

**Monday: 30/11/20**  
Ephesians 5:26-27

The Church is prepared as the Bride of Christ: When we think of suffering we can conjure up a range of painful images. One image we may fail to consider is the way it can shape us.

The Bible tells us that, we the Church, can be made ready as the Bride of Christ. Through the difficult times we can be purified like gold. Made to be a presentable bride and offering to our Jesus our perfect saviour.

How often have you taken time to consider how a difficult situation can be used to bring out all your positive attributes? Perhaps it's hard to do when you feel like the world is against you. But it can be done. Over time you will find it easier to do.

Prepare my heart for the Churches Bridal Feast.

**Tuesday: 01/12/20**  
Psalm 119:67

Through disciplines we learn self-control: Many athletes have what they call the 'glass wall'. A threshold point where the pain generated from exercise breaks away and the body is flooded with endorphins. A crucial point that they will work hard to achieve.

Nothing worth achieving is ever gained through a lacklustre approach. Through our suffering here on earth, and in most cases for our faith, we are trained in self control. In how to focus our thoughts so we can achieve our spiritual goals.

Through self-control I am able to do your will.

**Wednesday: 02/12/20**  
James 1:2-4

Yesterday we considered how an athlete will work hard to break through a physical wall of pain to achieve their desired goals. Athletes also use a range of visualisations to reimagine what they are feeling.

We all do the same thing. Whether we realise it or not. We each view life through a personal filter that shapes what we experience. Take time to consider the overly pessimistic person who constantly sees pain and suffering in every step they take. Show them a positive and they will view it through their filter of pain and suffering.

We all have filters and from time to time swap them depending on the situation being faced. What we need to do is to make a choice as to how we deal with trials, temptations and suffering.

Help me Lord to see things through your eyes.

**Thursday: 03/12/20**  
2 Cor. 1:4

Through personal suffering we are made able and ready to comfort others: Empathy is a word that seems to be regularly misunderstood and misused. What do you understand by the word? Being able to reflect someone's pain? Being able to say the right words to soothe their pain-filled heart?

These are important. Though it is through being there that we are really able to empathise. The pain that we have suffered in our life will give us the depth of true compassion to be there with those in need of comfort.

My heart has felt your pain and I'm here for you.

**Friday: 04/12/20**  
2 Corinthians 1:9

When we suffer we are drawn closer to God: When do you feel closest to God? In the good days or in the darkest of hours when you feel the weight of the world on your shoulders?

I have mentioned the need to stay as close to God in everything we do. Yet I understand that there are times we can wonder from that closeness. We are looking now at how suffering can bring us back.

Through our suffering we can be reminded just how important it is to be within reach of God's love and grace. Where we can find his strength to help us through the temporary discomfort.

Try and see times of suffering as a reminder of God's perfect love for you at all times.

Near my God to Thee I pray.

**Saturday: 05/12/20**  
2 Corinthians 12:8-10

How often we miss out on the strength of God by holding on to our weakness: Compared to God's strength the strongest and mightiest of us all is no more than a fragile infant. While we stubbornly hold onto our own strength, our real weakness, we miss out on the strength that God has for us.

The old saying "let go and let God" rings true here for us all. There will be times of suffering when we will be crushed by it all. That is when we need to claim our greatest strength of all. That is only found in God.

I'm able to all things through your strength Lord.

## ***Your Words, My Voice***



When there is strife and conflict  
When people seem full of anger  
When the room is tense with angst  
Let my words be your words of calm.

Where sorrow and despair is found  
Where silence in the face of cruelty  
Where victims are ignored and forgotten  
Let my words be your words of strength.

In times of loss and impoverishment  
In times where the future looks bleak  
In times when the past weighs heavy  
Let my words be your words of encouragement

MJ Flack

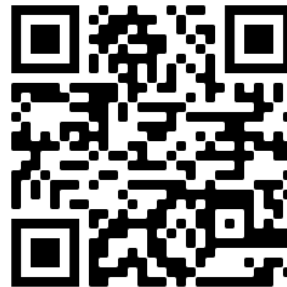
## **Bowenfels Presbyterian Church**



***We believe in the Bible over all of life  
and that Salvation is: In Christ alone,  
by Grace alone, through Faith alone.***

*Our Church Website*

*<http://bowenfelspresbyterianparish.org.au>*

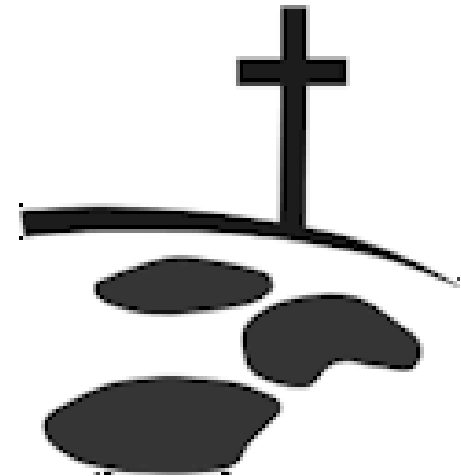


*Affiliate Website*

*Benediction*

*<http://benediction.org.au>*

## **Six days to Sunday**



**Stepping Stones  
of Faith  
20 11 30**