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Weekly Letter – 23 June 2024

Mark 4 35.41

Why Christ says, “Do no fear”

I don't know if it is true for you, but listening to international news and the painful personal stories we all hear in various places does make me think about what is going on for so many people. These alarming and far too frequently harrowing human experiences cause people to be 'stressed out', and consequently, living with a great deal of anxiety and fear.

I decided to look up what people say they are anxious and fearful of, in part because these experiences are part and parcel of all our lives.

The first website I clicked on, I read about 65 different people from around the world and what they most feared. Here is a 'taste' of what they expressed. "I am fearful of ..., being alone, being completely ignored, death, that people will laugh at me, that I might never have human intimacy again, that people might think I am a bad mother, that I will be lonely, that I could get cancer, that my wife may die, and I shall be all alone. And yes, some of these fears have cropped up in my life, and perhaps you recognise some in yours?

The gospel frequently reveals that the disciples are paralysed with fear, and here, they were clearly 'spooked' by their experience on Lake Galilee. Like the disciples we can feel and think that God is indifferent to our difficulties. If you have experienced that, you are in good company because, the history of Jesus and Christians shows that they have over and over again reproached God, because 'He isn't jumping to their tune – their immediate demands'.

Quite rightly, you will be thinking, “so what is the solution?” Well, there are a number of possibilities! Of course there are!

Firstly, regular self-reflection helps you to be more honest about who you are, and if you are honest with yourself and God, you will step by step discover more about where God is. The key point is, if you only say things to yourself and to God, that you think you should say, rather than being honest, like any relationship it will grow cold, and that includes God.

Secondly, don't fear change, for God sees you, and He will always have eyes on you, especially when you allow yourself time to gaze upon his Son, with affection and sincerity in your heart.

Thirdly, think through the consequences of being fearful, and then picture Jesus inviting you to be more calm in your stormy life. Remember that central to Christ's mission was to remind you that fear and all that is associated with it has been stripped of its power. (1 Cor.15.20).

And finally, God did not come to harm you, for God can only come with love and mercy. Yes, from time to time we forget this, but by spending time in prayer and remembering all that you know about God and his love for all, will enable you to calm the storms of life.

Stephen

Sunday Morning Worship in Christ Well, and on Zoom at 10.30 am will be led by Rev Simon Walkling
Bible Readings: 1 Samuel 17: 32-49 and Mark 4 35-41.

Cycle of Prayer in the Region – we will pray for Uniting Church, Sketty

Prayers for every household - we will pray for Cecil Street, nos. 102-160

PLEASE NOTE: TEA AND CHAT MEAL – TUESDAY 9TH JULY.

The venue has been changed from the Woodman to the MANSELTON HOTEL.

THURSDAY CLUB

We have been thinking about Joseph. We learned about his colourful coat and how he was then sold into slavery by his brothers. We made colourful paper chains, and hung them around the walls to help us think about the story. We worked together, and managed to make it the length of the hall!

