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We are made for relationship with God and everything else is designed to flow out of our spiritual intimacy and rest in Him. Only in Spiritual intimacy and rest can the Cup overflow with things from God. Contrast this with self-effort where we shake and tilt the cup so that something will flow out to bless others. The cup of Psalm 23 is a cup at rest. This is a “Sabbath Cup” taking in all from God and letting it overflow without strife or tension.

What kind of rhythm are we living with today? Take a look at the following models:

The Cycle of Grief: *Achievements → Identity → Drive → Acceptance → .* This starts with achievements through which we gain our self-identity in society. Then we are driven to maintain that identity by achieving more and more. Only then we feel a sense of acceptance by the world. Many people apply this same model to their relationship with God and the result is grief and guilt.

The Cycle of Grace: *Acceptance → Identity → Drive → Achievements →*
The cycle of grace is not a replacement of our deepest instincts and desires, but a rearrangement so that they fit into the rhythm of life. God forgives and accepts us as we are, and this is the only source of spiritual rest and intimacy. God establishes our identity and empowers us to achieve great things for Him.

Psalm 23.
There is a rhythm in Psalm 23 that follows the same pattern. The Psalm starts with intimacy (He is *my* Shepherd) and Spiritual rest (...lies down besides green pastures). Then there is reflection and study time by the quietness of the “still waters”. Then he is empowered to walk the paths of righteousness to do the works of justice. It reaches its highest point with the verse “For you are with me”. And then the Psalmist works his way back to spiritual rest (dwelling in the house of the Lord).

- *The Lord is my Shepherd I shall not want: *that’s satisfaction and rest.*
- *He makes me lie down in green pastures: *that’s spending unhurried time with God.*
- *He leads me besides still waters: *that’s reflection and study by the “quiet” waters.*
- *He restores my soul: *that’s forgiveness and spiritual regeneration.*
- *He leads me in paths of righteousness: *that’s empowerment for works of justice.*
- *Though I walk through the valley of the shadow of death: *that’s God’s presence and comfort (rod and staff) in suffering.*
- *You are with me: *that’s the ultimate reason for Jesus on the Cross.*
- *Feasting in the presence of my enemies: *that’s reconciliation and celebration.*
- *My cup overflows: *this is a cup at rest.*
- *And I shall dwell...: *the psalm started with divine resting and enjoyment of God’s person, and ends with the same theme. The cycle is now complete.*

Allow this Shepherd to lead you to live in sync with the rhythm of life!

- Pastor Kedo Peseyie



CHRIST THE POWER OF GOD AND THE WISDOM OF GOD

City Church

Today’s Service

- Leader : Vevohu
- Speaker : Pastor Kedo Peseyie
- Pianist : Kimmeri Ngullie
- Ushers : Imsu Jamir & Esaca Assumi
- Flower : Abano Chüpuo

Praise & Worship
Welcome & Announcement

Affirmation of Faith and Trust in God: Psalm 138

- Mass Prayer (i) Your personal concerns
(ii) Church ministry concerns
- Hymn **No. 28** : Jesus, Lover of my Soul
- Offertory
- Message
- Hymn **No. 40** : How Great Thou Art
- Benediction

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Contact: 0370-2242687 / 7085120374

PRAYER

- Praise God for last Wednesday exciting moment of prayer and bible study.
- Pray for the present political and social problems in our state for God’s intervention.
- Pray for God’s leading upon our church leaders in the state so that spiritual transformation would take place in all churches.

Contact numbers of church staff

- Kedo Peseyie (Pastor)- 9402489029 M. Odyuo (Asst. Pastor)- 9402489844
- Moa Imsong (Youth Pastor)- 8974312441 Hekali Shikhu (S S Supdt.)- 9402635363
- Nivi Yeptho (Music Minister)- 7085674573 Jonathan (Asst. Music Mnister)- 9862289681
- Robert (Nagamese Co-ordinator)- 8014269855 Toshi (Office Assistant)- 8131899409
- Chingsa (Peon)- 8415962680

Psalm 138 (NKJV)

I will praise You with my whole heart;
Before the gods I will sing praises to You.

I will worship toward Your holy temple,
And praise Your name
For Your loving kindness and Your truth;
For You have magnified Your word above all Your name.

In the day when I cried out, You answered me,
And made me bold *with* strength in my soul.

All the kings of the earth shall praise You, O LORD,
When they hear the words of Your mouth.

Yes, they shall sing of the ways of the LORD,
For great *is* the glory of the LORD.

Though the LORD *is* on high,
Yet He regards the lowly;
But the proud He knows from afar.

Though I walk in the midst of trouble, You will revive me;
You will stretch out Your hand
Against the wrath of my enemies,
And Your right hand will save me.

The LORD will perfect *that which* concerns me;
Your mercy, O LORD, *endures* forever;
Do not forsake the works of Your hands.

Nagamese Fellowship

The promise of God "He will bless you" (Deut 28:1-14)

1. **He will bless you (v.1-2):** If we obey His commands and observe His words carefully today surely He will bless us all.
 2. **He will help you (Isaiah 41:10):** We are so much worried about our life. But don't worry God is going to help us.
 3. **He will lead you and He will guide you (Psalm 32:8):** We are struggling with so many things but there is a God who can lead us and guide us.
- Conclusion:** we all are facing different struggles and situations in our daily lives. But there is a promise for us. He will bless us, help us, lead us and guide us. - **Robert**

ENROUTE

Youth fellowship for the year resumed last Sunday 22nd January after a break of about a month. Moa Imsong shared from 1 John 2:15-17, encouraging the young people to be careful not to be led astray by, "the lust of flesh, the lust of eye and the pride of life" which is the strategy used by satan to tempt us and one sure way to succeed is to be rooted in the Word of God.

Sunday, January 22nd, 2017

Tithes: ₹ 64,540 Offering: ₹ 10,291 Mission: ₹ 500 Building Fund: ₹ 5,000 Total: ₹ 80,521

- **Sunday School class resumes on 5th February**
- **Wednesday Prayer & Bible Study @ 5pm to 6pm**
- **To avail transportation for Sunday service, contact Mego Yalie @ 8131814116**
- **Women's fellowship resumes from 2nd February at 4:30pm**

Last Sunday Message.....

The Rhythm of Life

Life functions in rhythms. God has ordained it this way. In Genesis 1 and 2 God has modeled and set into motion certain rhythms (or cycles) which He wants His people to live by. God is in eternal rest. Then He went to the work of creating the world. Then He reflected and said "It was good". Then He went about getting His hands dirty with mud to create human beings.

There is a cycle of *rest – reflection – work* (rest/spiritual intimacy – reflection/study of God's Word – Works of service to God and men. Everything begins and flows from spiritual intimacy and rest in God.) Or to put it another way, *being – knowing – doing*. There are Christians who consider "*knowing*" as the primary approach in ministry and Christian life. As a result, they gave primary importance to doctrinal statements, and teaching. Then there are Christians who consider "*doing*" as the primary approach. As a result, you will find that they are particularly concerned about keeping people busy with programs, projects and activities. There is nothing wrong with these, but if these things are done by ignoring the "*being*" of God and the Christian life, we run into the risk of burn-outs, frustrations and becoming religious bigots.

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