

Noticeboard

Alpha course Wed Evenings Apr 25; May 2nd, 9th, 16 & 23rd. Bring a friend, meal included at 6pm followed by course at 7pm. Contact Nigel Bird for more info 01209 822270

OASIS meeting this coming Fri 27th April Nerf Night. Please see Duncan or Amy for more information

Food for Thought
Thursday
26th April.
Guest speaker
is Peter
Mehaffey.
Starts 2.30pm

Men of the Church..
See Kye about a
Men's Weekend
Away from Friday
12th – Saturday 13th
Oct at Treloyhan
Manor Hotel in St
Ives.

Our Children & Youth Need You!
OASIS, BUZZ & SALT Groups are in need of helpers. Please see one of the following to volunteer:
**Emma Munden, Duncan Wilson,
Nathan Stephens, Jo Koopmans
or Amy Growcott-Smith**

Foodbank needs:

- Long Life Milks
- Tinned Tomatoes
- Fruit juice
- Tinned Soups
- Tinned Potatoes
- Coffee
- Sweets
- Crisps
- Tinned Fruit
- Jams
- Pies
- Tinned meats
- Deodorants
- Washing Up Liquid
- Nappies, sizes 7
- Shower Gels
- Pasta sauce
- Long grain rice
- Biscuits
- Savoury Biscuits
- Cat Food

Sunday 22nd April 2018

10.30am **Coming together to praise, learn and encourage.**
A warm welcome to you all. We would love to get to know each other better, so please introduce yourself. If you can, join us for refreshments after the service.

11am **Children and youth groups leave**
Nippers: 2-4 years
Buzz: Reception - Year Five
Salt: Year Six - Year 13

7pm **Praise & Worship in the Lounge**

Prayer Ministry
Members of the Prayer Ministry Team wear ministry badges. Please speak to one of them if you would like prayer for any reason.

Sunday 29th April

10.30am **Coming together to praise, learn and encourage.**

7pm **Prayer & Praise in the Lounge**

Main Door Bryan Parr

Inner Door Rick & Mel Cookman

Easy Worship Sue Wilson

Coffees Before Service & After Service Nigel & Kate Bird

The Church office

Open Monday–Friday, 9.30am–12.30pm

Telephone 01326 315249

Email mail@emmanuelbaptist.co.uk

Website www.emmanuelbaptist.co.uk

Minister Rev'd Charles Blizzard

**Sermon outline notes: Songs of Experience Part 2— Psalm 55
Dealing with Anxiety and Hostility**

Introduction

There is nothing about being a Christian that ‘immunises’ one against the experience of anxiety—the truth is Christians do battle against worry like everybody else does! However Christians do have an additional resource that the unbeliever does not have and that resource is prayer. Psalm 55 is a perfect example of that resource being employed in a crisis situation.

1) The Background

- a) The Psalm is clearly written at a time of great personal insecurity—verses 2, 4 and 5.
- b) The Psalm is probably written when an attempted coup was being made against David the King.

2) The Feelings of Fear

- a) This was not just a ‘mild attack of nerves’ see verses 2, 3 and 5
- b) David wants to escape the situation but he cannot –verse 6
- c) David uses prayer to express his anxiety, verbalise his frustration, and he prays to God in a regular and disciplined way, see verse 17. David does not repress his feelings of anxiety, on the contrary he can express them and talk them through with God.

3) The Feelings of Hostility

- a) There are psalms like this (they are called imprecatory psalms) where there is a cry for vengeance - verse 15. Sometimes such sentiments are a problem for us. But note:
 - David is calling down judgement on his enemies primarily because they are God’s enemies –verses 10-11
 - David is asking God to act in judgement in a way consistent with God’s judgement against sin through all of history – verse 9
 - David had been betrayed by a friend –verse 12 and 20.
 - The hostile sentiments stated by David occur in the context of David’s private prayers, not in the context of his public actions.

David felt fury but instead of working out that fury and anger in concrete public acts of spite, David worked those feelings through ‘safely’ in intense moments of private prayer.

Points to Ponder

- 1) Would you disagree with anything said in the sermon? Why? Did anything that was said particularly speak to you?
- 2) Where would you fly if you had ‘the wings of a dove’? How do we ‘moderns’ escape our anxiety and worry?
- 3) In practical terms how do we cast our cares on the Lord –verse 22 (see also 1 Peter 5:7)?
Share examples with your group of times when you have successfully and unsuccessfully done this.

NOTES
