

Sunday worship

Join online

<http://bit.ly/3TSxxek>

Watch on YouTube

<http://bit.ly/3aCxmjW>

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

Whatever your hand finds to do, do it with your might...

Ecclesiastes 9:10a (NKJV)

He who believes in Me ... out of his heart will flow rivers of living water.

John 7:38 (NKJV)

THEME FOR THE YEAR

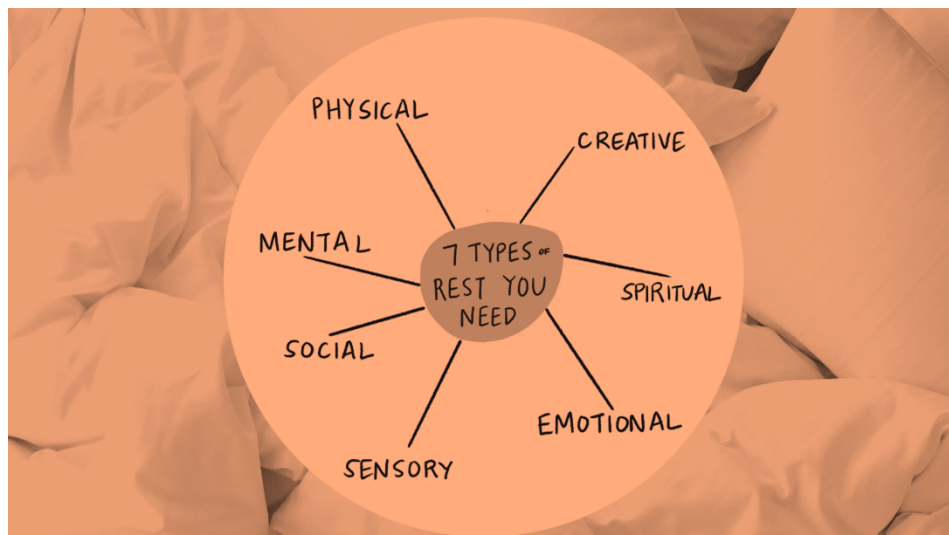
Faith in action
(2 Thessalonians 1:11)

We're trusting God to enable us to do all the good things faith prompts in us in Jesus name (NLT).

DID YOU KNOW?

Every Sunday, we worship together at **Unit 13, Skylines Village**. When unable to attend, do visit our website or YouTube channel for recorded sessions.

7 Types Of Rest... To Actually Feel Recharged



*****Rest is more than time off from work**

Image source(s): <https://advice.theshineapp.com/articles/the-7-types-of-rest-you-need-to-actually-feel-recharged/>



Sunday 26 February 2023

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

Unit 13, Skylines Village

Limeharbour, London E14 9TS

PHONE: 07889906677 || EMAIL:

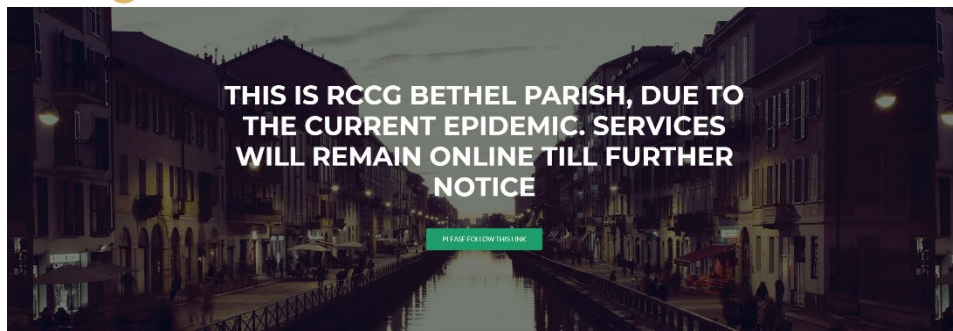
admin@rccgbethel.church

WEB: www.rccgbethel.church

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

Rest in working

Text: 2 Thessalonians 3:6-13

We may think Paul was a bit too harsh on those "unwilling to work" (NLT) in this text, saying they shouldn't eat. Today, we still feel more or less the same way about those collecting benefit and choosing not to work. Some commentaries suggested one of the reasons they chose not to in Paul's day is because they thought there was no point. Jesus was coming soon. However, when man was created, although Adam wasn't supposed to toil or stress, God created a garden for him to cultivate and care for.

Food is grown and cultivated and as long as we need it for sustenance, we cannot be absolved from working to obtain our daily provisions. Although Paul had to rely on others at times, when in prison for example, he worked whenever he could. Also, from the beginning, God instituted days for both work and rest (Ex 20:8-11).

One of the issues today is that we're not resting enough, physically. Even on days we're supposed to be off work, we don't rest and when we're stationary in relative terms or believe we're relaxing, our mobile phones and devices often command so much of our attention and adds to our stress. When we work, we should rest.

Interesting to note that while Paul said those that chose not to work should not eat, Jesus told us not to labour or strive for food that perishes (Jn 6:26-29). That doesn't mean we shouldn't work for food that gives sustenance. The fact is there are both physical and spiritual work to undertake, but we must labour for what matters.

Our theme this year is to do all that our faith prompts us to do (2 Thes 1:11 – NLT), but we must balance working and set time to spend with our loved ones or recharge. One thing that should encourage us is that while the scripture talks about giving priorities to spiritual food and while we also need sustenance, those provisions are available for us. For example, Paul said the Israelites drank and received spiritual sustenance from the rock that followed them everywhere they went and that rock is Christ (1 Cor 10:1-4; Ex 17:5-11; Num 20:8). We can always tap into those resources.

Bottom line:

When we go through life's journeys, sustenance is promised to us; one we don't have to labour / toil for. It follows us everywhere we go (Jn 7:38; Isa 40:30-31).

RCCG Bethel Parish

Pillar of truth ... defining the future today