

THE VINES UNITING CHURCH

28 The Grape: "Something to chew on."

Good morning!

Saturday 10th October 2020



The GRAPE: It is a solitary thing and yet even in isolation it has come from a bunch and the bunch is connected to the Vine.

#4 Faith is LIKE an Athlete - 2 Tim 2:1 – 7



For God gave
us a spirit
not of fear but
of power and
love and
self-control.



THE COVID REALITY SLAP

A couple of months ago I mentioned the book entitled “The Reality Slap”, by Dr Russ Harris. He is part of a new wave of therapists who base their approaches on ACT (Acceptance Commitment Therapy). His book recognises that we all face events that are like a slap or a punch to our face. It can have a stunning effect. These events often highlight the gap between where we are and where we want to be. It applies to all sorts of things from relationships, wealth, and disease, including 2020.

He states that as human beings:

“the good news is, the resources that enable inner fulfilment are always available to us; they’re like a bottomless well deep inside us, from which we can draw whenever thirsty.” p 4.

His use of the term “good news” and “bottomless well” reminds me of Jesus’ words to the Samaritan woman at the well (John 4:1–42), whose human “bottomless well” had run dry. Jesus said to her vs 14 “the water that I will give will become in them a spring of water gushing up to eternal life.” Her reply was “Sir, give me this water...”

As human beings we have within us a great capacity for resilience, it is a part of being human. However, what happens when this well runs dry?

As Christians, we are human beings with a great capacity for resilience, which because of our trust in Jesus means we have an additional well of God’s spirit that can fill our Human Nature “well” when it runs out.

However, to make the most of this Spiritual Well, Paul says we have to train like an athlete. Simply having faith is not enough. We have to exercise that faith and we do that through every day living. We have to bring our griefs, tears and joys to GOD: praying, singing, talking, reading, drawing, walking, just as the Psalmists brought their faith and life experiences to God in prayer, song and written word.

Q. If faith is like an athlete, how are you training for life’s hardships?

Q. How developed is your inner person to deal with life’s challenges?

*Q. Are you aware of your Human well and your Spiritual well?
Do you even think of it that way?*

11th OCTOBER 20 INTERIM WORSHIP:

TIME: 09.30am Service Sunday morning (45 mins ish)

Max attendance 55 people (includes Worship team)

Service - Recorded and LIVE STREAMED onto Vines Web page.

https://www.youtube.co/results?search_query=the+vines+uniting+church

BOOKING ARRANGEMENTS

Please book your tickets through **Humanitix** from 3pm on Sunday 11th October until 11 am on Friday 16th Oct. Please phone Judy or Colleen if you need help with booking.

Should you need **TO CANCEL** your tickets, please let Colleen or Judy know by **4 pm on Thurs 15th October**, (unless there are unexpected circumstances), to enable them to rebook the tickets.

Please do not attend the Sunday Service if you are at all unwell.

Join us for online tea and coffee after church again this Sunday

At **11.00 am** tomorrow, **Sunday, 11th October**, we will again catch up for VIRTUAL coffee and tea after Church. Visitors welcome!

Please refer to this week's Grapevine for more information

CHECK <https://thevinesunitingchurch.com>

Remember OUR key MESSAGE:

"Phone a Friend and Choose life"

'Cos you can't catch the virus over the phone...

But you can pass on God's love!



FURTHER REFLECTION

What have you connected with so far in the Faith is like series?

- 1.
- 2.
- 3.

For a further bonus point (Ha), name a situation(s) where you have noticed you or others have found it hard to apply your faith.

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“Without Awareness we cannot change”

Q. Why do you think this particular area is so difficult?

Q. - Do you require more training, different training methods or a training partner?

(e.g., it's no good training for swimming if you want to be a runner. It is no good kicking a footy by yourself if you are part of a team.)

Q. Name 1 thing you have done well through this COVID season?

Q. Does this give you any clues about your faith, strengths or disciplines that work?

Well done, top of the class.

You have earned a slice of chocolate cake.