

## BEAUTY FOR BROKENNESS

*(Excerpts from the Session by Eyingbeni Humtsoe at the Women's Retreat)*

### Focus part - I (BROKENNESS).

**Brokenness hurts.** Broken home. Broken marriages. Broken family. Broken relationship with friends, neighbors, colleagues. Broken dreams. Broken lives. Broken hearts. **There are a lot of women have been hurt:** Abandoned. Violated. Abused. Torn apart emotionally. Judged mercilessly.

### **IS BROKENNESS NEGATIVE?**

- Reality but NOT necessarily about being “damaged” for good/beyond repair.
- Overcoming the “broken woman syndrome” that speaks hate about those who have hurt us, craves for attention at all times, seeks validation of being loved from everyone, and constantly gets emotional about the good old days with the one who now is enemy#1.
- In the power of God, it is an opportunity to be restored to a better, stronger and a confident sense of value-addition to your personality.

### **KINTSUJI – A Japanese art**

- 15<sup>th</sup> century Japanese art of fixing broken pots with special lacquer dusted with precious elements like gold and platinum.
- Influenced by the philosophy of seeing beauty in imperfection, expressing regret when something is wasted and acceptance of change.
- It celebrates history by exposing its cracks/breakages instead of hiding them.

**FAITH BOOSTER Text –I:** “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest...” Mt 10: 28-30.

- (talk, share) but most of all Pray and work towards full restoration.
- Hope to start your life for the better.
- Accept that a restored life will have to continue without those who broke you.
- Learn to love, trust and live again!

**It is OK to pray for** – # a new God-fearing man! # Better place of work. # Healthier company of friends. # Supportive community of believers. # Enriching neighborhood. # Reconciled relationship (if it's only going to helpful).

### Focus part - II (BROKENNESS).

**Deliberately broken before God to be remolded into His likeness** (Ps 51: 1-13)

### **Brokenness That Heals**

- God is able to break us when he is unhappy with our unfaithfulness (Jer 18: 1-6)
- HARD HEARTEDNESS/pride CAN BE AN OBSTACLE to an enriching life
- SIN WILL PERSIST AND KEEP YOU IN A STATE OF wastefulness (Ps 32: 1-5, Ps 51: 5, Rom 3: 23).

**FAITH BOOSTER text –II:** - “Let me hear joy and gladness; let the bones that you have crushed rejoice. Hide your face from my sins and blot out all my iniquities.” (Ps 51: 8-9).

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# City Church

## SUNDAY SERVICE

Leader	: Hekali Shikhu
Speaker	: Pastor Kedo Peseyie
Ushers	: Kaikhu Achumi & Tali Longkumer
Keyboard	: Lithüngpeny Murry
Flower	: Merenla Odyuo

### **Call to Worship**

### **Praise & Worship**

Hymn 166	: Have Thine Own Way, Lord
Reading	: Psalm 119:121-128

### **Mass Prayer**

Offertory & announcement	
Message	
Closing Hymn 142	: Trusting Jesus
Benediction	

**citychurchkoh@gmail.com, Facebook: “City Church Kohima”.**

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### PRAYER

- Pray that all believers at City Church will remain committed to grow spiritually in the Lord through engagement with the Word, prayer, fellowship and service.
- Pray for our partners in mission work: *Love Burma Mission, NCF Hyderabad, Drukpa Educational Society Bhutan, and Sisterhood Network Kohima.*

**Sunday, October 15<sup>th</sup>, 2017**

Tithes: ₹ 1,30,140    Mission: ₹ 11,000    Offering: ₹ 11,220    Building Fund: ₹ 42,500  
Nagamese: ₹ 355    Total: ₹ 1,95,215

## PSALM 119:121-128

I have done what is righteous and just;  
do not leave me to my oppressors.  
Ensure your servant's well-being;  
do not let the arrogant oppress me.  
My eyes fail, looking for your salvation,  
looking for your righteous promise.  
Deal with your servant according to your love  
and teach me your decrees.  
I am your servant; give me discernment  
that I may understand your statutes.  
It is time for you to act, LORD;  
your law is being broken.  
Because I love your commands  
more than gold, more than pure gold,  
and because I consider all your precepts right,  
I hate every wrong path.

### Condolence

Hereby we convey our condolence to the following bereaved family member of,  
- Late Yashikala mother of Mr. Alemtemshi Jamir,  
- Late Lieutenant Colonel Suhoi Inashe Jakhalu (Retd.) father of Mrs. Hekani and,  
- Late R. Ali Jamir brother of Mr. R. Asang Jamir.  
We continue to uphold them in our prayer for God's comfort and his nearness to all of them at this hour of bereavement.

### INFORMATION

- Enroute Fellowship today at 3pm.
- Wednesday Bible study at 5pm.
- Next Thursday Women's fellowship @ 5pm: Leader- Mrs. Abano Chupou and Bible Study - Mrs. Hekali Shikhu.

## TOWARDS WHOLESOMENESS – A PSYCHOLOGICAL PERSPECTIVE

*(Excerpts from the session by Athem Longkumer at the Women's Retreat)*

**STRESS:** a heightened state of emotional or physical arousal occurring when demands from the environment, such as engaging in multiple roles, place pressure on an individual's capacity to adapt.

**THE BRAIN** can change in THREE very basic ways to support learning: (1) Chemical – transferring of chemical signals between brain cells - neurons. This supports short term memory. (2) Altering its structure – physical structure of the brain is actually changing so this takes a bit more time. This is related to long term memory. (3) Altering its function – the brain region becomes more and more excitable and easy to use again. With learning whole activity of brain activity are shifting and changing.

The best and primary driver of *neuroplastic* change in your brain is your behaviour. There is no *neuroplasticity* drug you can take. Nothing is more effective than practice at helping you learn and the bottom line is you have to do the work.

### **Important points:**

1. Increased difficulty, increased struggle during practice actually leads to both more learning and greater structural change in the brain.
2. The shaping of our plastic brains: it's far too unique for there to be any single intervention that's going to work for all of us.

Behaviours that you employ in your everyday life are important. Each of them is changing your brain. Study how and what you learn best. Repeat those behaviours that are healthy for your brain and break those behaviour and habits that are not. Learning is about doing the work that your brain requires.

Can changing how you think about stress make you healthier? Science says yes. When you change your mind about stress, you can change your body's response to stress. The pounding heart is preparing you for action. If you're breathing faster, it's no problem, it's getting more oxygen to the brain. When individuals learned to view the stress response as helpful for their performance, well, they were less stressed out, less anxious, more confident.

### **STRESS MAKES YOU SOCIAL**

*Oxytocin* : Neuro-hormone which fine tunes your brain's social instincts. It primes you to do things that strengthen close relationship. (1) It makes you crave physical contact with your friends and family. (2) It enhances empathy. (3) It even makes you more willing to help and support the people you care about.

How is knowing this side of stress going to make you healthier? (1) Oxytocin does not only act on your brain. It acts on your body. It is a natural anti-inflammatory – helps your blood vessels stay relaxed during stress. (2) Our heart has receptors for this hormone, and oxytocin helps heart cells regenerate and heal from any stress-induced damage.

When you choose to view your stress response as helpful, you create a biology of courage. And when you choose to connect with others under stress, you can create RESILIENCE. Stress gives us access to our hearts.