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## Word from the Pastor

## Listening to the Leader



1 Samuel 17:32 needs to be looked as the turning point in the life of David. The young boy was becoming a young leader with a fresh message, an uncanny courage and was a messenger of hope in the midst of strong, valiant and *scared* men in the army of Israel. There was a sense of disbelief among the soldiers about David's claims, anger in the faces of his brothers and almost desperation in the voice and actions of King Saul. *Everyone was looking at David. David was looking to God.* 

## The keys to David's attitude were:

- a. More attention on the greatness of God (Psalm 147:5): David had arrived in the scene of the battle not by his own plan but when he was there, he was certain that he had to do something. He did not try to become a soldier in the army. He did not ask what would be the reward. He did not even begin to strategize. He did not get swayed because of the response of his brothers, the confusing absurd ideas of king Saul or even the appearance of the giant Goliath. His past was all about God being bigger than his foes. He kept looking to his leader.
- b. More attention on the glory of God (Psalm 104:1): David grew up knowing God, loving God, worshipping God and was certain that there is no god greater than the God of Israel. His God had never failed him. His God was undefeated. For the first time in his life, David is hearing something that he felt was blasphemous. How could anyone possibly have the audacity to challenge the armies of the living God. So, this was not a battle between Israel and the Philistines. It was between some human beings and 'the living God'. David wanted to show who is the boss.
- More attention on the guidance of God (Isaiah 30:21): David's words sound good and normal to a common reader today. But in his time, it was audacious, arrogant and unorthodox.

But what he told the soldiers, his brothers and king Saul, David now stands before this great giant warrior who had never lost a single fight. He repeats the same words. Many within the army of Israel would have felt sorry for David and his ignorant arrogance and how he spoke to Goliath. But *God was leading David*. What worked in the past, worked on that day and all the days of David's life.

Let me close with a statement I have mentioned in the church before. When you are blind to the world, you can see the ways of God. When you are deaf to the noises in the world, you can hear the voice of God. When you are dead to the passions and lusts of the world, you can live with and for God.

Follow Jesus, Let Him lead you today, this month and all the days of your lives. Have a blessed month.

Rev. Isaac Johnson

John's Corner

## **Defeat Your Disability**

Read 2 Cor 12 : 7-10, Rom 8 : 28 (Aug. 11th is Asha Sunday)

Make of your disability An opportunity to say, 'Thank You, dear Lord, for this my thorn Has helped me not to go astray.'

In every trial that you face, Ponder the Lord's eternal plan, For the Bible tells our Saviour Does always what is best for man.

May all your disabilities, Rather than lead to resentment, Point to the Lord at work in you, To make you what for Him you're meant.

John H. Bala Singh

## Leading of the Holy Spirit

Rev. John Stott, the famous theologian once said, "The Holy Spirit is the executor of the God Head". Our present age is the dispensation of the Holy Spirit. That is why Church Fathers were intentional in adding two days as being very important in the church calendar. The 2<sup>nd</sup> Sunday of June is celebrated as Pentecost Sunday and the 3<sup>rd</sup> Sunday as Trinity Sunday. If God the Father revealed Himself in the Old Testament and Jesus Christ is portrayed in the gospels, the Acts of the Apostles are really the Acts of the Holy Spirit through the apostles and the epistles disclose more of His work. The individual Christian life and the life of the Church depend on the gracious presence and activity of the Holy Spirit.

No man or woman has ever repented and turned to Jesus Christ but in answer to the loving appeals of the Holy Spirit. Thus, Jesus taught that it was the work of the Holy Spirit to 'convince the world of sin, righteousness and judgement'. (John 16:8-10)

I wish to highlight some of the key works of the Holy Spirit from the Bible.

- a. Holy Spirit is Creator. Matthew 1:18 This is how the birth of Jesus the Messiah came about. His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be pregnant through the Holy Spirit.
- b. Holy Spirit is Shepherd. Matthew 4:1 Then Jesus was led by the Spirit into the wilderness to be temptedby the devil.
- c. Holy Spirit anoints.Luke 3:21-22 When all the people were being baptized, Jesus was baptized too. And as he was praying, heaven opened and the Holy Spirit descended on him in bodily form like a dove. And a voice came from heaven: "You are my Son, whom I love; with you I am well pleased."
- d. Holy Spirit empowers. Acts 4:31 After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of Godboldly.
- e. Holy Spirit empowers. 2 Corinthians 3:17 Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.

f. Holy Spirit enables us to bear fruit of righteousness. Galatians 5:22, 23 - But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, <sup>23</sup> gentleness and self-control. Against such things there is no law.

From the beginning to the end, our justification, sanctification and regeneration are due to the work and move of the Holy Spirit. The Holy Spirit will lead us when we submit to Him. Have a blessed walk with the Holy Spirit all the days of your lives.

Jacob Sumithran

## Answers to Bible Quiz No. 101 – July 2019

- 1. He was hanged, as Joseph had foretold. Genesis 40:19
- 2. Judas. Matthew 27:5
- 3. Absalom. 2Samuel 18:10
- 4. Joshua Joshua 8:29
- 5. Rizpah. 2Samuel 21:9,10
- 6. Haman's wife, Zuresh. Esther 5:14
- 7. "If Thou be Christ, save Thyself and us." Luke 23:39
- 8. David. 2Samuel 4:12
- 9. He was chagrined because Absalom did not follow his counsel. 2Samuel 17:23
- 10. Peter. Acts 5:29,30

## The winners are:

- 1. Mrs Aruna Asir
- 2. Ms Alverna McGrath
- 3. Ms Elizabeth Jayaraj
- 4. Mrs Gladys Vedavimali
- 5. Er Joseph M Manoharan
- 6. Mrs Minnie Devadoss
- 7. Mrs Peace Rani Sudhakar
- 8. Mrs Suguna Joseph
- 9. Mrs Snehalatha Bright
- 10. Mrs Victoria Basker
- 11. Dr (Mrs) Sujatha Elizabeth Prasad
- 12. Dr (Mrs) Vimala Samuel
- 13. Mrs Indira Rajanayakam

Hearty congratulations!

## Pillars of St. Andrews in Action

"..... you will know how people ought to conduct themselves in God's household, which is the church of the living God, the pillar and foundation of the truth." 1 Timothy 3:15 (NIV)

A great exhibit of care and concern, working together in unity, everyone trying their best to help—all this happened on the first Sunday in June 2019 after the 09:00 am service.

After the worship service, we as a family have a favourite spot to hang around - the seniors sitting and others standing around to meet with our friends and relatives. After the routine, we decided that it was time to get back. My daughter, Jerusha went over to get the car closer to the senior members of the family. I secured my handbag and looked to see if my husband was making it safe to the car incidentally, after a recent knee replacement surgery. Seeing him walk with confidence, I turned towards my aunt, Mary Paul to extend my hand to her, but lo and behold, I saw empty chairs getting thrown helter-skelter and there she fell flat on the ground probably having lost her balance. The family of St. Andrews rushed over to lift her up, but the excruciating pain she suffered indicated a fracture as she yelled, "Don't touch me! Leave me alone. Jesus, forgive me, Jesus, take me away, I can't bear this pain." Naveen, the beloved of Kirk family, looked out for medical doctors and Dr. Mohan and Dr. Praise Ambrose were on the scene immediately. Dr. Mohan declared it as hip fracture and said that she has to be taken to a hospital in an ambulance. I could see all heads bent over their cell phones dialling away for ambulance. It was sister Guna who was the first to get through. The next question was which hospital? There was a blank stare and several suggestions came by. "Who is the decision maker?" someone asked. I looked out for my husband and there he was standing far away flabbergasted. Then I yelled out, "Hande hospital".

While we waited, a young lady, Amrita Susan knelt on the ground and supported Aunt Mary with her arms—for how long? No clue. Someone ran and brought two cushions to give support. Due to physical exertion, coupled with the heat of Chennai weather Mary aunty began to sweat, and I fanned her with a book. Suddenly an angel fixed a pedestal fan with an extension cord to ease the discomfort for Mary aunty. A little later the harsh sunlight began to shine on her as the earth rolled on its axis; from somewhere four angels held a white sheet over the

patient on four corners to further ease the situation. Then the ambulance arrived, and Anand Jeypal quickly took our car key from Jerusha and moved the car to make way for the ambulance. Bro. Justin who held on to my aunt all the time, helped the ambulance staff to wrap her up, and many hands came over to lift her on to the stretcher. At the nick of the moment Rev. Paul Anbarasu rushed into the scene, knelt down beside Mary aunty and prayed for her.

All glory and praise to God for the family of St. Andrews who joined hands to help in our time of crisis. Thank God for His healing touch on Mary aunty, (90 years and 11 months!) who is now recuperating after a total hip replacement surgery. The care and concern percolated into the week through many follow-up calls and WhatsApp messages. Our heart-felt thanks to the family and staff of St. Andrews for the love and care shown in action. This reminds me of a song which we used to sing in Kirk long back: "The church is not a building, ...... but the church is a people"; our church has both magnificent pillars and people like mighty pillars in action! Isn't this reason enough to give glory to God?

Lily Venkatarangam

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## **OBITUARIES**

**Mrs Elizabeth Verghese**, our member (wife of Late Mr Thomas Verghese), passed away on 30<sup>th</sup> June 2019, aged 82 years. The funeral was held in the church on 4<sup>th</sup> July followed by the interment of ashes in the Kilpauk Cemetery.

**Mrs Vasantha Sundararaj**, our member, w/o Dr Ian Sundararaj, passed away on 8th July 2019 aged 75 years. The funeral was held in the Kirk on 10th July followed by burial in Kasimedu Cemetery.

Mrs Annamma Oommen, our member, w/o (Late) Mr KC Oommen, passed away on 10th July 2019 aged 95 years. The funeral was held in the Kirk on 11th July followed by burial in the Kirk cemetery.

**Dr (Mrs) Devaki Theogarajan,** our member, passed away on Friday, 26th July, aged 75 years. The funeral was held in The Kirk on 27th July followed by burial in the Kilpauk Cemetery.

We convey our heartfelt condolences to the bereaved families.

## Sensitivity to the voice of God

The voice of the Lord is mighty. By his command the world was created. Psalm 29 beautifully describes the invincible power of God. This mighty powerful God loves to communicate and fellowship with us. The still small voice that spoke to Elijah and the powerful voice that spoke to Moses is the same voice that talks to each one of us in different ways. Many a times, we want to experience something very big but a gentle whisper can also bring about great transformation. The gentle Holy Spirit convinces and tugs our hearts to live right with him. Are we sensitive to the voice of God? Are we able to recognize his voice in the midst of many voices around us?

God never fails to talk to us. It is we who are clouded with the things of the world that many times we don't pause to even think of bringing our issues first to the lord in prayer and wait to see how he would lead us. In the Old Testament battles, be it Moses or Joshua before entering the battle field, they went to seek God for His guidance, and God would speak to them. King David always entreated before the Lord and the Lord would speak to him whether to go and conquer or to stay put. He is the same God, unchanging yesterday, today and forever. There are many battles in our own lives and for every spiritual battle, our first focus should be to go to God and in amazing ways God will lead us. Remember he speaks!

In many instances in the bible, God spoke to men and women directly and in other instances, in different ways but today for us, His word is the guiding light. While we have varied personalities and perspectives, God speaks to us individually from the same word of God. The same word over ages has brought about great transformations in many lives. That's the power of his word. The word of the Lord is flawless and that's what is going to be our guideline. As we receive and hear the voice of God, let us be careful to utter things that would please him. God speaks through dreams, visions, life experiences and circumstances and also through supernatural manifestations as he spoke to Moses through a burning bush and to Saul on the way to Damascus.

Let us purify our hearts so that we may hear the voice of truth, the voice of God. Matthew 11:15 - Whoever has ears let them hear.

Roselin Johnson



## YOUTH SUNDAY

28" JULY, 2019







#### **Medical Corner**



## What Causes Sleep Disorders?

There are many conditions, diseases, and disorders that can cause sleep disturbances. In many cases, sleep disorders develop as a result of an underlying health problem.

## **Allergies and Respiratory Problems**

**Allergies**, colds, and upper **respiratory** infections can make it challenging to breathe at night. The inability to breathe through the nose can also cause sleeping difficulties.

#### Nocturia

**Nocturia**, or frequent urination, may disrupt sleep by causing us to wake up during the night. Hormonal imbalances and diseases of the urinary tract may contribute to the development of this condition. Be sure to consult the doctor right away if frequent urination is accompanied by bleeding or pain.

#### **Chronic Pain**

Constant pain can make it difficult to fall asleep. It might even wake us up after we fall asleep. Some of the most common causes of chronic pain include: Arthritis, Chronic fatigue syndrome, Fibromyalgia, Inflammatory bowel disease, Persistent headaches and Continuous lower back pain. In some cases, chronic pain may even be exacerbated by sleep disorders. For instance, doctors believe that the development of fibromyalgia might be linked to sleeping problems.

## **Stress and Anxiety**

**Stress and anxiety** often have a negative impact on sleep quality. It can be difficult to fall asleep or to stay asleep. Nightmares, sleep talking, or sleepwalking may also disrupt our sleep.

## What Are the Different Types of Sleep Disorders?

## Insomnia

**Insomnia** refers to the inability to fall asleep or to remain asleep. It can be caused by jet lag, stress and anxiety, hormones, or digestive

problems. It may also be a symptom of another condition. Insomnia can be very problematic for our overall health and quality of life, potentially causing: Depression, Difficulty concentrating, Irritability, Weight gain and impaired work or school performance.

## Insomnia is usually classified as one of three types:

- **Chronic**, which is when insomnia happens on a regular basis for at least one month.
- Intermittent, which is when insomnia occurs periodically.
- **Transient**, which is when insomnia lasts for just a few nights at a time.

## Sleep Apnea

**Sleep apnea** is characterized by pauses in breathing during sleep. This is a serious medical condition that causes the body to take in less oxygen. It can also cause us to wake up during the night.

#### **Parasomnias**

**Parasomnias** are a class of sleep disorders that cause abnormal movements and behaviors during sleep. They include: Sleepwalking, Sleep talking, Groaning, Nightmares, Bedwetting and Teeth grinding or Jaw clenching.

## **Restless Leg Syndrome**

**Restless leg syndrome** (RLS) is an overwhelming need to move the legs. This urge is sometimes accompanied by a tingling sensation in the legs. While these symptoms can occur during the day, they are most prevalent at night. RLS is often associated with certain health conditions, like Parkinson's disease, but the exact cause is not always known.

## **Narcolepsy**

Narcolepsy is characterized by "sleep attacks" that occur during the day. This means that we will suddenly feel extremely tired and fall asleep without warning. The disorder can also cause sleep paralysis, which may make us physically unable to move right after waking up. Although narcolepsy may occur on its own, it is also associated with certain neurological disorders, such as multiple sclerosis.

To be continued.....

Rajini Kantha Narendranath



## Bible Quiz No. 102 – August 2019

## A Choreographer's Quiz (King James Version)

Dancing in Bible times was a very different matter from dancing today. It was primarily a "solo" performance, though it might be engaged in by a number of participants. It was used then as demonstration of triumph, or of welcome (Exodus 15:20 and Judges 11:34). Sometimes it was part of a religious festivity.

Give only one reference.

- 1. What famous Old Testament character was despised by his wife because he danced before the ark?
- 2. Is this quotation from Exodus, Leviticus or Psalms: "Praise him with the timbrel and dance."?
- 3. The word "dance" is often used in conjunction with its antonym "Thou has turned my \_\_\_\_\_\_ into dancing".
- 4. What men were told to "catch a wife" of the daughters of Shiloh, as they had come out "to dance in dances"?
- 5. Who said: "We have piped unto you, and ye have not danced."
- 6. When Herod's birthday was celebrated, who "danced before him"?
- 7. In the last Psalm we find these words: "Praise Him with timbrels, and dance". Do you know what "dance" means in that connection?
- 8. On what occasion did "the women go after her (Miriam) with timbrels and dances"?
- 9. What young girl came out, "dancing, to meet her father" (on his return from a successful campaign) with fateful results?
- 10. Who was working in the fields when he heard "music and dancing"?

Kindly send your answers to the church office by 19th August 2019.

Usha George

## 'Just Another Day'

## "We also joy in God" Romans 5:11

The conversation was casual and to my query to my niece, how her day had been, the reply was, "Just another day". It was an ordinary response, but it jolted me from my comfort zone. The word 'just' carries the weight of 'barely, no more than'. Do we consider our God-given days as dull, empty and mechanical?

We are not born with dullness. We start life with the gift of childlike wonder and freshness and a great capacity for joy. Dullness happens when we look at the miracle of life as a 'dead letter'.

The present age has a hundred allurements to distract us from our worship of our Lord. In the midst of this noisy world, men and women of faith and hope beautifully recognize the life-saving Voice "Be still and know that I am God".

There is never a dull moment when we have Christ as the centre of our lives. Not the palatial house, not the soft luxuries of life. Jesus has opened our hearts' windows and doors and there is no end to our joys and interests. Let not our harps hang on the weeping willows but let us strum on it bringing out its loudest music. Our Lord has breathed life into our robot-like existence. His words and deeds flow from His fingers as from the seams of His garment. He asks a woman for a cup of water and in turn offers "Living Water". He feeds a multitude and as they break their loaves He offers them the Bread of Life. He attends a joyful wedding feast and the waters blush before the Master. He embraced death and breathed eternal life into you and me.

The Lord's blessed beatitudes are the sparkling gems of the Gospel - a rare and sure recipe to live life joyfully and fully. With the abundant life that He provides, we will happily walk the second mile and with joy brimming in our hearts turn the other cheek.

There is no denying that this world can be dark and dreary. The renowned hymn writer and poet William Cowper longs for a closer walk with God when he experiences the loss of 'the soul's' refreshing view of Jesus and His word. He longs for the purer light that would lead him back to the Lamb.

Our Lord is in everything. He is the Bread and the Wine in our Sacrament, He is there in the ugly streets of the city - in the drug-glazed eyes of a

youth, in the hungry eyes of a child, in the shame of a lost woman, and in the drunk by the wayside. Yes, it is the Lord crucified afresh in the misery of man. Jesus has fulfilled Himself in the great prophesy in Isaiah. He claimed for Himself "The Spirit of the Lord is upon Me...". The words become alive, glowing and personal.

Hearts throb, pulses quicken and throats choke. Our Lord is there with His tenderest love, to wipe every tear, to heal our broken heart, to set our captive souls free, to give us sight and liberty.

Let us be clear about who we are and to whom we belong. When Paul preached Jesus, Festus said, "Paul thou art mad; thy much learning is turning thee mad" Acts 26:24. The world cannot understand as it chases wealth, pleasure and fame as the only things worth living for. To make this the sole purpose is like drinking from "broken cisterns". At the risk of being called "crack-brained fanatics" let us follow our amazing God. There is a story of Napoleon, who was asked where he would place Jesus. His reply was: "He cannot be placed; He is too big to be placed; you can only do one thing in His presence - bow the head, in worship".

Through the ages men and women have faithfully served our Master with their unrivalled endurances and endeavours. They have done so with a song in their hearts. We too are Divinely appointed and must do our part to change the wilderness into a place of rejoicing. We are in the service of the King helping to further His glorious Kingdom. In our Sunday school we sang "Jesus wants me for a sunbeam". It is the same Master who calls us into a fellowship of joy and light. Let us cast away our dullness and apathy to be a flaming light for those lost in the dark passages of life's maze. We have come to the Kingdom, like Esther of old for such a time as this. Our Master, the Rose of Sharon, needs us to spread the fragrance of His joy around. The Lion of Judah has empowered us witrTcourage, power and strength to fearlessly carry His Word forward.

Surely it is not "just another day" for you and me. Empowered by the Holy Spirit we are harnessed to carry His abounding joy undimmed and undiminished through our earthly pilgrimage. To this cause may we be ever true.

Usha George



# Five Hallmarks of Being Transformed by Christ

**Transform:** "To change completely or essentially in composition or structure"

Do you think that's possible?

Maybe for a caterpillar. But what about for you and me? What about that neighbour who blares music late at night, the colleague who takes credit for your work, or the relative who belittles you every time you see him?

To the church in Rome, the apostle Paul wrote, "Do not conform to the pattern of this world, but be transformed by the renewing of your mind" (Romans 12:2 NIV). And to the congregation in Corinth, Paul proclaimed, "If anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new" (2 Corinthians 5:17 KJV).

All things have become new. Complete change. Transformation. Really? Yes, really. The Bible tells me so.

## A Transformation Appointment

If ever a person experienced transformation in the fullest sense, it was the man Jesus met on the far side of the Sea of Galilee in the region known as the Gerasenes. Luke 8:26-39 records the bulk of the story, but the prologue appears in Luke 8:22: "One day Jesus said to his disciples, 'Let us go over to the other side of the [sea]'" (NIV).

I think Jesus deliberately crossed the sea because he had a transformation appointment with someone whom everyone else considered a hopeless case. I would've thought he was hopeless too—way beyond reformation, much less transformation.

Luke tells us "for a long time this man had not worn clothes or lived in a house" (v. 27). Homeless. Naked. Stinky. Wretched. But there's more. The man was also tortured by an evil spirit. "Many times it had seized him, and though he was chained hand and foot and kept under guard,

he had broken his chains and had been driven by the demon into solitary places" (v. 29).

Everyone in the town probably thought, Good riddance. He's a danger to all of us, even to himself. He's crazy. There's nothing more we could have done anyway. Then Jesus arrived.

He extended compassion to the man. Jesus commanded the demons to come out of him, allowing them to enter a herd of pigs that ran into the sea and drowned (vv. 32-33). And what of the man?

## Five Hallmarks of Being Transformed by Christ

When the townspeople came to complain about the financial loss of the drowned pigs, they encountered the transformed man "sitting at Jesus' feet, dressed and in his right mind" (v. 35). Note the hallmarks of transformation: "sitting at Jesus' feet, dressed and in his right mind." First, to sit at the feet of a rabbi meant that one had become his disciple—forsaking all to become a follower, to learn everything possible and to pattern one's life after the rabbi. Jesus said, "If any of you wants to be my follower, you must turn from your selfish ways, take up your cross, and follow me" (Matthew 16:24 NLT) Second, "dressed" implies a new standard of behaviour: "Clothe yourselves with compassion, kindness, humility, gentleness and patience ... and over all these virtues put on love, which binds them all together in perfect unity" (Colossians 3:12,14). Third, the phrase "right mind" suggests wholeness. All the fragments of that man's life had been gathered, mended, and fitted together. "For God has not given us a spirit of fear, but of power and of love and of a sound mind" (2 Timothy 1:17 NKJV). The man had been transformed into a complete person—the one God had designed him to be.

The transformed man then begged to go with Jesus and the disciples. He wanted to leave the people who had known his shame and the place that had brought him nothing but misery. But Jesus insisted that he stay: "Return home and tell how much God has done for you" (v. 39). Two more marks of transformation: the hunger to be with Jesus, and the desire to tell others what he has done for us. From hopeless and tormented to honoured and commissioned. That's complete change. That's a transformed spirit and a renewed mind.

#### **Five Transformation Questions**

So what does transformation look like for us? *The Message* paraphrases Romans 12:1-2 this way:

So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.

That's what occurred in the demon-possessed man, and that's the transformation God desires in you and me.

Ask yourself these transformation questions:

- Do I truly seek to pattern my life after Jesus rather than after any cultural mirage or personal fantasy?
- Do I clothe myself in virtues that model Jesus, or do I dress myself in attitudes that reflect my culture?
- Do I truly desire to be the person God designed me to be—not my culture's caricature of me or my idealistic version of me?
- Do I hunger to know Jesus more than I hunger for any other knowledge, status or achievement?
- Am I willing to proclaim what God has done for me wherever I am and to whomever he places in my path?

If you squirm a little when you read those questions, don't despair. I squirm too. So do most other Christians. That's why Jesus sent the Holy Spirit to live within us. He alone has the power to complete the transformation within us. Our job is to allow him to do so—with no interference. Is transformation possible? Absolutely. Jesus specializes in sin-chained, failure-tormented cases like you and me—and whomever you've put on your hopeless list.

The next time you catch yourself saying "hopeless" about yourself or someone else, read Luke 8:26-39 again. Rejoice with the transformed man. Worship your Saviour. Then go tell someone "how much God has done for you." Can you think of other hallmarks of being transformed by Christ?

By Denise Loock (https://unlockingthebible.org/2016/05/five-hallmarks-of-being-transformed-by-christ/)



# PROJECT CARNIVAL 2019



YOUTH SUNDAY 2019

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