

Acts 9:1-30  
SAUL'S CONVERSION

Paul's conversion is the most important testimony in the New Testament for a few reasons:  
(1) The early Christian lived in a polytheistic society. Conversion from one religion to another was a foreign concept to them. Rather than leaving one god and following the other, they merely readjusted their lives around many gods. In contrast to this, Saul's conversion was a total transformation and total allegiance to Christ; not a mere readjustment of priorities. This is why Paul's testimony is important.

(2) Paul's conversion is told and retold several times in the New Testament. It was not just a testimony of meeting Christ, gliding through life, and then "happily ever after"; but Paul told his story with four major points of contact with different people. People and circumstances are important parts of the Christian experience and growth.

The Four Meeting Points:

- (1) **Paul met Jesus** (vv.1-9). This was the most important encounter of all.
  - Christ transformed his conscience. Our conscience need to be transformed and enlightened by the Word of God.
  - Christ ignited his mind. "Who are you?" On discovering that a dead man is now resurrected in bodily form, Paul sought to understand this with all his mind. His arguments proving "Jesus is the Son of God" baffled his hearers. Such was his power.
  - Christ took control of his will. Christianity is not about the empowered will, but the surrendered will.
  - When we lay our conscience, mind and will at the foot of the Cross, Christ can do wonders through us.
- (2) **Paul met Ananias** (vv.10-19).
  - Ananias called him "brother". Ananias helped open his eyes, and prayed for the Holy Spirit to come upon him.
  - Do not underestimate the power of one-on-one mentoring. Ananias was a mentor to Paul. Without Ananias, Paul would not be able to do what he did. We all need mentors; and all of us can be mentors to someone else.
- (3) **Paul met the opposition** (vv.20-25). There are those who are easily defeated by oppositions in life. I often hear people say about a person, "He was such a promising person, but after that break up, his life fell apart". Not Paul. He handled opposition like a super-conqueror.
  - It made him bolder.
  - It made him stronger.
  - It made him wiser.
- (4) **Paul met the body of Christ, the Church** (vv.26-30).
  - Verse 26 says, Paul "tried very hard" to get into the fellowship of the Church believers but they were afraid of him, until Barnabas came to recommend him. Some churches are difficult to get in, but every believer must be a member of a church.
  - The believers in the church fellowship accepted and affirmed Paul. There his gifts as a teacher, preacher and evangelist were recognised and empowered. There he got support and built networks for furthering the Gospel. All these would not have happened if Paul had not joined the church fellowship.

—Kedo Peseyie

# City Church

## SUNDAY SERVICE

- Leader : Kedo Peseyie
- Speaker : Dr. Vinito Chishi
- Ushers : Chenakum Oving & Rosang Pongen
- Keyboard : Lithungpeny Murry
- Flower : Yanglirola Medikhru

### Call to Worship Praise & Worship

- Special Song : Kimeri & Ephraim
- Reading : Psalm 119: 81-88
- Mass Prayer
- Hymn 23 : To God Be the Glory
- Offertory & announcement
- Message
- Closing Hymn 120 : A Mighty Fortress is Our God
- Benediction

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## PRAYER

- Pray for the **Life Impact 2017**. Pray that all those who attend will be blessed and challenged to live out the truth of the Bible with more clarity and courage. Pray for **Dr. Paul Windsor** and **Johnson Raih** as they minister in Manipur before our program this weekend.
- Pray for members in our congregation who are in difficult situations: there are people who are not well; some are travelling for medical check-up and treatment; some are suffering bereavement. Please remember them in prayer so that they will receive grace, power and healing from the Lord.

## Psalm 119:81-88

My soul faints with longing for your salvation,  
but I have put my hope in your word.  
My eyes fail, looking for your promise;  
I say, "When will you comfort me?"  
Though I am like a wineskin in the smoke,  
I do not forget your decrees.  
How long must your servant wait?  
When will you punish my persecutors?  
The arrogant dig pits to trap me,  
contrary to your law.  
All your commands are trustworthy;  
help me, for I am being persecuted without cause.  
They almost wiped me from the earth,  
but I have not forsaken your precepts.  
In your unfailing love preserve my life,  
that I may obey the statutes of your mouth.

**Sunday, September 10<sup>th</sup>, 2017**

Tithes: ₹ 1,03,650 Mission: ₹ 2,500 Offering: ₹ 11,200 Building Fund: ₹ 3,000  
Nagamese: ₹ 440 Total: ₹ 1,20,790

### Information

- Next Thursday Women's will have colony wise fellowship @ 5pm.
- Kohima Baptist Youth Fellowship combine program on 16th September at Upper Naga Bazaar Baptist Church (Time- 3:30 pm).

### Nagamese Fellowship

God is sovereign, almighty but most importantly God is our loving heavenly Father that's how our Lord Jesus has introduced Him to us in the Bible. Only Jesus has seen God because Jesus said in John 16:28 that he came from the Father and was sent by Him to this world. We know from John 3:16 that our heavenly Father is a loving Father who love us that He gave His only begotten son Jesus to die for our sin and through faith in Christ Jesus we have become the children of God (Galatians 3:26) and also sent the Spirit of His son to us that calls out "Abba Father."

- Akumla Walling

## PSYCHOLOGICAL WELLBEING:

### UNDERSTANDING AND DEALING WITH DIFFICULT EMOTIONS

*Gist of the teaching session by Athem Longkumer at the Discipleship Class on 13<sup>th</sup> Sept.*

Psychological well being is multidimensional, and not merely about happiness or positive emotions. It is inclusive of the feeling that what we are doing with our lives has some meaning and purpose (Purposeful aspect of Psychological Well Being). A good life is balanced and whole, engaging all different aspects of wellbeing, and not narrowly focused.

Psychologist *Carol Ryff* has developed a clear model that breaks down Psychological Well Being into 6 key parts:

1. **Self acceptance** – feelings of satisfaction with one's self despite deficiencies and regardless of past behaviours and choices.
2. **Environmental mastery** – is the sense that we are able to have an influence on the events in our lives, able to control complex array of external activities.
3. **Positive relationships** – Relationship that is warm, satisfying, trusting and one that understand the give and take of human relationship.
4. **Personal Growth** – feeling of continued development, growing and expanding, see improvement in oneself and behaviour over time and are open to new experiences.
5. **Purpose in life** – have goals in life and a sense of directedness, feel there is meaning to one's present and past life and hold beliefs that give life purpose.
6. **Autonomy** – one is self-determining and independent, is able to resist social pressures to think and act in certain ways.

Emotions (feelings) are a normal and important part of our lives. They seem to rule our daily lives as most times we make decisions based on emotions. Negative emotions are impossible to avoid. It is difficult and painful when we feel a negative emotion too often, too strongly, or too long. In other words, we need to always look at the *Frequency, Intensity* and *Duration* of it. The main way a dysfunctional amount of emotion works against people is that it causes them to REACT to events in their lives, instead of RESPOND in the best possible way.

Negative emotions are difficult but we can learn how to handle them:

#### STEP 1: IDENTIFY THE EMOTION

- Be aware of how you feel – identify what you are feeling.
- Don't hide how you feel from yourself.
- Know why you feel the way you do.
- Don't blame – how you feel when difficult situation happen comes from inside you.
- Don't judge yourself for the emotions you feel.

#### STEP 2: TAKE ACTION

- Think about the best way to express your emotion—talking what one is feeling with a parent, a sibling, friend, mentor, etc.
- Learn how to change your mood—conscious effort to shift from a negative thought to a more positive one can break the cycle of negative thinking to spiral out of control.
- Build positive emotions—make it a habit to notice and focus on what is good around.
- Seek Support—talk about what one is feeling to someone you can trust. They can help you explore your emotions and give you a fresh way of thinking about things.
- Exercise—in physical activity, the brain produces natural chemicals for positive mood.

**STEP 3: GET HELP WITH DIFFICULT EMOTIONS:** Sometimes nothing can shake a tough emotion. Getting in touch with a trained professional (Psychiatrist, Clinical/Counselling Psychologist) will help facilitate the process of growth and self awareness.