

is not frustrated. God is not exhausted. God is not confused. God is not panicking."

After listing what God is not, she began listing what He is: "God is relaxed. God's timing is perfect. God has continuous energy. God is in control. God knows everything." Then she wrote, "This God is living in me. He is working through me." By the time she wrote those words, Tina's panic feelings had flown. Before she had a chance to say, "God, I want to resign," she realized that He wanted to renew her strength.

Are you a juggler needing God's first aid for your soul? Guided by today's Bible reading of Isaiah 40, ponder the Lord's limitless attributes. Then let Him renew you. --JEY

*I look to Thee in every need  
And never look in vain;  
I feel Thy strong and tender love,  
And all is well again. --Longfellow*

**Because God cares about us,  
we can leave our cares with him.**



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*Please feel free to contact the Pastors for any needs you may have,  
queries, or questions about our church family.*

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## CENTRAL MOUNTAINS BAPTIST CHURCH

# 28 SEPTEMBER, 2008

### *Information for Visitors.*

\* We're glad you're here. Sit back, relax, and enjoy the service. You're very welcome to join us for a cuppa after church.

\* a Cubbies programme is normally provided, during the sermon for the toddler to Kindy age bracket.

## Burned-out Jugglers

**Those who wait on the Lord shall renew their strength. --Isaiah 40:31**

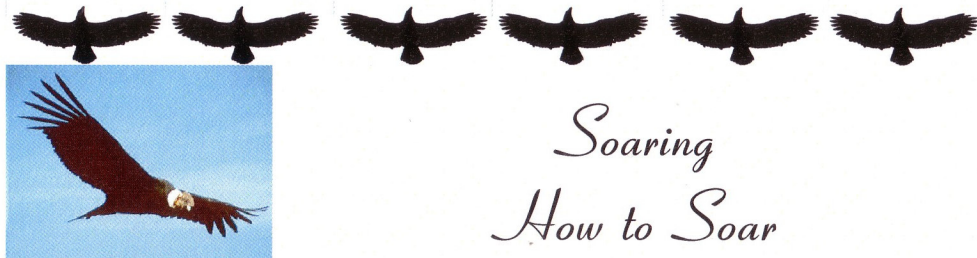
Today's wife, mother, and homemaker is a professional juggler. She balances home, church, and community responsibilities, and often runs a family taxi service.

My daughter Tina is a juggler who admits that she sometimes feels like resigning, but she's learned where to go with her struggle. Here's how it began.

One morning Tina woke up with the I-can't-juggle-it-all feeling and started to panic. Reaching for pen and paper, she began recording some spiritual "first aid," such as: "God is not stressed-out. God







## Soaring How to Soar

We need to explore our ability to soar in two steps:

### 1. \_\_\_\_\_ that stop us soaring,

**(Matthew 11:28-30)** *"Come to Me, all you who labor and are heavy laden, and I will give you rest. {29} Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. {30} For My yoke is easy and My burden is light."*

#### ◆ A \_\_\_\_\_ and F \_\_\_\_\_

**(John 14:27)** *"Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid."*

#### ◆ D \_\_\_\_\_ and D \_\_\_\_\_

**(Hebrews 12:3)** *"For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls."*

#### ◆ A \_\_\_\_\_ and F \_\_\_\_\_, B \_\_\_\_\_ and H \_\_\_\_\_

**(Ephesians 4:31-32)** *"Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. {32} And be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you."*

#### ◆ L \_\_\_\_\_ and G \_\_\_\_\_

**(Hebrews 13:5)** *"Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, 'I will never leave you nor forsake you.'"*

#### ◆ G \_\_\_\_\_ and S \_\_\_\_\_

**(1 John 1:9)** *"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."*

**(1 John 3:20)** *"For if our heart condemns us, God is greater than our heart, and knows all things."*

#### ◆ D \_\_\_\_\_ of A \_\_\_\_\_

**(Philippians 2:3-5)** *"Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. {4} Let each of you look out not only for his own interests, but also for the interests of others. {5} Let this mind be in you which was also in Christ Jesus,"*



#### ◆ A \_\_\_\_\_ and O \_\_\_\_\_

**(John 8:34-36)** *"Jesus answered them, 'Most assuredly, I say to you, whoever commits sin is a slave of sin. {35} And a slave does not abide in the house forever, but a son abides forever. {36} Therefore if the Son makes you free, you shall be free indeed.'"*

#### ◆ E \_\_\_\_\_ and R \_\_\_\_\_

### 2. The \_\_\_\_\_ to soar,

**(Hebrews 12:1-2)** *"Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, {2} looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God."*

**(Proverbs 3:5-8)** *"Trust in the LORD with all your heart, And lean not on your own understanding; {6} In all your ways acknowledge Him, And He shall direct your paths. {7} Do not be wise in your own eyes; Fear the LORD and depart from evil. {8} It will be health to your flesh, And strength to your bones."*

**(John 15:4-5)** *"Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. {5} 'I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.'"*

