



Prayer of Thanksgiving: That we have a sure hope in Jesus in all circumstances. **"22 The steadfast love of the LORD never ceases; his mercies never come to an end; 23 they are new every morning; great is your faithfulness. 24 "The LORD is my portion," says my soul, "therefore I will hope in him.""** (La 3:22-24 ESV)

Please do not forget to pray for all the shut-ins and isolated brothers and sisters in our congregations Mrs. Jack and C. Campbell (Fredericton) and J. Steffes (Caribou, Me), Mr. Ross Bathurst, P. Ward (Saint John) and others.

Open Hand Food Bank – Moncton - is in need of grocery plastic bags to give out food to those in need. If you are interested in donating your unused grocery bags, you can bring them to church and someone will collect them and bring them over. Those who want to bring food to give to the **Open Food Bank** may do so by bringing to church and giving it to **Michael M.** of the Moncton congregation.

ACTIVITIES FOR THE MONTH OF JULY 2018

Times of worship services: **Moncton** – 10:30 AM every Sunday

In **Saint John**, worship services will be July 8 and 22 at 2:30 PM

Communion- on the second and fourth Sunday of the month.

Address: Moncton—70 King St. —Sage building;

Saint John—50 Newport Cres., Portland United church.

Friday, October 5 and Saturday, October 6 – Thanksgiving celebration same venue as last year – Congregational Christian Church of Moncton, 1530 Ryan St, Moncton.

The good news of the gospel is a message to be shared with others. Please pray that God will give us the love and wisdom to be able to share this message with others in a loving, clear and confident matter as we participate in his missional work on the earth in our generation. **"5 ¶ Conduct yourselves wisely toward outsiders, making the best use of the time. 6 Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person."** (Col 4:5-6 ESV)

Please pray that God will put an end to the senseless violence happening every in our North America continent and other parts of the world.

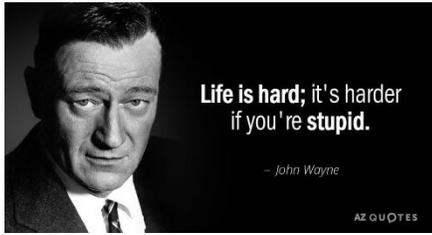
Pray that we will see the good works that God has prepared for us in advance so that we can enthusiastically participate in the on-going work He is doing now on this earth in bringing people in relationship with him in Jesus by the Holy Spirit.

Please pray, as per Jesus instructions, the disciples prayer, "Our Father in heaven, hallowed be your name. 10 Your kingdom come, your will be done, on earth as it is in heaven" (Matt 6:9-10) as our world is suffering so much and in need of complete restoration by the King of kings, Jesus. As we are his royal priesthood, let us proclaim the excellencies of him who called us out of darkness into his marvelous light, as we are instructed in 1 Peter 2.

Pray for the world and for all people: we live in a world that does not know the way to peace. Important to pray as we are instructed by the apostle Paul — **"1 ¶ First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, 2 for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. 3 This is good, and it is pleasing in the sight of God our Savior,"** (1Ti 2:1–3 ESV)

Attitude of gratitude

Posted by GCI Update on June 27, 2018 under [From the President](#) |



Dear Brothers and Sisters,

The quote shown above, though funny, is all too true! I have a copy of it on my desk and often chuckle when reading it. It reminds me of the stupid things we humans sometimes do. A case in point is seen in the picture at right. Where is this guy's eye and ear protection? He apparently never read the instruction manual!

Reading (and heeding) instructions can save lots of self-inflicted pain and heartache in life. Consider these instructions from the apostle Paul in his letter to the church in Thessalonica:

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. (1 Thess. 5:16-18, ESV)

Practicing what he preached, Paul maintained an "attitude of gratitude." At all times and in all circumstances, he remembered that God was always with him and for him, and so he gave thanks.

When I typed the phrase "attitude of gratitude" into a search engine, millions of results popped up. I read several of the linked articles—some sharing stories and others quoting Bible verses. Some noted the physical benefits of cultivating such an attitude. One put it this way:

Over the past decade, numerous scientific studies have documented a wide range of benefits that come with gratitude. These are available to anyone who practices being grateful, even in the midst of adversity, such as elderly people confronting death, those with cancer, people with chronic illness or chronic pain, and those in recovery from addiction. Research-based reasons for practicing gratitude include:

- Gratitude facilitates contentment. Practicing gratitude is one of the most reliable methods for increasing contentment and life satisfaction. It also improves mood by enhancing feelings of optimism, joy, pleasure, enthusiasm, and other positive emotions.... Gratitude also reduces anxiety and depression.
- Gratitude promotes physical health. Studies suggest gratitude helps to lower blood pressure, strengthen the immune system, reduce symptoms of illness, and make us less bothered by aches and pains.
- Gratitude enhances sleep. Grateful people tend to get more sleep each night, spend less time awake before falling asleep, and feel more rested upon awakening. If you want to sleep more soundly, instead of counting sheep count your blessings.
- Gratitude strengthens relationships. It makes us feel closer and more connected to friends and intimate partners. When partners feel and express gratitude for each other, they each become more satisfied with their relationship.
- Gratitude encourages *paying it forward*. Grateful people are generally more helpful, generous of spirit, and compassionate. These qualities often spill over onto others. (Dan Mager, *Psychology Today*, November 2014)

...IT IS ONLY WITH
GRATITUDE
THAT LIFE
BECOMES RICH

Dietrich Bonhoeffer
johndobson.com

For Christians, an attitude of gratitude flows from rejoicing in the Lord—praising him for his goodness, love, faithfulness, mercy and grace. Since our Triune God oversees all things and works all things together for our good, we can give him thanks, no matter our circumstances. This grateful mindset helps us see more clearly how God is working in our lives. As noted by James, the half-brother of Jesus, the closer we draw to God, the closer he draws us in ([James 4:8](#)). As King David noted while thanking God, "You make known to me the path of life; in your presence there is fullness of joy..." ([Ps.16:11](#) ESV).

Being thankful to God in times of trouble and hardship involves humbly surrendering to him—acknowledging that we need him, remembering the words of our Lord and Savior, Jesus Christ:

Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me and for the gospel will save it. (Mark 8:34-35)

As Paul noted in his first letter to the church in Corinth, part of following Jesus involves a willingness to "die daily" ([1 Cor. 15:31](#), KJV). We do that by following him in close communication—listening to his Word, responding to him in prayer and in other forms of worship. Then when we encounter difficult or troubling situations, we know that whatever suffering is involved, we can trust him to draw our burdens up into his sufferings on our behalf at the cross. He then redeems our sufferings, leading us to share, by the Spirit, in the new life of his resurrection. Throughout this process of redemption and transformation, we experience an attitude of gratitude, for the Spirit reminds us of our Savior's invitation:

Come to me, all who labor and are heavy laden, and I will give you rest. 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. For my yoke is easy, and my burden is light. (Matt. 11:28-30, ESV)

The more closely we follow Jesus, surrendering to him and trusting him, the more grateful we become as he takes our burdens upon himself and gives us his peace—his rest—even in the midst of life's storms. This brings forth in us a life-giving "attitude of gratitude."

Thankful for Christ and the rest he provides,
Joseph Tkach, GCI President

PS: Due to the publishing of GCI Equipper on July 11, and the July 4 (Independence Day) holiday in the U.S., the next issue of GCI Update will be published on July 18. I'm grateful to God for the freedoms we enjoy in the United States. I pray that our citizens will not take them for granted.

(Excerpt from We Believe – GCI - You are encourage to read and study it all. I believe you will find it a great blessing.

<https://resources.gci.org/we-believe>)

15.9 What is the Christian life like for us now?

In the time period between Jesus' first and second advents, the Christian life is one of growth, of transformation from one degree of glory to another. We are like clay vessels with the glory of Christ shining through. This means that, to some degree, we will experience dying with Christ and suffering with him. It will also involve being renewed and restored in faith, hope and love. We will not live ideal lives. We will experience grief and sorrow. We will experience some opposition, challenges and possibly even persecution. We will need to repent. We will never reach a plateau of coasting along. It will always involve being deliberate, striving and being renewed. By the power of the Holy Spirit, we are in a transitional time of growing up ("becoming") in Christ, and being continually renewed in Christ. (Rom 8:29; 12:2; 2Cor 3:18; Eph 1:18; 3:19; 4:13; Col 2:10; 3:10)

"For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers." (Ro 8:29 ESV)

"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect." (Ro 12:2 ESV)

"And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit." (2Co 3:18 ESV)

"having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints," (Eph 1:18 ESV)

"and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God." (Eph 3:19 ESV)

"until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ," (Eph 4:13 ESV)

"and you have been filled in him, who is the head of all rule and authority." (Col 2:10 ESV)

"and have put on the new self, which is being renewed in knowledge after the image of its creator." (Col 3:10 ESV)

15.10 Can we measure or exactly mark our progress in the Christian life?

No. Nor is there a need to do so. The Christian life involves a turning away from all that blocks or leads us away from receiving daily God's transforming and healing grace—turning towards him in renewed faith, hope and love. This is true for all no matter how far along a person is in their journey with Jesus. It's always a matter of turning and facing in the right direction—towards Christ and his high calling to walk towards him and with him. (1Thess 1:3; 5:8; Phil 2:12)

"remembering before our God and Father your work of faith and labor of love and steadfastness of hope in our Lord Jesus Christ." (1Th 1:3 ESV)

"But since we belong to the day, let us be sober, having put on the breastplate of faith and love, and for a helmet the hope of salvation." (1Th 5:8 ESV)

"Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling," (Php 2:12 ESV)

Thankful for small church pastors

Posted by GCI Update on June 27, 2018 under Church Development /

Though our congregations are small, the hearts of GCI's pastors and facilitators are big—wide open to the lead of the Holy Spirit who forms and sends the church. However, because their congregations are small, some GCI pastors suffer under the unjustified perception that there is something wrong with them. Karl Vaters seeks to correct that misperception in a Christianity Today article, where he notes that there are millions of small church pastors doing great, kingdom-building work with little or no budget, little or no facilities and little or no salary. Yet every day they bear as much, if not more pastoral burden as their full-time big church counterparts. All without recognition for the extraordinary sacrifices they make (not that they're expecting any). They teach the Word, pray for the sick, comfort the hurting, visit the forgotten and more. Often while putting in 40 or more hours at another job to pay the bills. ((full article <https://www.christianitytoday.com/karl-vaters/2018/may/small-church-pastors-tribute-to-forgotten-heroes.html?paging=off>.)

We in GCI are very grateful for our pastors (they are superheroes in our book!). We encourage you to join us in the Home Office in praying for them. May God bless each of them, and through them bless our congregations as we seek to fulfill our vision of Healthy Church.

GCI principle website and Moncton Websites—www.gci.org, www.worshipim.ca,

www.facebook.com/GCIMoncton; <https://www.youtube.com/channel/UCgKazyWhmKmDZy69vJcFfPg>. For a wealth of helpful articles about God, grace and his plan for salvation, who we are, etc., please see the GCI.org website. Contact Information: Pastor's contact information: email—evatour47@outlook.com