

*** GIVE THANKS ***

Thanksgiving Service

WELCOME

We warmly welcome you, if you are worshipping with us for the first time. We believe you've become a member of our church family by God's grace.

Please ensure you speak to the Pastor or one of today's facilitators before you leave.

May God bless you richly (Amen).

VERSE(S) OF THE DAY

Throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy.

Ephesians 4:22-24 (NLT)

GROWTH & ADVANCEMENT

To build a church that is **growing, healthy and full of love**, do you have comments, ideas or suggestions? If so, please talk to the Pastor or a minister.

DID YOU KNOW?

Did you know you could join most of our services online when you are unable to attend? Talk to the technical team or the Pastor to find out how.

You will never speak to anyone more than you speak to yourself in your head, be kind to yourself.



Source(s): <https://daylekinney.com/2019/01/18/18-jan-be-kind-to-yourself/>



Sunday 7 February 2021

WELCOME

Redeemed Christian Church of God

Bethel

WEEKLY SERVICES & MEETINGS

SUNDAY

Thanksgiving / Worship service
From 10am

FRIDAY

Prayer meeting / Bible study
From 7pm

RCCG Bethel Parish

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Our 'must-visit' website



Home Our Focus About us Contact Us Sermons Privacy Policy



Our website is a treasure trove of information, and not only about our focus and mission. You could subscribe to our podcast or listen to past sermons too (<http://rccgbethel.church/sermons/>). This is particularly useful for when you are unable to attend services or for refreshing your recollection as an essential part of your private Bible study.

There's more! Details of events and outreach will almost certainly be available from relevant pages on our website and updated regularly, along with downloadable copies of our Sunday bulletins (<http://rccgbethel.church/category/bulletins/>).

So, why don't you set our homepage as one of your **startup page(s)** in your browser now? The following instructions for most of the common browsers may help.

Google Chrome

1. Open the browser and the **Settings** menu (or the **three vertical dots** to the right of the menu bar).
2. Scroll down and click on **Advanced Settings**.
3. Select **Open a specific page or set of pages** under **On Startup**.
4. Select **Set pages** and enter or add <http://rccgbethel.church/>.

Mozilla Firefox

1. Open Firefox. Press **Alt-T** on the keyboard and select **Options** from the drop-down menu or go to **Tools >> Options** from the main menu.
2. In the **Home** section, select **Homepage and new windows** and **Custom URLs...** from the field's drop down.
3. Enter or paste the URL: <http://rccgbethel.church/> or click **Use Current Page** if you are already on our website.

Microsoft Edge

1. Click the **three horizontal dots** to the right of the top menu bar.
2. Select **Settings** and select **A Specific Page or Pages** from the **Open Microsoft Edge With** section drop down options.
3. Enter <http://rccgbethel.church/>. (Click the Plus sign to add more pages if required).
4. Click the **three horizontal dots** to the right of the top menu bar again to close **Settings** menu.

FROM THE PASTOR'S DESK

Be kind to yourself

Text: 1 Kings 21:18-29

During our Friday bible study meetings, we've been exploring Elijah's ministry and have met characters like Ahab and Jezebel. Ahab was considered one of the most evil kings in Israel, influenced by his wife Jezebel, who was just as wicked (1 Kn 21 25-26). So, God pronounced one of the scariest judgements on him. But Ahab's response was unexpected. Instead of getting angry or reacting with more evil, he repented and was forgiven.

As horrible as he was, Ahab turned things around when confronted with the evil he'd done. Among other challenges, this pandemic is having unprecedented impacts on our lives and mental wellbeing. People have died and many have become depressed and unable to cope as a result of the hopelessness we sometimes feel. Some have even taken their own lives.

One of the things we can do for our mental wellbeing during this period is to forgive ourselves. As Christians, we often talk about forgiving others, but find it difficult to forgive ourselves. We see this in Judas's response after betraying Jesus, according to the book of Matthew. He couldn't forgive himself and took his own life (Matt 27:1-5).

Let's slow down on the self-criticisms, castigations, blames and other judgements we pile on ourselves. After a day or week or month of no contact with anyone, we may take the leap that no one loves us. The truth is none of us know for sure what others may think of us or what tomorrow could bring (James 4:13-15). Whenever negative thoughts come into our minds (Prov 4:23; 23:7), perhaps telling us we're worthless or there's no hope, let's remember only God can have the last word (Isa 46:10; Jer 29:11; Isa 26:3).

To treat anxiety, depression and other mental / physical health problems, NHS recommends Cognitive behavioural therapy (CBT). It is based on the concept that we can be trapped in a vicious cycle by our thoughts and feelings. Among other steps, CBT helps to change negative thoughts or patterns by dealing with current problems rather than focusing on the past. It encourages searching for practical ways to improve state of mind on a daily basis. Cooperation with the therapy steps are essential.

The scripture is also full of similar warnings about our thoughts and how they can deceive us (Prov 4:23; 23:7; 1 Cor 2:11; Mark 7:20-23; Psa 139:23-24), and we need to actively engage with these verses too, for them to be of any benefit to us. But it deviates from the self-help guidance steps in CBT by asking us to release ourselves to God, and allow him to transform us and our thought patterns (Rom 12:1-2 NLT).

Remember we take nothing with us when we die. Everything we have or achieve stays on earth. Making judgements about ourselves based on feelings or things that are temporal makes no sense (2 Cor 4:18). We must take care of our mental health and know that beyond CBT, there's help for us from God's word. We must see things from his perspective and know he loves us. Instead, make it your goal to gain Christ (Phil 3:2-11; 4:8).

Bottom line

Ahab gave himself permission to seek forgiveness despite all the evil he'd done. Be kind to yourself wherever you find yourself right now. Remember that there's no one and nothing you could do that can separate you from the love of God (Rom 8:35-39).

RCCG Bethel Parish

The pillar of truth, defining the future today