



**Needing help this week?  
Change your worry to  
worship and read on!**

“He gives strength to the weary and increases the power of the weak.” (Isaiah 40:29)

In Isaiah chapter 40, the prophet writes to a people who are weary. Actually, he is writing to a people who would live many years after him. These people would suffer war, captivity, the loss of their homes and much more besides. They would find themselves in a foreign land, miles away from home, weary and tired of what life was throwing at them.

Perhaps you feel weary today. Life seems to be a constant battle with one thing and another. If this is the case, then take comfort from Isaiah’s words because you are the perfect candidate to receive power and strength from God. Why? Because God loves to give strength to weary people!

Few of us like to admit weakness. In some recent research about face masks, one reason given by some for not wanting to wear one, is that they considered it to be “a sign of weakness”. But when it comes to God, we cannot pull the wool over his eyes. He knows how, “frail is humanity!” (Job 14:1)

So, the promise is not for those who have it sorted or those who are brimming with self-confidence or self-sufficiency. Or those who refuse to admit their weakness. The promise is for the weary. For those who admit they are weak, have run out of strength and perhaps even feel they can’t go on.

For Paul it was out of his weakness, his “thorn in the flesh”, that something powerful emerged. He would end up saying, “For when I am weak, then I am strong.” (2 Corinthians 12:10) Incredibly weakness opened the door for God’s intervention in Paul’s life. The weakness in Paul’s life was actually the beginning of something great.

God bless.  
Peter.

## Our Sunday Service:

Please join us (online!) for our Sunday Service. Go to Exwick Community Church's Youtube Channel, and find the Service for today. We'll gather at 11 am to 'share' as a family together. You can then sing along to the songs on the video, words below!

*Rita contributed this timely poem:*

### Walk on with God

Sometimes God seems so far away,  
Sometimes we cannot even pray.  
The things of life can get us down,  
And make us feel God's gone away.  
He has moved - it's us who stray  
Deep down, believe, God hasn't gone  
Keep trusting Him - keep walking on.

It's hard to feel God's really near  
When life is filled with hurts and fear,  
But God is there, He'll never leave,  
Don't doubt His power - Just Believe.  
Believe that He is Lord of all;  
He'll pick you up each time you fall,  
With God still there to lean upon,  
Just take his hand, keep walking on.

For God won't leave you in despair,  
He'll never change, He'll always care,  
He wants to give you joy and peace,  
His love for you will never cease.  
Believe your life is in His hands  
He knows us all, He understands,  
So don't give up, God hasn't gone,  
Keep trusting Him, keep walking on.

Anon

## VERSE OF THE WEEK:

*"I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.*

*Philippians 4:12,13*

Good morning,

I remember talking to someone who had decided to leave their church because the Pastor & leaders had not been in touch while they had been off with the flu.

It was holiday season and they had relatives that they often went to visit, so I asked them if they had told anyone they were sick.

Their answer was no. My answer was pastors and leaders are not mind readers; even Jesus encourages us to ask.

He says in Matt 7 v 7 – 8, "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened."

Just as we are encouraged to ask Jesus for help, sometimes we need to ask our brothers and sisters in Christ for help.

Sometimes the hardest thing to do is ask for help or prayer. We as a leadership are here for you; just ask.

God bless  
John & Dorcas



*You just have to ask*

# Sunday Worship Songs

CCLI Licence No. 275889

## **EVEN THOUGH I WALK THROUGH THE VALLEY**

Of the shadow of death  
Your perfect love is casting out fear  
And even when I'm caught in the middle  
Of the storms of this life  
I won't turn back I know You are near

And I will fear no evil  
For my God is with me  
And if my God is with me  
Whom then shall I fear  
Whom then shall I fear

*Chorus: Oh no You never let go  
Through the calm and through the storm  
Oh no You never let go  
In ev'ry high and ev'ry low  
Oh no You never let go  
Lord You never let go of me*

And I can see a light that is coming  
For the heart that holds on  
A glorious light beyond all compare  
And there will be an end to these troubles  
But until that day comes  
We'll live to know You here on the earth

Yes I can see a light  
That is coming for the heart that holds on  
And there will be an end to these troubles  
But until that day comes  
Still I will praise You  
Still I will praise You

Beth Redman | Matt Redman © 2005 Thankyou Music

## **HOW GREAT THE CHASM THAT LAY BETWEEN US**

How high the mountain I could not climb  
In desperation I turned to heaven  
And spoke Your name into the night  
Then through the darkness Your loving-kindness  
Tore through the shadows of my soul  
The work is finished the end is written  
Jesus Christ my living hope

Who could imagine so great a mercy  
What heart could fathom such boundless grace  
The God of ages stepped down from glory  
To wear my sin and bear my shame  
The cross has spoken I am forgiven  
The King of kings calls me His own  
Beautiful Savior I'm Yours forever  
Jesus Christ my living hope

*Chorus: Hallelujah praise the One who set me free  
Hallelujah death has lost its grip on me  
You have broken every chain  
There's salvation in Your name  
Jesus Christ my living hope*

Then came the morning that sealed the promise  
Your buried body began to breathe  
Out of the silence the Roaring Lion  
Declared the grave has no claim on me  
Jesus Yours is the victory

Brian Johnson | Phil Wickham © 2017 Phil Wickham Music

## **MY HOPE IS BUILT ON NOTHING LESS**

Than Jesus' blood and righteousness  
I dare not trust the sweetest frame  
But wholly trust in Jesus' Name

*Chorus: Christ alone cornerstone  
Weak made strong in the Saviour's love  
Through the storm He is Lord  
Lord of all*

When darkness seems to hide His face  
I rest on His unchanging grace  
In every high and stormy gale  
My anchor holds within the veil

When He shall come with trumpet sound  
Oh may I then in Him be found  
Dressed in His righteousness alone  
Faultless stand before the throne

Edward Mote | Eric Liljero | Jonas Myrin | Reuben Morgan | William Batchelder Bradbury © 2011 Hillsong MP Songs

## RECIPE OF THE WEEK: Chipolte sweet potato and black bean stew

### Ingredients

### Method

vegetable oil, for frying

1 large red onion, finely sliced

250g bag diced butternut squash and sweet potato

400g can chopped tomatoes

2 x 400g cans chilli black beans or chilli kidney beans

3 tbsp chipotle chilli paste

125g self-raising flour

60g unsalted butter, cubed

70g mature cheddar, grated

1 large green jalapeño, finely sliced (optional)



1. Heat a glug of vegetable oil in a large flameproof **casserole** over a medium heat. Add the onion and a pinch of salt and cook for 7 mins until softened. Tip in the squash and sweet potato and fry for a few minutes before adding the tomatoes, beans and 250ml water. Stir through the chipotle paste and season to taste. Pop a lid on the dish and gently simmer over a low to medium heat for 25 mins or until reduced and the sweet potato is soft.

2. Heat the oven to 200C/180C fan/ gas 6. Mix the flour with ½ tsp salt. Add the butter and rub together with your fingers until the mixture resembles fine breadcrumbs. Stir in the grated cheddar then quickly mix in 4 tbsp cold water. Roll the mixture into eight balls. Put the dumplings on top of the stew and place, uncovered, in the oven for 15-20 mins, or until puffed up and light golden brown. Serve the stew topped with a dollop of sour cream and a sliced jalapeño scattered on top, if you

 Cookies

### **CONTINUING THROUGH AUGUST: SUNDAY Share and Chat:**

*Every Sunday 12:00 – 1:00 pm*

<https://zoom.us/j/96462571023?pwd=YXJlEcDNNSlphUIBSY1phYms4bXFRUT09>

Meeting ID: 964 6257 1023  
Password: 477398

### **Friday Friendship online:**

*Every Friday 10 – 11 am*

<https://zoom.us/j/97278523026?pwd=bWtNVUIrQzIVdTNEbGVHMy9rMUNzUT09>

Meeting ID: 972 7852 3026  
Password: 527972

***(Midweek Bible Studies will resume  
in September.)***

### **PLEASE CONTINUE TO PRAY FOR:**

Hilary and Jimmy and their family, John, Ena and Bunty, John and Jessie, Bill and Carol, Ann, Roger and Jonathan, Arthur and Liz, Trevor Sharp and the whole family as they grieve the loss of his mother.