



**CHRIST CHURCH  
CROUCH END HILL  
LONDON N8 8AX  
CROSSLINKS**

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**WORRY—WEAPON OF SELF DESTRUCTION?**

## Vicar's five-minute reflection

# WORRY- WEAPON OF SELF DESTRUCTION!



Of all the living things that God created, we human beings are the only ones that worry. And we worry about everything - gas prices, the stock market, taxes, jobs, health issues, marriages, relationships, parents worry about children, children worry about parents. You name it, somebody is worrying about it.

Jesus says we ought not to worry. Listen to him again: "...do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing?" As usual, what he says makes sense. We DO worry too much, especially those of us in this affluent society who seem to have less to worry about than so many others in the world. Worrying results in a spate of problems that we constantly bring on ourselves.

Obviously, it is a problem that is not unique to us. The crowd that sat listening to Jesus on that Judean hillside could identify with it. Otherwise, he never would have brought it up. But, as was typical of his teaching, Jesus put the problem into perspective by pointing out some things that all could understand. He pointed toward the sky and said, "Look at the birds of the air (those little insignificant sparrows); they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?" That made sense. It has always been true that the God who has provided life also provides the necessities to keep that life going. The point, of course, is **not** that the birds and animals are taken care of without work; that is obviously not true - it has been said that no one works harder than the average sparrow to make a living. The message is that **they do not worry** about it. And if they, who are so much lower than we are in God's scheme of creation do not have to worry, why should we? As a matter of fact, what good does worry do? That is the thrust of what we come across next. Jesus says, "can any of you by worrying add a single hour to your span of life?" No one, obviously.

I tend to think that, had Jesus been speaking today, he might have pointed out that, indeed, excessive worry has precisely the opposite effect: **not only will worry not ADD to your length of years, it will probably considerably SUBTRACT from them...not to mention the negative impact of the quality of such a life.**



**Worry ought to be classified as a "Weapon of Self Destruction"**. Psychologists tell us that roughly 90 percent of our fears are unfounded -- roughly 90 percent of the things that worry us never occur. We often tend to fantasize ourselves into utter distress.

We must find the intermediate place between indolent carelessness and unnecessary torments by which unbelievers kill themselves. If we give proper attention to the words of Christ, we will find that he does not forbid every kind of care but only that which arises from distrust.

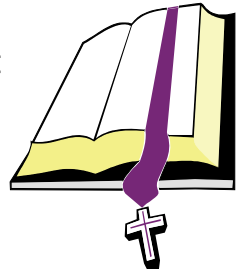
Arturo Toscanini, the great conductor, was sitting at his podium before a concert one evening. As the orchestra warmed up just minutes before the performance, a bassoon player approached him in a fearful panic. "Maestro, I am very sorry, but my instrument has suffered an accident, and the E-flat will not sound. I am afraid I will not be able to play tonight."

Upon hearing this news, Toscanini went silent and closed his eyes. The bassoon player cowered in fear of his fury. The great conductor put his hands to his head and continued in silence, adding to the poor bassoon player's agony.

At last Toscanini looked up and said quietly, "Do not worry. E-flat does not appear in your music tonight." Toscanini had played through the entire concert in his mind, reviewing every note the bassoon player would have to play. With his intimate knowledge of the music, the conductor was able to reassure the bassoon player that everything would be all right. (concluded on page 7)

### Memory Verse

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? **Matthew 6:25-27**



## STAND BY YOUR MAN (1)

### 8 winning ways to encourage him



Most women do about eleven things at the same time (including talking on the phone)—especially if they're married with children! We get good at responsibility-juggling because we *have* to: There's a job to manage, diapers to change, a house to clean, books to read, friends to reach out to, not to mention a husband to care for. We know how it feels to lose heart when we get burdened by too many responsibilities. While your husband may not juggle the same number of details you do, the challenges he deals with are heavy ones, too—starting with a wife to love and serve, a career at which to succeed, even children to nurture. And, just like you, he can lose heart while carrying heavy responsibilities. That's one of the reasons why God put people together in marriage—for mutual encouragement. Unfortunately, building up is harder work than demolishing, which comes all too naturally! But an encouraged husband makes a great life partner—he's more positive, responsive, and better equipped to work and serve your whole family. You have an incredible ability to "make or break" your husband's day or week—or decade—by what you say and do. Here are a few ways to stand by your man and make him feel as though he's the greatest.

### **Say thanks.**

If you find it hard to come up with ways to encourage your husband, saying thanks is a great place to start. If things are rocky just now and you don't feel particularly thankful for your husband (believe me, this happens!), start small. Thank him for holding open a door, picking up the newspaper after he's finished, or tucking your kids into bed. Many women hold back grateful affirmations because they think, *Why should I thank him for things he should do anyway?!* The first reason to do it is because you've signed up for this gig (being his wife). The second is that your positive words pave the way for your husband to do more of the same. At our house, I make a point of profusely thanking my husband, David, every time he gives the kids a bath or gets up with our early risers so I don't have to. These things still don't happen as often as I'd like them to, but that's not stopping me from expressing my gratitude when David does come through.

## Stand by your man.

### Know your man.

What are his strong points? His weak ones? Become an expert on your spouse. Maybe your husband is a wonderful father. Or maybe he's a good financial provider. But unless you're married to Mr. Perfect Guy, he probably struggles somewhere, too. Does your husband have a quick temper? Does he spend too much money—or time on the computer? While these are points for prayer, they're also areas in which encouragement can make a difference. Develop a sharp eye for noticing small steps in positive directions, then encourage your husband in them. Every time I see my husband, David, who tends to be a spender, make an effort to save money, I notice it out loud. I tell him how much I appreciate him disciplining himself for some of our long-term goals instead of dropping cash at the local hardware store every Saturday.

I've discovered that when I notice my spouse's efforts at self-discipline, it motivates him to keep working on his areas of weakness. And while David still doesn't have the keenest fashion sense (it took me a couple of years to eradicate the Hawaiian shirts from his wardrobe!), and he may be the world's biggest packrat (he still has his library card from when he was 13 years old, living 4 states away), he's a fabulous cook and gardener. And he's a tender-hearted father. Knowing him well, I get a close-up view of all that's best about David.

**If you find it hard to come up with ways to encourage your husband, saying thanks is a great place to start.**

### Search for significance.

God created us with a deep desire for meaning and significance. David has told me he finds the most meaning in being a father, so I do my best to affirm the good stuff I see going on between him and our kids. I pretend to be "jealous" of the way Julia and Robbie fly out the back door to meet David at the end of his workday, and I fake despair over the way Robbie only wants David to rock him to sleep. The kids know I'm delighted they're so attached to Daddy. I thank David for the time he takes to talk with our kids at bedtime. I encourage him that his investment in their young lives will create a long-lasting closeness between them. (continued next page)

## **Stand by your man (from page 5)**

### **Dreaming together is like a marriage insurance: You're blending your hopes for a shared future.**

Maybe your husband finds meaning in his job. So show interest in what goes on at his workplace: What challenges does he face, what new projects is he involved in, what goals must he meet? As you understand the specifics, your encouragement can become more specific. You can enter into his enthusiasm over praise from a supervisor or a breakthrough with a difficult co-worker. If you've never talked to your husband about why he thinks God put him in his job and in your family, ask him!

### **Dare to dream with him.**

Is there something your husband always longed to do when you were first married, but he's stopped mentioning it now that you're busy with bills and kids and ministry demands? What's his dream for the future?

In all our years of apartment dwelling, David grew flowers on windowsills and small porches. At garage sales and thrift stores, I'd pick up how-to books on gardening and building greenhouses. We'd lived in our first home about two minutes when he started building a greenhouse in our backyard (even though, in my estimation, there were more pressing projects to tackle). I shut up and prayed he wouldn't spend too much. He didn't—and now I've got bouquets in the house almost year-round. I'm just glad he only wanted a greenhouse and not a motorcycle (with my vivid imagination, I can't stop visualizing skin on pavement). But my friend, Jane, swallowed any fears she had and encouraged her husband to buy a decent motorcycle, even if it wasn't his dream Harley. She even rides with him!

Your support in listening to his dreams—and even enabling a few to come true—communicates your respect. Dreaming together is like marriage insurance: You're blending your hopes for a *shared* future.

Anneta Laplaca (To be concluded in October edition)

### **FOR MEDITATION**

Exercising love toward saints on behalf of God adds a whole new perspective to holy living. In what ways can our treatment of fellow believers be a reflection of how we esteem God himself?

## **Worry—weapon of self destruction! (from page 3)**

Do you ever wonder about the future and what it might hold for you? Do you ever wonder whether you have what it takes to succeed, to do something important with your life? God knows the future. He has looked ahead at the score of your life and has good news for you. "'For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future'" (Jeremiah 29:11). God has given you everything you need to play your part in his grand symphony. Pick up your bassoon and start making music!

William Barclay was probably correct when he suggested that "worry is essentially distrust of God." God is always in our corner, always as close as a prayer, always loving us whether or not we deserve it and always willing to carry the heavy end of each of our crosses if asked. "If God so clothes the grass of the fields and feeds the birds of the air, will God not much more take care of you ...?"

"Why are you anxious ...?" Jesus asked his hearers and continues to ask us, I suspect. (1) What good will it do? (2) What does it say about our priorities? (3) Whose opinion are we allowing to carry so much influence in our lives? (4) Why are we in such a hurry to deal with tomorrow when we haven't even dealt with today yet? And (5) Where is our faith? Those are good questions, tough questions. If we can find answers to them, we will have found antidotes to worry

Dele Agbelusi

### **FOR MEDITATION**

- When God blesses us by meeting our material needs such as food, clothing, housing, and work, we may feel happy. But that happiness is incomplete if we do not look beyond the gifts to the Giver as well as to the ultimate Gift of all, Jesus Christ our Saviour. D.A.
- Patience in waiting for an answer to prayer must be consciously cultivated if we are to avoid losing confidence in God and His ways. But while waiting is a challenge, the Spirit often uses it to teach us to look to heaven, not people, for deliverance. D.A.

## NEWS AND EVENTS

### ATHEIST SCHOOLS GET GREENLIGHT!

Plans to set up atheist schools could be given the green light by the government. Education Secretary Michael Gove says he is open to the idea as part of reforms to his department.

It comes after high profile anti-faith campaigner Professor Richard Dawkins suggested the idea.

The Education Secretary said he would be "interested" to look at proposals for non-religious schools after Prof Dawkins, author of *The God Delusion*, said last month that he approved of the idea of setting up a "free-thinking" school.

Former Home Secretary and Christian, Ann Widdecombe, said it is not something we should oppose: "If you can set up faith schools then I think quite obviously you must also be allowed to set up a school that will cater for people whose parents are bringing them up specifically to have no faith.

"I think it is a great pity if somebody is brought up that way, but our job is to win those people over, not to look to the law to do it for us."

Addressing the Commons education select committee, Mr Gove said parents opposed to faith-based schools should be given more opportunities to educate their children in the way they want in the state education system.

Around a third of the 21,000 state primaries and secondaries in England are currently faith schools. The majority are Anglican or Roman Catholic, with small numbers of Jewish, Muslim, Sikh and Hindu schools.

By law, all other schools must provide religious education and stage a compulsory Christian assembly every day, although parents have the power to withdraw children.



## NEWS AND EVENTS

### DEPRESSION

The Ladies Fellowship of Christ Church invites you to share in a lively discussion on Depression. The main speaker is Mrs. (Dr.) Ross Furlong who comes with a wealth of experience as a consultant Psychiatrist but also as a passionate believer in Jesus Christ. Time: 12noon on 3rd October 2010.

### Harvest Thanksgiving Service

This year's Harvest Thanksgiving service will take place on 17th October 2010 at 10.30 am followed by a Harvest lunch. There are so many things the Lord has done for us for which we need to say "thank you". The place to start is the place of worship and fellowship.

### Healing and Anointing service

The last healing and anointing service for 2010 will hold on 31st October 2010. The theme is "NOT A COINCIDENCE". It will be preceded by a time of prayer and fasting on Wednesday 27th 2010.

### WORSHIP TIMES AND THEMES IN SEPTEMBER/OCTOBER

Date	10:30am	6:00pm
19th Sept ( <b>FS</b> )	Mark 12:13-17 (Give to Ceasar...)	Colossians 4:2-18 (Using every opportunity)
26th Sept ( <b>MP</b> )	Genesis 38 (A significant interlude)	Isaiah 1: 1-11 (Introduction to Isaiah)
3rd Oct ( <b>MP</b> )	Genesis 39:1-15 (Fatal attraction)	Isaiah 6 (Long live the king)
10th Oct ( <b>HC</b> )	Genesis 40:1-23 (With God in the depths)	Isaiah 7 (The sign of Immanuel)
17th Oct ( <b>FS</b> )	Luke 17:11-19 (Give thanks)	No Evening Service

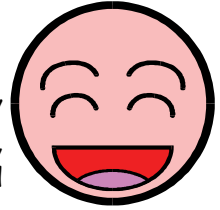
There is Holy Communion at 8am every Sunday using the Book of Common Prayer

Note: **HC** denotes Common Worship Holy Communion; **MP**— Morning Prayer and **FS**, Family Service

# LAUGHTER LINES

## GETTING OLD CAN BE TOUGH

One day a wife said to her husband, "You used to hold my hand." He reached out and took her hand. Then she said, "You used to kiss me all the time." Instantly he leaned over and kissed her on the cheek. Then she said, "You used to nibble on the back of my neck." Suddenly he got up and started walking away. "Where are you going?" she asked. He said, "To get my teeth." Ah, getting older can be tough.



## CONFUSING VOWS AND VOWELS

My nine-year-old nephew, Phillip, was a ring bearer at my wedding. At the wedding rehearsal, the singer asked when she should begin singing. The pastor answered, "After the vows." She asked: "What are the vows? I'll need a cue." Phillip compounded the confusion as he explained: "The vowels are A-E-I-O-U. There is no Q!"

—Amy Rosa, Flint, MI. Christian Reader, "Lite Fare."

## AS SOON AS JESUS COMES

We decided to let our three-year-old son record the message for our home answering machine. The rehearsals went smoothly: "Mommy and Daddy can't come to the phone right now. If you'll leave your name, phone number, and a brief message, they'll get back to you as soon as possible."

Then came the test. I pressed the record button and our son said sweetly, "Mommy and Daddy can't come to the phone right now. If you'll leave your name, phone number, and a brief message, they'll get back to you as soon as Jesus comes."

—John G. McFayden, Woodbridge, Virginia. Christian Reader, "Kids of the Kingdom."

# LAUGHTER LINES

## KIDS TALK TO GOD IN PRAYER



1. Dear God, please put another holiday between Christmas and Easter. There is nothing good in there now.

Amanda

2. God, I read the bible. What does beget mean? Nobody will tell me.

Love Alison

3. Dear God, my Grandpa says you were around when he was a little boy. How far back do you go?

Love, Dennis

4. Dear God, do you draw the lines around the countries? If you don't, who does?

Nathan

5. Dear God, did you mean for giraffes to look like that or was it an accident?

Norma

6. Dear God, how come you did all those miracles in the old days and don't do any now?

Billy

7. Dear God, please send Dennis Clark to a different summer camp this year.

Peter

8. Dear God, maybe Cain and Abel would not kill each other so much if they each had their own rooms. It works out OK with me and my brother.

Larry

9. Dear God, I keep waiting for spring, but it never did come yet. What's up? Don't forget.

Mark

10. Dear God, is Reverend Coe a friend of yours, or do you just know him through the business?

Donny

12. Dear God, I didn't think orange went with purple until I saw the sunset you made on Tuesday night. That was really cool.

Submitted by Irene Lockett

## YOU ARE PLAYING WITH FIRE! (Star Story)

Sammy was a good-looking young boy who lived in the Deep South. His summer days were filled with walking through the woods, playing with friends and fishing in the pond down the dirt road. Fishing was by far his favourite thing to do. Just about every day during his summer vacation, he would dig up some worms and head off, pole in hand, for a day of fishing.

This steamy hot day was like most others during Sammy's summer break. Waking early, he could hear the pond calling him to come fish. Sammy quietly walked out the front door, grabbed his pitchfork and worm pail from the porch, and walked into the woods to search for bait. He turned over old stumps and dug under leaves hoping to find worms. Under one old stump he hit the jackpot. In two minutes he had all the bait he needed, and in fifteen minutes he was at the pond.



Reaching into his bait bucket, Sammy pulled out a big worm. He double hooked it and tossed it into the water. **He noticed a stinging sensation in his hand, but filled with the excitement of the moment, he paid no attention to it.** Within 30 seconds, Sammy had a strike and pulled in a nice catfish. Wow, he thought, a fish in the first minute. This is unbelievable! He put the catch on his stringer, hurried to re-bait his hook, and tried his luck again. Once again he felt a stinging sensation in his hand as he threw his hook into the pond. He didn't have time to worry about it. Within just a few seconds, he had another huge fish. He fumbled the next time he baited his hook—his hand felt numb and stiff. But Sammy was too excited about catching another fish to give it much thought.

At the end of only an hour of fishing, Sammy had caught eight large fish. This was definitely his best fishing day ever. He was so proud of his accomplishment that, even though there was plenty of time left to fish, he threw the heavy stringer of fish over his shoulder and dashed down the dirt road toward home to show off his catch to his mum and dad.

The local Sheriff happened to drive up alongside Sammy and started to congratulate him on his catch of fish. With a smile and a victory whoop, Sammy held up the stringer.

## You are playing with fire! (star story)

The sheriff gasped, parked his car and strode over to Sammy. His eyes hadn't deceived him—Sammy's arms really were red and swollen to about twice their normal size.

"Exactly where have you been and what bait did you use to catch all those fish?" the Sheriff asked Sammy, already guessing the answer.

"I found some special bait under an old stump," Sammy boasted. "These worms really wiggle good," he commented, handing up the bait bucket for inspection. After a close look at the worms, the sheriff went into fast forward. Securing the bucket in his truck, he then "scooped" Sammy and his stringer of fish into the backseat of his patrol car. Spinning a U-turn on the gravel road, he sped off to the hospital, **but Sammy was already dead.**

What the sheriff had discovered was that Sammy had been fishing with baby rattlesnakes.

Sammy's deadly bait brought him a good morning's fishing but cost him his life. Had Sammy stopped fishing after that first sting, he could have been saved. One bite from a baby rattler won't kill a person who gets treatment in time. But **Sammy was having fun and didn't bother himself with the small voice of pain in his hand.** Then, as his hand grew numb, even that small voice was silenced.

**Playing around with sin is like using baby rattlesnakes for a bait.** Sinning seems harmless to young people who don't recognize sin and are unaware of its deadly consequences. The more sin you get into, however, the more numb you become to its sting. In the excitement of the moment, you ignore the still small voice of God warning you of danger and encouraging you to choose life instead of death.

**The thought of God's disfavour was very distressing to godly people in Micah's day in Bible times. Is it to you? They needed no more than a hint of judgment to upset them. How loud must God thunder before you listen?**

## HOW TO DEAL WITH DIFFICULT PASSAGES IN THE BIBLE

Peter the apostle was modest enough to admit that some passages in the Scripture could be hard to understand. He said ... there "are some things hard to be understood, which ignorant and unstable people distort...to their own destruction. (2 Peter 3: 16).

But before taking up those specific difficulties and seeming "contradictions" that have caused the most trouble to seekers of truth, let us first consider how difficulties in general should be dealt with.

First of all, be honest to acknowledge the particular passage is difficult. Do not try to dodge or obscure it. Admit it frankly to whoever mentions it. If you cannot give a good, honest explanation, do not attempt any at all. Untold harm has been done by those who in their zeal for the infallibility of the Bible have attempted explanations of difficult passages that do not commend themselves to the honest fair-minded man. And the bible instead of being helped has been injured by the unintelligent zeal of "foolish friends."

Secondly, let us approach the Scripture with humility. Recognise the limitations of your own mind and knowledge, and do not for a moment imagine that there is no solution just because you have not found one.

Thirdly, approach the Scripture with patience. Do not be discouraged because you do not solve every problem in a day.

Fourthly, endeavour to allow the Scripture speak for itself. If you find a difficulty in one part of the Bible, look for other Scriptures to throw light upon it and dissolve it. Nothing explains Scripture like Scripture. And be careful not to explain texts out of context.

In the fifth place, deal with the difficulty prayerfully. It is simply wonderful how difficulties dissolve when one looks at them on his knees.

In the subsequent issues of Crosslinks, we will attempt to throw more light on some difficult passages.

Dele Agbelusi

# HEAVENLY CORRESPONDENCE

## E-MAIL FROM GOD (20)

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From: **GOD, YOUR HEAVENLY FATHER**

To: **YOU, MY BELOVED CHILD,**

Commit to the Lord whatever you do, and your plans will succeed. (Proverbs 16:3)

Subject: **CAN I HELP?**

*I want to be involved in your life—not just your prayer life or your church life—but your whole life. Even if you're just training your dog, or writing a story, or decorating your room, every activity goes better with me.*

*If what you're doing is not wrong, then bring it to Me and ask for My help. Think about it: I painted every sunset and created all the flowers, so I'm pretty handy at helping to decorate a room. When you commit a project to Me, I'll work with you to make it better. I'm not as interested in the project as I am in our relationship. I love doing things with you. I want to be a part of your whole life. Please share your plans with me.*

*Your creator,*

*God.*

## MOTTO/TEXT FOR THE YEAR

**“I CAN DO EVERYTHING THROUGH HIM WHO GIVES ME STRENGTH” *PHILIPPIANS 4:13***

### FINDING OUT ABOUT ...CHRIST CHURCH?

Tel/Fax: 020 8340 1566

We are a family of men and women, boys and girls who are trying to live for God in a world that has largely chosen to ignore Him.

We believe that it is God's world and that He has given the answer to all human problems in Jesus Christ.

As a body of believers, we offer to all who come regular opportunities for worship and service that point the way to God as our strongest resources in all aspects of life.

We will be pleased to welcome you to any of our activities. You will find a warm welcome at Christ Church.

#### Times of worship and fellowship are shown below:

- Sunday**
- **8.00am.** Holy Communion ( Book of Common Prayer)
  - **10.30am.** Main service with Crèche facilities
- There is family/parade service once every month– usually the third Sunday of the month unless otherwise indicated.
- **6.00pm.** Evening worship

#### ACTIVITIES FOR THE WEEK

- Sunday - Choir practice in church (**9.30 am**)
- Monday - Baby n' Toddler Group (**9.30 am –11.30am**)
- Brownies meeting in church (**5.30pm**)
  - Prayer meetings –4th, 18th October in church(**8 pm**)
- Wednesday - Bible Fellowship in church - (**6.30 pm for 7.15pm start**)
- Friday - Bible Fellowship in church - West Chapel (**2.00 pm**)
- Scouts meeting in hall and church(**6.30 pm**) -
  - Music Team practice in choir vestry (**6.00 pm**)

Enquiry/Counselling/Prayer Lifeline - please phone 020 8340 1566

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