

Eynsford Baptist Church

“More to Life than Beer and Football?”

It's apparent much effort goes into preparing athletes for the mental challenges they face. Equally important as physical fitness, mental strength develops by patiently and persistently applying right thinking and it's apparent England's World Cup team has benefitted from this help.

It's been a great summer, but for some, there is more to life than beer and football especially when coping with difficulties, unaided or alone. The dear old NHS has done wonders for 70 years, but isn't coping well with the present deluge of mental health problems. Will medical experts or funds ever be sufficient to cope with all life's problems?

The Psalmist records many challenges and battles King David overcame with God's help. Proverbs lists instructions for Israel - trying to ensure they lead healthy and fulfilled lives.

“Guard your heart, for it is the wellspring of life and everything you do will flow from it”
(Psalm 4:23)

An incontrovertible truth - desires of the heart are good or bad and so affect our thoughts, decisions, actions and subsequently our lives. But Israel are not alone in finding more help is needed.

Gareth Southgate knows exactly what is needed to give his boys a chance of fulfilling their dreams. He has never forgotten the trauma of taking his own World Cup penalty shot for England and so ensured they were prepared.

In the same way, God knows the lasting way to help mankind prevail, despite our faults and failures. In taking the penalty for sin for us on the Cross on Good Friday, Jesus makes winners out of sinners. “The wages of sin is death” – the price for my sin had to be paid. Praise God, Jesus paid the price and the debt is cancelled.

His Holy Spirit is available today to all those who earnestly seek Him.

In His wonderful Name
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Church Notices

Services Sunday at 10.30 a.m.

Everyone Welcome!