

# foundations

September 2010

A close-up photograph of several classical stone columns, likely made of marble or limestone. The columns are arranged in a row, with the foreground column being the most prominent and in sharp focus. The columns have a fluted design with rounded, bulbous capitals. The background is slightly blurred, showing more columns receding into the distance. The lighting is soft, highlighting the texture and curves of the stone.

Contentment



Come and  
join us for the

# CITYWIDE Family Hour

Every Sunday 9:30 am  
Singing & Bible Message

Followed by a relaxed  
Morning Tea & Coffee  
on the deck



Citywide Christian Fellowship  
Cnr. Progress & Mission Roads, White Rock. Ph. (07) 4036 0500

# About Us

Citywide Christian Fellowship is a family-focused church with particular programs for children, teenagers, young adults, men, ladies and senior adults. Visitors are most welcome.

## Sunrise Morning Meetings

Citywide Family Hour, with an all-age Sunday School program & Creche, commences at 9:30am with morning tea afterwards. This is followed by Worship & Communion at 11:00am.



## Teenagers & Young Adults

Helping teenagers through adolescence, and having them established as secure young adults, would have to be one of our greatest desires. As a result, we devote time and effort into running a practical and relevant program.



## Christian Women's Fellowship

Our Christian Women's Fellowship (CWF) gatherings are an important part of our life together as Christian women. Our desire is to find true fellowship as women, where we are able to meet with each other and know the Lord's direction for each of our lives.



## Mums and Kids

Mums & Kids consists of small groups of mothers and children meeting together in family homes. These times provide a wonderful opportunity for fellowship and a unique time of nurturing our little ones in the ways of the Lord.



## Senior Adults Over 50s

Our seniors gather together regularly to encourage and edify one another in the word and grace of God.

# Contentment

Every person desires to be content. It is the quest of every human, regardless of culture, country or religion. The longing for happiness and contentment lies deeply in the heart of everyone. Yet few find contented happiness. Why? Why do all search for and desire true contentment, but so few find it, keep it and live in it?

Could it be that we search the wrong places? The things we think will bring contentment actually don't. Many a millionaire has declared that they thought money could buy happiness, just to be disillusioned. How many have walked the aisle in marriage, believing that the result would be true happiness and life-long contentment, only to be disappointed as their many expectations could never be met? Others have thought that success would bring happiness, yet it only brought depression. No one can say that true lasting happiness and contentment

has been found through money, sport, knowledge or fame. It may have brought some temporary pleasure, but not lasting happiness. The search for true happiness and contentment can be like chasing the wind or trying to hold water in our hands. It is elusive.

No wonder crowds of people would follow Jesus and sit and listen to His words, because He spoke about true happiness and lasting peace, contentment and joy.

## What robs us of being content?

It is very difficult to experience true contentment while we are anxious and have no peace. There are myriads of things that can make us anxious. Finance, health, family, a busy program, staff, work and the list continues. We spend a lot of our time worrying about the past: what we did or didn't do and

how we did it or even what we said. "Did they really mean that?" "I hope they didn't take me the wrong way." Our mind goes on and on about the things of the past. We also spend our time being anxious about the future: what might happen next? But we seem to spend very little time living in peace right now. Contentment means not dwelling on the past or being anxious about the future, but being able to enjoy the "now" and being totally satisfied with how things are now.

Through Jesus Christ, the peace of God can guard our hearts. Having a relationship with the living God is the only genuine way to remove anxiety. Jesus said, "I am the way, the truth and the life." He has opened a way for us to know God and receive the life of God. He says that He will never leave us nor forsake us. God can forgive and restore the past, so why be anxious about the past? Let God heal and restore. God knows the future, so we can confidently trust our tomorrow to Him. There is no need to be anxious about a future that we have no control over.

Jesus lived His time on earth fully as a man. As God, He limited Himself to all the emotion, pain and feelings that every human experiences. He trusted fully in the life of God the Father. He experienced tiredness, hunger, thirst, sorrow and betrayal. Yet He was never anxious. He was at peace. He knew that His life was in His Father's hand, and if we are in the hand of the all-knowing, all-seeing and all-powerful God, we have the recipe for peace and thus contentment. Why would you be anxious?

## Another false belief

The advice most people give is to "look after number one", because if you don't put yourself first, no one else will. Jesus, again, contradicts this.

"He who finds his life will lose it, and he who loses his life for My sake will find it." Matthew 10:39.

Then Jesus said to His disciples, "If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake will find it. For what profit is it to a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? For the Son of Man will come in the glory of His Father with His angels, and then He will reward each according to his works." Matthew 16:24-27.

Nature also teaches us this. For a tree to bear fruit, its seed first goes into the ground and dies. The fruit it bears is not for itself, but is a gift to all who will partake of that fruit. New life and abundant fruit is the result of the seed going into the ground to die.

Jesus teaches us that if we try to put ourselves first and look after number one, then there will be no fruit of contentment. But if we will deny ourselves for Christ, we will find abundant life in Christ. Jesus said, "I have come that you might have life and have it in abundance." This abundant life that Jesus spoke of is His life from above – a life of joy and contentment in Christ.

## Be of good cheer

“Be of good cheer” is a statement that Jesus made on several occasions. One of these occasions was to do with finding joy in a world of conflict and sorrow. He taught that He had overcome those pressures of the world that rob and destroy, and had found peace and joy. He taught that it was possible for His followers to also overcome through prayer and the enabling presence and life of the Holy Spirit.

“Therefore you now have sorrow; but I will see you again and your heart will rejoice, and your joy no one will take from you.” John 16:22.

“These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.” John 16:33.

On another occasion, Jesus said, “Be of good cheer, your sins are forgiven you.” Forgiveness of sins would be the most important reality for true joy, happiness and contentment. Sin robs us of peace. Sin brings guilt and shame. Sin leaves our soul in darkness. Sin stands in the way of open-faced relating. Sin separates us from God. We have no

power or capacity to forgive and remove our own sin. No man can forgive sin. Jesus, only, can forgive our sin. He came to earth that He might take away the sin of the world. Christ died for our sins. Happy is the person whose sins are forgiven and God has removed all record of sinful deeds.

Jesus invites you to come confessing your sin to Him and accepting that it was your sin that He bore on the cross. Turn to Him, call on Him to be your Lord and receive His life. Jesus taught very clearly that for His life to be in us we must participate and abide in the fellowship of the body of Christ which is His church. He said, “If you keep My commandments, you will abide in My love, just as I have kept My Father’s commandments and abide in His love. These things I have spoken to you, that My joy may remain in you, and that your joy may be full.” John 15:10-11

It is His joy that enables us to have our fullness of joy. His disciple, John, said that this is experienced through the fellowship of the body of Christ which is the church.

- Bruce Mackay

# THE LIFE OF JESUS



To receive copies of the booklets in this series, please contact us at the church office.

# CYA



## children **youth** parents

Sports  
Volleyball  
Activities  
Basketball  
Craft  
Singing  
Bible Talk  
Football  
Supper  
BBQ Dinner



**6:30pm to 9pm**  
**Friday nights**

All inclusive: \$5 Adults, \$3 Students  
Activities & supper only: \$2 Students

Children under 10 must be accompanied  
by a parent or guardian

Every Friday night except school holidays



# Zacchaeus Up a Tree

Luke 19

There are a few things you should know about Zacchaeus...

Zacchaeus was a short man.

Zacchaeus was a rich man.

And nobody liked him very much.

Nobody liked Zacchaeus very much because he got rich taking money from other people; it was called "tax collecting". Some of the money he gave to the Romans - but most he kept for himself. That's how he got rich.

One bright, sunny day, Zacchaeus looked down the road where he saw a crowd of people following Jesus.

Zacchaeus really wanted to see Jesus but he was too short.

He couldn't see over the crowd, even if he stood on his tiptoes.

Zacchaeus saw a tree right beside the road so he climbed up it. Jesus stopped at the tree and called out to him, "Zacchaeus hurry down from



there. I will stay at your house today!" He flew down that tree quicker than you could say,

"Zacchaeus, Zacchaeus sitting in a tree."



They went to Zacchaeus' house where they had dinner. Zacchaeus' attitude changed as he spoke to Jesus. He realised that he had been wrong to take from others

and now he wanted to give.

He said to Jesus, "I will give half of everything I have to the poor.

If I have taken anyone's money dishonestly, I will pay them back four times as much."



Just like Zacchaeus, Jesus can change our attitudes

and our actions too; if we let him.



Illustrations by Tabitha Hedger

# Kid's Korner

Finds the words from the story below in the word scramble.

O	P	A	G	M	S	M	H	X	D
P	T	L	N	R	L	O	L	G	R
T	A	B	I	E	G	N	A	H	C
R	X	K	B	L	N	E	R	E	R
O	F	S	M	J	D	Y	I	A	O
H	L	G	I	T	E	T	C	R	W
S	H	O	L	M	R	S	H	T	D
Z	A	C	C	H	A	E	U	S	M
S	N	A	M	O	R	N	E	S	C
C	O	L	L	E	C	T	I	N	G

- |           |            |
|-----------|------------|
| Zacchaeus | Collecting |
| Jesus     | Tree       |
| Change    | Money      |
| Crowd     | Climbing   |
| Hearts    | Short      |
| Rich      | Romans     |

It's great when a series of easy-to-read booklets are available for teenagers to pick up and read quickly and easily, with wonderful messages in them that they can relate to and learn from.

Josh Mackay's '4 Teens' series of booklets do just that. Josh's way of relating God's message to teenagers is both relevant, and without compromise.

There are four booklets available, all with different themes and supporting stories from the Bible.

As parents we have learned much from reading these. We would only encourage other parents and grandparents to pass

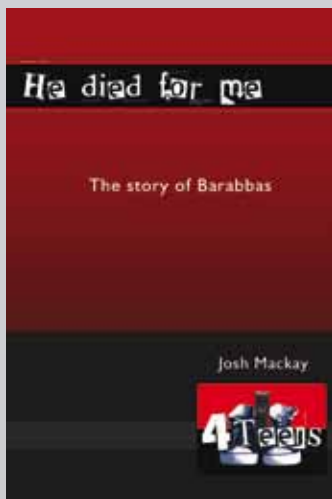


these on to your teenagers. For those teenagers who don't like to read, you can even download these four booklets as spoken word MP3 files for loading into your favorite MP3 player.

- Craig & Donna Shield

## He died for me – The story of Barabbas

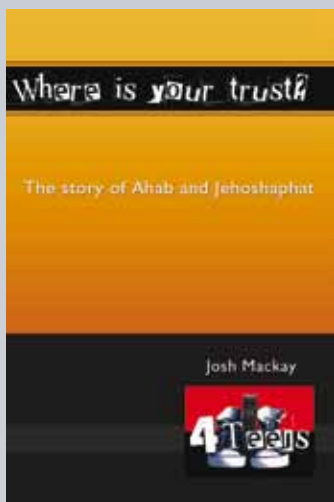
At Easter we often hear the story of how the Governor of Jerusalem, Pontius Pilate, offered to set Jesus free, but the crowd shouted for Barabbas, a troublemaker, thief and murderer. In this booklet Josh talks about how Jesus literally took the place of Barabbas on the cross. Barabbas had been condemned to death on the cross, but was released because of the calls of the crowd, when they called for his release instead of Jesus. How would you feel if someone took your place, and took your punishment, even to death? This is what Jesus did for Barabbas, and what he has done for you.



To receive copies of the booklets in this series, get them online at [visionone.org.au](http://visionone.org.au) or please contact us at the church office.

## Where is your trust? – The story of Ahab and Jehoshaphat

This booklet tells of two kings, of Israel and Judah. These two kings had two different ways of living. Ahab, the king of Israel, did everything his own way, and if anyone told him differently he had them put in prison. Jehoshaphat only lived by the word of God and the direction of his messengers. This booklet explains the practical differences of how we can live these two different ways.



## We are what we believe – The story of Samson

The story of Samson challenges us to compare what we say we believe with how we actually live our lives. Do we, like Samson, profess to believe that we love and trust God, but when it comes to the crunch we live a different way?



## What is God like? – The story of Jonah

Jonah's story makes us think about how we view God: is God like a policeman or more like Santa Claus? Josh explains how we know Him personally. Jonah's relationship with God took him into the belly of a whale and ultimately to speak to the people of Nineveh about God's love and care for them. Jonah's message is also relevant for us today.



# *In the Kitchen*

## *Peanut Butter Crinkles*

### Ingredients

- 125g butter
- ½ tsp vanilla
- ½ tsp grated lemon rind
- 1/3 cup sugar
- 1/3 cup brown sugar, lightly packed
- 1/3 cup peanut butter
- 1 ¼ cups plain flour
- 1 tsp bi-carbonate soda
- Pinch salt

### Method

1. Cream butter, vanilla, lemon rind, sugars and peanut butter.
2. Using a wooden spoon, work in sifted flour, soda and salt, making a stiff dough.
3. Roll heaped teaspoonfuls into small balls with floured hands and place on greased oven trays.
4. Press biscuits down lightly with a fork, first crosswise and then lengthwise, for a crinkled effect.
5. Bake in a moderate oven for 15 mins. Cool biscuits on oven tray.

Makes about 25



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View the latest  
'Thought of the  
Week' taken from  
the Citywide  
Family Hour

### Thought of the Week

Reigning in Life

from Citywide Family Hour 2nd May 2010 by Bruce Mackay

Do you know that you have eternal life? Eternal life is not just something we receive after we die - we can

# *Something to Think On* **Are You Content?**

How often have we at last attained the thing we so desperately wanted, only to find the seeds of discontent taking root again? We imagine that this job, this car, this wage, this man or this woman will somehow make us settled. In our relationships, we keep coming back to the idea that, “if I (or they) looked like that, or acted like this, it would bring rest to our relationship”, but, in reality, these things can never stop the unrest returning like a hunger. Not convinced? Think of the celebrities who seemed to have everything but have self-destructed.

Consider this: a man buys a new flat-screen television and invites his neighbour over to look. Impressed, his neighbour asks, “How many Hertz does it have?” The first man doesn’t know, but regrets his purchase when his neighbour tells him that the best TVs are 200 Hertz and his new one is only 100 Hertz. He becomes discontent.

Jesus calls us to relationship with Him and with each other. He says, “Take care, and be on your guard against all covetousness, for one’s life does not consist in the abundance of his possessions.” Clearly, contentment is

not found in what we own, but rather in the lives we live and in the quality of our relationships.

We are designed for relationship with one another and, specifically, with God. Nothing offered by this world is a fitting substitute for that relationship. The Apostle, Paul, wrote that regardless of the situation, he had learned to be content. Like he did, we can learn that walking in obedience to God’s will brings a settledness that stress or suffering cannot diminish.

We can never know contentment as long as our focus is on acquiring possessions or attaining that perfect look or perfect body. This life of comparison only leads to an endless hunger that can never be satisfied by “the next new thing”. Perhaps our relationships aren’t great at the moment, but all of us have access to God. He has made a way for us to know Him and, in walking in His way, we can find that contentment isn’t a pipe dream after all, but something we can really know, regardless of our external circumstances.

Just something to think on.

-James Curtin & Corey Edwards

Relaxed Atmosphere

Live Music

Great Coffee

Fine Food

Bible Message

# CAFÉ ON THE DECK

Sunday 10th October & 28th November

From 6:30pm

Cnr. Progress & Mission Roads, White Rock

For more info call Josh on 0407 156 066



# foundations



# CITYWIDE

Christian Fellowship

C A I R N S

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