



Sienna Scott,  
a grand-daughter  
for  
Ken & Christine Scott



Born to  
Brendan &  
Kirsty Scott  
last Friday.

**Birthday this week**

Saturday Robyn Linton



## Contacts

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31<sup>st</sup> July 2022

**Topic:** *Meek not Weak:  
Seeking God's Approval*

**Speaker:** Linc Marlow

**Chairman:** Nathan Fredericks

**Creche:** Ace & Joanne

**Next Sunday**  
*One Small Step:  
Get to know Me*

Andrew Cowell  
Nathan Fredericks  
Oskars & Lucy

**The Sunday After..**  
*One Small Step:  
Get to know my Story*

Andrew Cowell  
Brett Davis  
Ralph & Jess

**The Program**  
(D.V.)  
10:00am  
Church which includes:  
Prayer and Praise  
Worship  
Kid's Church  
Communion  
Preaching

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# Praise, Prayer & News

## PRAISE:

- \* **Lionel Sardar** – Cancer had metastasised on his lungs.  
Praise – Oncologist said his lungs are OK for immunotherapy treatment.
- PRAYER:**
- \* **Daniel & Robyn Morsillo** – A baby girl due to be born in September.  
Pray – For a safe delivery for Robyn and the baby in about 6 weeks.
- \* **Daphne Harding** – Specialist admitting Daphne to hospital today for tests.  
Pray – That the tests indicate a cure for her weight loss.
- \* **Andrew Webb** – Throat obstruction for several days. In hospital for throat dilation.  
Pray – For a simple solution to the throat problem.
- \* **John Grant's son in law; Dave Perry.** – Severe infection head, ear & jaw.  
Went to Emergency Department last Tuesday afternoon.  
Pray – That it is readily treatable.
- \* **Margaret Kennedy** – Suffering from autoimmune attack on various organs.  
Pray – For her to be encouraged and strengthened.
- \* **Mary Crossingham** – Multiple tumours.  
Pray – That the treatments work.
- \* **Azar & Eghbal** (John Grant's friends – Iranian Christians in Turkey).  
Pray – For their Visa application. For effective medication for Azar and that a small tumour in her brain can be removed. Also that they get over a Covid infection quickly and without further complications.
- \* **Monica's brothers – Pray for Joe to come to salvation.**  
Paul – Passed into Eternity early Monday morning.  
Joe – Praise that the kidney surgery went well. – Dialysis in a few weeks.
- \* **Kayla (Lucy Owen's friend who comes to Impact Youth Group)**  
Diagnosed with Hodgkin's Lymphoma.  
Pray -- That the chemotherapy can result in a cure.
- \* **Kevin Rosolen** – Speaking at St Clair this morning.
- \* **Unley Church – Adelaide – Chris & Nisha Morton's daughter, Zahra, 17 has been found having taken her own life.**  
Pray – For the family to be able to manage this tragedy.

## Cast Your Cares on the Lord.

When we're stressed, the surge of negative emotions can be overwhelming, and unless you unburden your soul before God, it's easy to make wrong decisions, succumb to wrong impulses, move in the wrong direction, and explode at the wrong people.

The psalmist addresses this: *"Cast your cares on the Lord and He will sustain you."* The extent to which you consciously lean on God, drawing strength from Him, is the extent to which you will lower your anxiety level. It's no coincidence that many of the psalms start with David crying out to God for help and end with him rejoicing because he vented his frustrations to the right person—God!

The truth is, life is 10 percent what happens to you and 90 percent how you respond to it. Your job, your finances, your marriage, your children, your health, and your future are all sources of anxiety, so you will never be totally free from angst. But you can lower your anxiety level by following Paul's advice: *"All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. For the more we suffer for Christ, the more God will shower us with His comfort through Christ."*

(2 Corinthians 1:3–5)

Often we give our worries to God, only to snatch them back. We don't like to give over control. But if you pray more, you'll worry less.