

Eynsford Baptist Church

The great thing about not making New Year Resolutions is freedom from guilt.
If no resolutions are made it is impossible to break them!

But how to manage without any resolution when coping with –

- The effects of a (*possibly*) rather too Merry Christmas
- The constraints and trials of a typical British winter
- The effects on our physical and mental well-being if we manage to avoid the gym and latest veggie/alcohol free diet for the next six months

Well, a guiltless and comparatively cost free use of our time and efforts could be to respond to the recent call for volunteers to help the NHS. In fact, general and mental health benefits have been reported by not only patients, but the volunteers and members of staff too.

This should not surprise us – humans are relational beings made in the image of God the Father.

Christians function best when committed to trust and follow the example of Jesus, God the Son.

His life of selfless compassion was devoted to teaching the Good News of God's love and mercy, accompanied by signs and wonders, as He went about healing the sick and oppressed. Jesus, is called Emmanuel, meaning "God with us". He is God's gift of Himself to the world.

In fact, all the benefits of His birth, life, ministry, death and resurrection are available today for all who turn to Him, confess and repent of their sin and put their trust in Him and his miraculous sin-erasing blood.

He is the blessed gift of Grace – forgiveness, freedom from guilt and the power of sin, which God the Holy Spirit makes known to His children, no matter who or where we are, or what we have done.

THANK GOD FOR JESUS

ET

Church Notices

Services Sunday at 10.30 a.m.

Everyone welcome!

Next coffee morning 23rd Feb - 10:30 to 12:00 in Church