 questions.

Overall I am satisfied as a member/attendees

The church cares for it's members/attendees

I receive the information I need re programs

I have a good understanding of the mission and vision of the church

I am provided opportunities for my spiritual needs and growth

I feel that I am part of a team helping to fulfil the vision and mission of the church

The church welcomes visitors and new members.

Please see a copy of the comments provided as an insert to this newsletter.

### **Criminal damage:**

In the early hours of Monday 2<sup>nd</sup> a number of unknown persons had congregated in our small front garden, partaking of a large stash of ‘ice’ and this resulted in a fight where damage was done to part of the front fence; plants destroyed in the garden; smokers bin broken and our small bin destroyed, as well as rubbish strewn around.

A police report has been completed and Pastor Judi is aware of the names of two of the people involved. We are now in the process of obtaining 2 quotes to repair/rebuild the fence along the eastern side.

### **Mental Health First Aid Training Opportunity:**

Carol Fountain who is an accredited trainer with Mental Health is offering to run a 12 hour course to train us when dealing with mental health issues. This is an educational course, not a therapy or support group teaching us how to recognise common mental health problems; provide initial help using a practical evidence-based Action Plan; seek appropriate professional help and respond in a crisis situation.

We would like to run the course in 2 X 6hour slots from 9-3pm on Monday March 2<sup>nd</sup> and March 9<sup>th</sup>. The cost is \$30 which covers: all materials, Mental Health First Aid book and morning and afternoon tea. Participants are encouraged to BYO lunch. This training will be offered to other areas as well with a limit of 20 participants, so please register with Pastor Judi early.