

Thank You for Praying

"With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints"

Ephesians 6 : 18

Seeking prayer for healing and comfort:

- * Fred Glucker, recovering at home from a broken collar bone, and Hilda who is already suffering from health issues.
- * Betty Anderson, recovering at home after hip surgery.
- * Juergen Harder's father, Helmut is finally home and recovering after hip surgery 8 weeks ago.
- * Lois Clattenburg's daughter, recovering from a fall.
- * Otto Roman will be requiring atrial fibrillation treatment following the lock down. Please remember this dear couple in your prayers.
- * Those in our congregation suffering from ongoing pain:
Emilia Pirc, Sue Furness, Ron and Lois Clattenburg, Jaqi Shennan, Rosalie Pankoff, Eleanor Leigh, Bev Williams.
- * The Luchkanyns ask for continued prayer for their friend, Quin McColgan, suffering from cancer. His tumour has grown and doctors are considering changing his treatment.

Praise the Lord . . . who satisfies your desires with good things.

Psychiatrist Robert Coles once noticed a pattern in those who burn out while serving others. The first warning sign is weariness. Next comes cynicism about things ever improving, then bitterness, despair, depression, and finally burnout.

After writing a book about recovering from broken dreams, I once entered a busy season of conference speaking. Helping people find hope after disappointment was richly rewarding, but came at a cost. One day, about to step on stage, I thought I was going to faint. I hadn't slept well, a vacation hadn't fixed my weariness, and the thought of hearing another person's problems afterward filled me with dread. I was following Coles' pattern.

Scripture gives two strategies for beating burnout. In Isaiah 40, the weary soul is renewed when it hopes in the Lord (vv. 29–31). I needed to rest in God, trusting Him to work, rather than pushing on in my own dwindling strength. And Psalm 103 says God renews us by satisfying our desires with good things (v. 5). While this includes forgiveness and redemption (vv. 3–4), provisions of joy and play come from Him too. When I reworked my schedule to include more prayer, rest, and hobbies like photography, I began to feel healthy again.

Burnout begins with weariness. Let's stop it from going further. We serve others best when our lives include both worship and rest.

By Sheridan Voysey

Our Daily Bread, July 5, 2020



GLENRIDGE BIBLE CHURCH

Welcome to our Worship Service This Lord's Day

July 5th, 2020



Pastor Bobby Halek

"The Salvation of Saul: Part 3"

**A Bible-Based Community, united by God's love
and grace, that worships Him, serves others,
and proclaims the message of Christ.**



GLENRIDGE
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Today at Glenridge Bible Church

“Therefore do not be ashamed of the testimony of our Lord, nor of me His prisoner, but share with me in the sufferings for the gospel according to the power of God ”

2 Timothy 1:8

Order of Service

Video of our service will be available on our website Sunday afternoon.

Instrumental Prelude

Welcome, Key Verse, and Invocation

Pastor Bobby

O Canada — Juergen Harder

YouTube Video — Wonderful Grace of Jesus

Special Music — Carol-Dean Jeffries

Kids’ Feature — Angela Kersten

Scripture Reading — Pastor Bobby

Acts 9 : 20—31

Message - Pastor Bobby

“The Salvation of Saul: Part 3”

Responsive Reading — Larry Srigley

#659 “Salvation by Grace”

Benediction

Pastor Bobby

Instrumental Postlude

We will have a ‘retiral offering’ following the service as people leave the sanctuary.

THIS WEEK AT G.B.C

Today 10:00am Worship Service with Pastor Bobby
Wednesday 7:00pm Prayer Meeting (upstairs)

Next Week

Sunday 10:00am Worship Service with Pastor Bobby

Giving...

“Upon the first day of the week, let everyone of you lay by him in store as God hath prospered him” I Corinthians 16:2

Fundraising — June 28, 2020	\$ 370.00
Capital Gift — June 28, 2020.....	\$ 800.00
General Offerings—June 28, 2020.....	\$ 5,384.30
Weekly General Offerings required to meet 2020 Budget:	\$ <u>6,821.27</u>

2020 YTD General Offerings Budget: \$ 177,366.43

2020 YTD General Offerings Donations: \$ 151,531.43

If you are at home and wondering how to give your tithes and offerings:

- 1) You can donate online through our website at www.GlenridgeBibleChurch.org and click on the ‘Give’ tab at the top of the page. (You can use MasterCard or Visa)
- 2) You can drop your envelope in the mail slot at the front of the church (to the left of the main front doors)
- 3) You can mail your cheque in
- 4) Contact the office and we’ll arrange for someone to pick it up

Also, anyone who would like to have numbered offering envelopes, or a mailbox here at the church, please contact the office at:
905.937.1326 or GlenridgeBC@gmail.com

As we’ve reached the half-way mark in 2020, if you would like an up-to-date interim statement of your giving, please contact the office and Carol-Dean will have a statement drafted for you.